

# 2022



**NUTRAVIT™**

<https://www.nutravitlabs.com/>

**Dr. Elisha Sand**

## NUTRAVIT DIET PLAN

The Nutravit Diet is a low calorie diet that is divided into 4 phases to help you shed extra weight easily. If you take this diet according to the guidelines, you can lose up to 30 pounds in 40 days. This diet encourages your body to lose weight “naturally” by inhibiting the number of calories that you eat.

With the Nutravit Diet Drops, you are going to lose weight easily, comfortably and fast.

The ingredients used to formulate our drops are picked due to their ability to help control hunger pangs and metabolism.

These diet drops will show you why weight loss can be a pleasure rather than a punishment. When you are finished using these diet drops, you will be so happy with the results you will be ready to do it all over again.

For more effectiveness, you should use these drops in combination with the weight loss diet that they come with.

To manage your weight, some things need to take place. One, appetite suppression that puts the hunger pangs under control so that you eat less.

Two, you need to kick-start your body's fat burning abilities so that it can attack its fat reserves, burn them for energy.

Don't get into using this product blindly. We want you to have all the information that you need before you can get started on these diet drops.

Read on to get all the information you need to get you started on the Nutravit Diet Drops. If you can commit to this protocol, you will have the most robust and successful weight loss journey, with lasting results.

## What is Nutravit Diet?

This is a VLCD – very low calorie diet plan, designed to help you lose the excess pounds easily. If you give this diet the strict adherence that it requires for at least 40 days, you will cut off up to 30 pounds from your weight in that time.

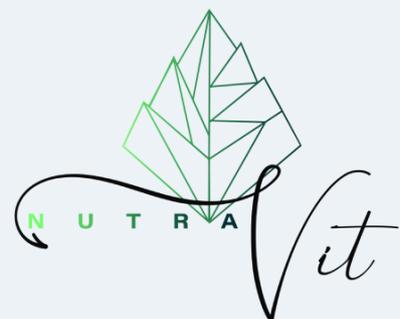
What this diet does is to nudge your body to shed weight naturally. It helps you to consume less calories so you do not pack on more fat.

The reasoning behind this diet is to get your body into hypo-caloric mode. In this case, hypo means under. So you do not consume the recommended daily caloric intake, and this forces the body to raid the fat stores to get fuel for daily activities.

This also raises the metabolic rate. In return, the body stores less fat since most of the glucose is burned away to provide fuel, before it can be converted and stored as fat.

However, there is a downside – hunger will be your constant companion. Your body will be yearning for food.

And that is where the Nutravit diet drops come in. They prevent hunger pangs by making you feel satiated longer. Therefore, you won't have to endure the hunger pangs.



In addition, our Nutravit diet drops will pack your body with enough nutrients to maintain your health.

Not only is this diet effective and gives faster results in about 14 days, but there are also no side effects at all.

The Nutravit Diet plan has four phases – loading, weight loss, lock-in, and maintenance phases. We are going to see what every phase contains.

### **Phase 1 – Loading Phase**



For the first two days of this phase, take 10 to 15 drops three times daily – in the morning, afternoon and at night.

Eat all the foods you can get for these two days. Just make sure that you are fully stretched every time.

Consume sugary foods any time of the day, including taking cakes, sweets and other types of “forbidden” foods during the night. The reason for doing this is to pack your body with enough calories to help you cope when you start taking the low calories.

Another reason for taking this huge heap of calories is to get the body used to breaking down a huge amount of calories. This will help it to burn a lot of glucose before it can be converted and stored as fat.

## PHASE 1 DIET PLAN



### Day One:

- After waking up in the morning, take 10 to 15 Nutravit Diet drops on an empty stomach
- Take 0.5 to 1.0 gallons of water during the day
- Eat all the food you can lay your hands on all the time through the day
- Do whatever you fancy as outlined in Phase Zero

### Day Two:

Do everything you did on day one

### Foods To Eat for Nutravit Diet Phase 1

Take as many foods as possible from the lineup below or take more of what is readily available to you:

Steaks	Macadamia fruits
Avocados	Potatoes
Olive oil	Coconut butter
Bacon	Mexican foods
Greek Yogurt with protein	Guacamole
Peanut butter	Almond butter
Butter	You can even enjoy some Alcohol
Heavy whipped cream, other heavy creams	Hash browns, and more

Jelly	Cheeses
Flaxseed Oil	MCT oil
Coconut Oil	

At the same time, you don't want to touch some foods. You need to refrain from eating the following foods:

Twinkies	Fried foods in general
Ice cream of any sort	Deep fried meats
Pasta (any type)	Pastries
Colas	Funnel cakes
Cheese dishes and macaroni	Pizza
Honey buns	Fried chicken
Donuts	Shakes
Brownies	Cookies
Muffins	Potato chips
Cheese burgers	Sugar filled candy
Chocolates	Bread sticks
Snack cakes	

When you keep from eating the foods in the second group, you are going to prevent the spiking of sugar levels in your blood.

If there is a spike in your blood sugar levels, you will experience more hunger pangs and nausea.

## PHASE 2



This phase starts from Day Three. It goes on to the end of the diet, which can be 21, 45 or 60 days depending on what you have selected. You will have to take the 500-calorie diet in this phase.

Do not take starches and sugars for the three weeks that you are going to take this diet. However, two weeks after completing the 3-week diet regimen, you can start adding starches and sugars.

You will need to keep your caloric intake at 500 calories a day, to compel your body to go into starvation mode. However, do this while you keep taking the nutravit diet drops three times a day. If you go into the very low calorie diet without the nutravit diet drops, this is what would happen to you:

- You would feel extremely hungry
- You would experience fatigue more often
- You would experience shakes
- Feel nauseous, dizzy and lightheaded
- Your body would go into self-preservation mode thinking that you are starving so it would start to stock up on fat urgently. It would also start raiding the bones and muscles, taking their nutrients and thus start killing you slowly.

You would experience the following if you take 500 calories in a day and take the Nutravit diet drops:

- Experience hunger every now and then in the first few days
- Not experience fatigue
- Experience a general wellness of mind and body
- Your body gets the extra nutrients that it needs for the muscles and bones from the Nutravit Diet Drops so they do not lose their nutrients. Taking these diet drops packs the body with up to 1500 more calories to play with.

Since the fat reserves are the only calorie source remaining, the body burns it for fuel to give you energy to do your daily activities. You can get up to 1500 calories from the fat reserves and the 500 calories from the daily intake makes it 2000, which is enough to fuel your daily activities. Because getting 1000 calories requires the body to burn 1 pound of fat, that's how you get to lose up to 40 pounds in 45 days.

## **PHASE 2 DIET PLAN:**

### **Day Three:**

- Empty the bladder after waking up in the morning, get out of your clothes and weigh yourself
- Take the first dose of Nutravit diet drops on an empty stomach
- Drink 0.5 to 1.0 gallon of water in the day, not all at once, but at varied times

## **PHASE 2 BREAKFAST**

Here are the foods that you can take for breakfast:

- Take black coffee (organic if you can get it), or
- Green tea (organic), or
- Chamomile tea (organic), or
- Wu Long tea (organic), or
- Yerba Mate tea (organic)

There is no limit. Take as much as you want.

- Do not make your tea or coffee using tap water. Only use pure water. You can also take as much of your drink of choice as you want, in the morning hours.

## **PHASE 2 LUNCH**

Take 100 grams of the foods in the list below, grilled without oil or fat:

Veal or beef (organic, grass-fed)
Skinless chicken breast (organic)
Wild Chilean sea bass
Flounder
Halibut
Sole

Include a big handful of any of the vegetables in the list below:

Lettuces (any type)	Cucumbers
White, yellow, or red onions	Celery
Tomatoes	Fennel
Chard	Cabbage
Spinach	Red radishes
Beet greens	Asparagus

You can eat these vegetables raw, steam, boil them or grill them without using oil. You can mix a few vegetables.

- A few strawberries, small grapefruit, small apple (all of them organic, take any, not all of them)

Season any of these foods with black or white pepper, organic (garlic, parsley, apple cider vinegar, basil, thyme, marjoram, sea salt and lemon). You can also use any other herb, but use no butter, oil or dressings.

## **PHASE 2 DINNER**

You can take the same food that you took for lunch. However, do not take the same meals two days in a row.

You can also take organic black coffee, green tea, chamomile tea (organic), Wu Long tea (organic), or Yerba Mate tea (organic) in any quantity that you want.

Choose any of the drinks we have listed and take as much as you want throughout the day. It is best to drink at least one cup of chamomile, Yerba Mate Tea and Wu Long tea.

During this time, do not take any non-prescription OTC drugs or medicines at this time. You can take them with the supervision of a doctor.

## **PHASE 2 MAKE UP**

The only makeup you should use in this phase is eyebrow pencil, lipstick and facial powder.

Don't use moisturizers, creams or lotions on your skin

## **PHASE 2 NOTE:**

- Every meal must have protein, vegetable and fruit, never skip a meal and you must eat the food exactly as shown here
- You may choose not to eat the fruit with the meals and take it as an in-between

You are also encouraged to do the following things, but it is not compulsory so you can skip them if you like:

- Take Eleotin tea thrice daily, and follow the instructions on the tea
- Take a one-hour walk daily
- Use a rebounder as many times as you can
- Listen to uplifting and motivating CDs daily
- Enjoy yoga sessions as much as you can
- Try and catch at least 20 minutes of sunshine daily
- Get colon therapy as often as your colon therapist might recommend
- Avoid chilled or super cold drinks
- Minimize the time you spend in air-conditioned rooms
- Visit a normal sauna or infrared sauna to sweat heavily
- Every week of this phase, get up to three Thai massages

**NB/** The Thai massages are applied without the use of lotions. You won't get out of your clothes. Included in the massage are several stretches. Avoid massages that use creams and lotions.

## **Day Four Through Day Forty-Five: (4th – 45th day)**

Adhere to the Day Three instructions daily throughout the phase. Follow this diet religiously for at least 21 days and a maximum of 45 days to attain the desired results.

### **PHASE 2 Duration:**

You must go through this phase for at least 21 days and utmost 45 days.

If by the end of the 45 days you still have extra weight to lose, you must take six weeks off the treatment. During this off period, just eat regular foods but without starch or sugars. After that, resume the Phase 2 treatment for another six weeks.

At the end of the six weeks you still need to continue losing weight, take a break of eight weeks from the treatment. During the break period, eat normally but exclude sugars and starch from your diet. After eight weeks, resume the PHASE 2 diet.

The food you consume contains about 500 calories. There is a good reason for taking this low calorie diet. When the body burns the calories that you consume, the body starts to burn the abnormal fat stored in different areas for fuel.

However, you have to note something very vital. If you start to eat a diet that is lower than 500 calories, it is not going to make the process faster. Rather, the body is going to stop burning fat in the abnormal reserves.

Again, if you change the food, the body slows the fat releasing process or it can stop it altogether. This means you will not be burning fat.

By adding artichokes or mushrooms to the food lineup, it was discovered that fat release stopped almost completely or slowed down, despite the fact that they had lower calories. This poor effect is attributable to the foods' chemical quantities.

For this diet plan to work effectively, you must follow the instructions strictly.

Remember to take your weight every morning, daily at the same time, as you continue taking the Phase 2 treatment.

In the first days of starting Phase 2, people experience a feeling of empty stomach, which is not the same as experiencing hunger pangs. Taking your weight every morning and seeing the weight loss progress is going to keep your spirits up. You will find the strength to keep going despite the emptiness.

After you are through with your one, two or more rounds of the six week Phase 2 treatment, if you are okay with your current weight, it is time to start Phase 3 of the Nutravit Diet Plan.

## Phase 3



The reason why this phase is so important in the Nutravit diet protocol is that you will be able to reset your metabolic rate.

In this phase, the body resets the metabolic rate from low to high. This new metabolic rate becomes the new normal for the body. It will also prevent the storage of fat reserves and hunger pangs in future.

Getting into this phase is very simple. On the first day following your completion of the Phase Two treatment, you can start to eat as much food as you want, for 21 days. However, **AVOID THE FOLLOWING FOODS:**

Any sweeteners, sugar, honey, corn syrup, molasses, high fructose corn syrup, sucrose and dextrose
Starch – bread, wheat products, pasta, yams, white rice, potatoes and others
Artificial sweeteners such as aspartame, sucralose, saccharin, splenda and NutraSweet
Fast foods especially from fast food joints
Trans-fats such as hydrogenated or semi-hydrogenated oils
Use non-prescription and prescription drugs sparingly
Use ice-cold drinks sparingly
Expose yourself minimally to air conditioning
Expose yourself minimally to fluorescent lighting

## Nitrites

As you avoid the foods in the above list, ensure you can do the activities below as much as possible:

- Drink pure spring water with coral calcium sachets – 0.5 to 1.0 gallons a day
- Daily, one-hour walks
- Eat one grapefruit daily, an organic one
- Take as much organic Yerba Mate, Wu Long, Chamomile or green tea as you like
- Take a teaspoon of coconut oil two times a day - must be organic
- Try going to sleep at 10.00PM and rising at 6.00AM daily and get 7 to 8 hours of sleep
- Take a big breakfast
- Eat six times daily
- Take dinner 3.5 hours before sleeping time
- Take three teaspoonfuls of raw apple cider vinegar daily. Must be organic ACV
- You can add stevia to sweeten your drinks
- Bask in the sun for about 20 minutes daily
- Do yoga
- Eat 100 grams of veal, beef, chicken, fish or turkey for dinner occasionally before bed
- Spend 20 minutes daily in a regular or infrared sauna to sweat
- Don't heat food in the microwave
- Don't use sodium glutamate
- Take your food with hot pepper
- Use cinnamon in your food
- Take a huge salad with lunch and with dinner

- Don't eat farm-reared fish
- Listening to de-stressing CDs everyday
- Install a shower filter
- Don't use lotions and skin care products containing sodium laurel sulfate and/or propylene glycol
- Engage in resistance workouts such weights
- Include oat bran, acacia and flaxseed for fiber in your daily diet

Do not forget to weigh yourself daily, in the morning, at the same time after peeing and without your clothes. In the 21 days, you want to ensure that your weight remains within two pounds of the weight that you recorded on the last day of Phase 2.

If the weight rises above two pounds, even slightly, you must embark on the STEAK PROTOCOL, as outlined below:

### **STEAK PROTOCOL:**



The morning that you realize your weight has gone over the two-pound mark, do not eat anything the whole day, at least until 6.00PM.

Drink a lot of water, at least 1 gallon in intervals during the day. Avoid tap water and only take pure water.

You can also take as much of the teas we have recommended here as possible. You can also use stevia for sweetening.

For dinner, take a big grass-fed/organic beefsteak. It is okay if it is grilled or oil-fried. It can also be seasoned with herbs or hot paper but it should not have salt.

You can also have a big raw apple or raw tomato, organically grown with the steak.

Strictly, you must skip your day's meals on the same day that you notice an increase in weight above two pounds. Do not push the skipping meals bit to the following day. Go on the steak protocol immediately.

It is vital to weigh yourself daily at the same time in the morning. Any gained weight will be distributed evenly in the right places, so using the mirror or clothes to show you whether you have gained weight is not going to reveal the truth.

Since the gained weight will be hidden, it is so vital to measure your weight every morning, without a miss. In some instances, it's possible to gain up to 15 pounds and not know it. Measure the weight.

When you are in these three weeks of Phase Three, you will find that you feel fuller faster. Therefore, watch your portions and stay on top of your appetite, so that you do not heap too much food on your plate.

Be very aware of your appetite and newly found eating capacity. Once you start feeling full, stop eating immediately. Also, make sure you eat three full meals starting with breakfast, lunch and dinner and have one snack between meals and after the last meal. The snack could be a grapefruit or apple, as long as it is organic. When eating, chew the food slowly and savor it, listening to your body and stop eating as soon as you feel full.

The fear of most people is that they think they will feel hungry later on if they stop eating when they have not finished the portions on their plates. However, one of the objectives and benefits of Phase Three treatment is to help you change the eating habits that bring weight gain.

Here are a few guidelines to help you change the habits that brought about your weight problem in the first place:

- Sit down, release all the tension and make your comfortable enough before eating
- Don't eat standing, watching TV, reading things on your smartphone or inside your car
- Chew your food slowly and thoroughly, and savor it
- Relaxed music can help make you more comfortable when you are eating
- Serve small portions on your plate, avoid second helpings

- Know your signs of hunger/feeling full. Once you stop feeling hungry, stop eating immediately

Do not fail to correct the situation in this phase if you gain even an ounce above 2 pounds. That same morning when you realize you have gained, skip meals and embark on the steak protocol immediately.

After taking the last of your Nutravit diet drops in this phase, it is vital that you do not lose more than 2 pounds. You should not gain more or lose more than two pounds in these three weeks. Any weight loss in this stage means you are losing muscle and important body fat.

Most people get very excited after completing phase two successfully. They hardly believe that they can eat regular meals six times a day and not gain weight. Therefore, they ignore the instructions to eat what they want (of course with the foods we listed and told you to avoid). Many people tend to extend the Phase two very low calorie diet with minimal changes.

Much to their disbelief, they gain weight! This creates a ripple effect where they start skipping breakfast and lunch, and they avoid taking their dinner steak as advised because they are afraid it will make them gain weight. They avoid the steak and take a salad in its place. They feel hungrier and weak from this.

When they take their weight the following morning after the bathroom, they find they added more weight. They become even more apprehensive and even their ankle swelling can come back.

This is why you should strictly follow the instructions as laid out here. Also, you should not embark on any other weight loss regime unless it is under the supervision of a physician.

## Phase 4



Now that you are done with Phase Three successfully, you feel more energetic, healthier, happier and more motivated. Hunger, food and food cravings no longer control you; you control them. You are set to resume life as a new person.

The most important thing is to maintain your new-found status and condition for the rest of your life, without slipping back to your former self.

Embarking on Phase Four is the first step to a new life, which is new, more wholesome and enjoyable.

You have to follow some basic instructions to turn over this new leaf. It is like adopting new habits that you will live with from now going forward. They will also replace the old, unhealthy habits that you got you in the rut in the first place.

### **PHASE 4 DO's and DONT's**

Identify what you are dealing with here. The restaurant chains, fast food companies and other players in the food industry all want to net you in with deceptive advertising. They want you to eat their food.

In addition to getting you to eat their food, they also want to get you addicted so that you can go back for more. The food has addictive chemicals that will make you feel hungrier and make you fat. These food companies are the enemy.

There is only one rule in Phase Four - eat as much of anything you want, whenever you want.

However, make this **organic only**. You get to eat as much food as you want but you have to ensure it is 100 percent organic. This is going to help you avoid burdening your hypothalamus gland and bring about the “right” factors for chronic weight gain.

In the current food market though, eating organic food only is hard and costly. Do it as often as you can. However, you can try to avoid as many of the artificial ingredients as much as possible.

Also remember that fats, high glycemic index rate foods, complex or simple carbs, sodium or calories do not cause weight gain and obesity.

Artificial ingredients, irresponsible food producing techniques, manufacturing practices, chemical additives, and processing methods cause weight gain and obesity.

When people get bored, they eat, gain weight and then they complain when they cannot lose weight successfully. However, now, the Nutravit Diet is very efficient at helping with weight loss and management. Testimonials from thousands of happy users are all over the web, showing the genuineness of this diet plan.

To lose weight fast and keep it lost, follow the instructions of the Nutravit Diet Protocol to the letter. Follow the guidelines for the dosage, and eat only the advised foods to lose weight and enjoy other benefits of this diet.

\*\*Medical Disclaimer: Consult with your healthcare provider when considering any weight loss program. The information contained here is not intended to replace consultation or advice from your healthcare provider regarding your specific situation. Many have had the result of losing 1 to 2 pounds per day on the Nutravit diet, but it is not guaranteed. The statements and products shown on this website have not been evaluated by the US Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Those seeking treatment for a specific disease should consult a qualified integrative physician prior to using our products if possible. <http://www.nutravitlabs.com/> is not a medical organization and does not offer any medical advice or diagnosis. You are following the protocol at your own risk and <http://www.nutravitlabs.com/> accepts no responsibility for any damage or health issues as a result of following Nutravit's weight loss protocol.