

EVELIZA®

Metabolic Activator
Cereal Compound



*Directions for the use of Eveliza in
overweight or normal weight
Diabetic patients*

- Certified Organic
- Does not contain any preservatives
- 100 % Natural

Health Warning

Alen ® is manufactured with wheat germ and seaweed extracts, thus it may cause an allergic reaction in people sensitive to shellfish and wheat derivatives.

SUGAR (molasses, brown sugar or honey) must never be eaten under any circumstance
To sweeten it is important to use saccharine only

DIRECTIONS:

This method is practical and innocuous, provided the person strictly follows the directions below. This regimen must be continued for the length of time needed to achieve the weight corresponding to the person's bio-type. The hours mentioned below must be strictly followed. You may not change them in any way.

EVELIZA® cannot be blended or mixed with hot boiling liquids and must be taken immediately after prepared.

12µg of triiodothyronine must be taken lifelong in the morning before eating breakfast.

The only fruits allowed during this diet and afterwards are oranges, watermelon, cantaloupe and/or papaya. You mustn't add any other fruits.

7:00am: Drink one glass of natural fruit juice, one hard boiled egg and a small portion of sliced papaya, cantaloupe, watermelon or one sliced orange.

10:00am: One packet of EVELIZA® mixed with a glass

12:00 - 1:00 pm: Eat the same foods you had for breakfast (egg** and papaya or orange) plus 3 ounces of meat (beef, lamb) ,poultry or fish, roasted not fried or barbequed, with a small portion of vegetables from the following: **Vegetables:** lettuce, tomatoes, radish, broccoli, watercress, cabbage, cucumbers, spinach, carrots, string beans, cauliflower, turnips, heart of palm, zucchini, or mushrooms.

Seasonings: use diet salt or any salt low in sodium, garlic, onion, parsley, celery, coriander, lemon and vinegar. Apart from these seasonings, you should NOT use any others, **nor should you use oil, or any salad dressings.**

4:00 pm: One packet of EVELIZA® mixed with a glass of natural fruit juice (from the fruits listed previously), warm tea or iced tea sweetened only with saccharine

7:00 pm: One packet of EVELIZA® mixed with a glass of natural fruit juice sweetens only with saccharine. Also eat 4onz of meat with the vegetables listed above.

**** People shorter than 160cm or 5.25ft refrain from eating the boiled egg at lunch time**

*During this diet you must not engage in any physical activity, except that which is needed to carry out your daily work. **DO NOT EXERCISE***

Directions For Maintenance

These are to be followed after the person has reached their ideal body weight.

Sugar must never be consumed.

Sugars (honey, syrups or molasses) must never be eaten.

The taste of sweet should be replaced with saccharine only.

Furthermore in view that any sugar behaves as a drug the person who stops eating it can present withdrawal symptoms such as: hunger, headache, vertigo, anxiety and muscular aches among others. These may last 2 to 3 days and then disappear.

1. - EVELIZA® must be taken twice a day (lifelong every day)
2. - Eat 5 times a day. Breakfast is the most important; also a light snack of fruit must be taken at 10m and 4pm. DO NOT EAT apples, pears, bananas, mangoes, grapes or pineapple ever.
3. - 12µg of triiodothyronine must be taken before breakfast (lifelong)
4. - Eat foods with the following priority: meats (red specially), chicken, fish, eggs, vegetable and fruits. Anyone previously diabetic must never eat any starches or grains for the rest of their lives.
5. - Use low sodium salt to season foods.
6. - DO NOT carry out strenuous exercises.
7. - To cook Use Extra virgin Olive oil.
8. - Do not use aluminum pots to cook foods
9. - Avoid anxiety and worry as much as possible.

These recommendations are to be carried out lifelong.
