





# Weight Loss...

The old Challenge again & again? New Diets, new Gurus...  
It is an Industry that is **selling** to You, powered by repeated failure.

- >> How to solve this Problem once & for All?
- >> How to tackle it in the best possible Way for Humans?
- >> How to lose Weight and feel Good during the Process?

DIETS fail because people do not like to do them. People simply do not do stuff for a long time that does not feel good.

Once their weight is acceptable again, people will end any diet that they did not enjoy... >> then they will eat as before the diet & gain the weight again.

**W<sup>∞</sup>LOSS<sup>°</sup> is not a DIET, but a STRATEGY!**



**Time & Money Benefits:**

As a Professional in an office environment, You can save so much time & money during ‚lunchtime‘ when You are on the W<sup>∞</sup>LOSS<sup>°</sup> routine... You will love it. ♥

# Lose Fat & Gain Time!

## The Master Strategy for Easy Weight Loss

Our Strategy is **so smart** that You do not need to do any sports **and** You will save a lot of **Time** because You basically skip breakfast (with a little help to make it easy) and Your first, tasty & rich meal at 10-12 o'clock is prepared & eaten in 10 minutes. And You will be **happy** afterwards. So happy that You will not want to have any sweets until in the afternoon, when You are allowed to eat Dark **Chocolate** – and as much normal food as You want.

**How?** Read this E-Book. **WE HACKED WEIGHT LOSS!**

**You will also feel better, perform better & look (much) better.**

Just read this PDF, start to do exactly what is written here – & then stay on the Task. Your body will be re-programmed & trained to shift into fat-burning mode without complaint. **You will love it. ♥**

And soon you will be **in total Control** of your body weight. You will know how it works & You will eat differently – but without hours of cooking, without being hungry & without missing the nice Dinners.



# Strategic Weight-Loss

To make You fit for the New Millennium!

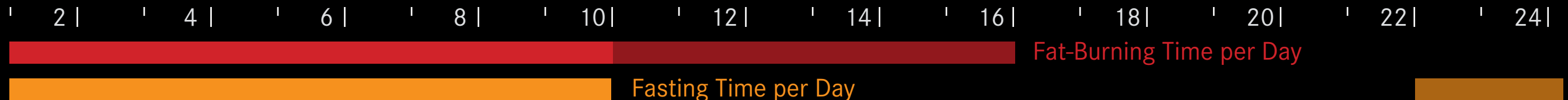
This is simply & holistically the best-working weight-loss strategy for Humans. The laws explain all You need to know about **how to get into & stay in the body's fat-burning mode.**

And that is basically what the best strategy is all about.

Once Your body has learned to burn fat efficiently enough, You will feel fine whenever You have shifted into that mode. You will not feel hungry & many kinds of work or exercise are best performed in that mode. Do you know that tiredness after lunch? **You can get rid of that forever.**

You might want to slightly change Your daily work routines, so that You do the right things in the morning, when You are still fasting. Do things where You can **,get into the flow'.**

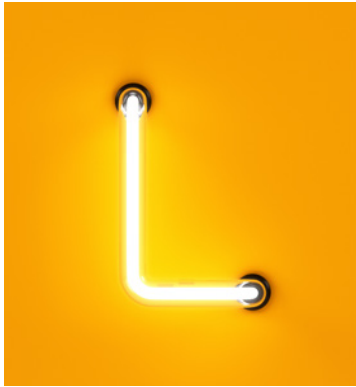
Athena° is the face of the Pool° Organisation. >>



# Main Success Factors of the W∞LOSS° Strategy



Why this Routine is simply the best Way to easily lose Weight ,On Demand‘



## L-Carnitine

**A natural Encyme that helps the body burn fat.**

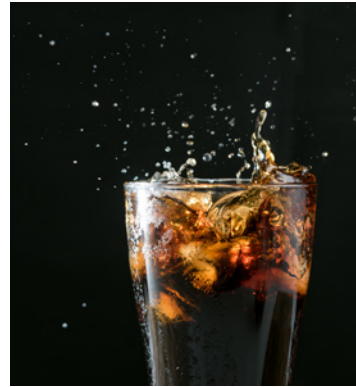
You consume it on an empty stomach – in the morning & whenever You feel a little hungry. The hunger will stop because Your body will shift into fat-burning mode & burn fat instead of complaining.



## Casein

**Smile with the best Protein for losing weight!**

Brunch is a Casein Shake mixed with Muesli & Chia seed, filled up with Rice, Almond or Fat-reduced Milk. You are satisfied & happy until Snack time! Casein lets the body produce opioides... >> **Smile!**



## No Sweeteners

**Artificial Sweeteners are no good – they make You crave for sweets.**

Best results & happiness are achieved by using no sweeteners at all. Stevia is okay, but better without any. If You need a Cola, then You may drink one with sugar.



## Cacao is Superfood

**You will use it to flavour the Muesli & as a Treat.**

We are using pure premium Cacao powder like for baking, with no sugar. And You are allowed to eat Dark Chocolate. This also keeps You happy & satisfied. Some(!) sweets are fine in the evening also.



## The Routine of Success

**You will save Time, feel better & perform better.**

In the morning, You need to fast until Brunch, but from that moment on, You will just feel great the rest of the day. In the evening, You are allowed to eat as much & more or less also what You want. **Love it. ♥**

| 2 | | 4 | | 6 | | 8 | | 10 | | 12 | | 14 | | 16 | | 18 | | 20 | | 22 | | 24 |

Sleep



Brunch

Snack

Dinner





# The Laws of Weight Loss

>> The Humanist Strategy for **Sustainable** Weight Loss! // **Performance**, **Convenience** & **Indulgence**.



## **Performance Benefit:**

**You will lose 1-2 kg (2-4 lbs) every week!**

Amounts depend on Your ambition, but Your success will be sustainable: You lose weight without being hungry.



## **Convenience Benefit:**

**W<sup>∞</sup>LOSS<sup>°</sup> is easy & You save lots of time!**

Our STRATEGY requires You to have a 'Protein Muesli' as a day's first meal (quick & inexpensive) & to use L-Carnitine.



## **Indulgence Benefit:**

**Eat as much as You want – every evening!**

With the help of L-Carnitine, skipping breakfast is not hard & from the afternoon on, You may even eat dark chocolate.

# #1 We Survived

We evolved during Ice Ages

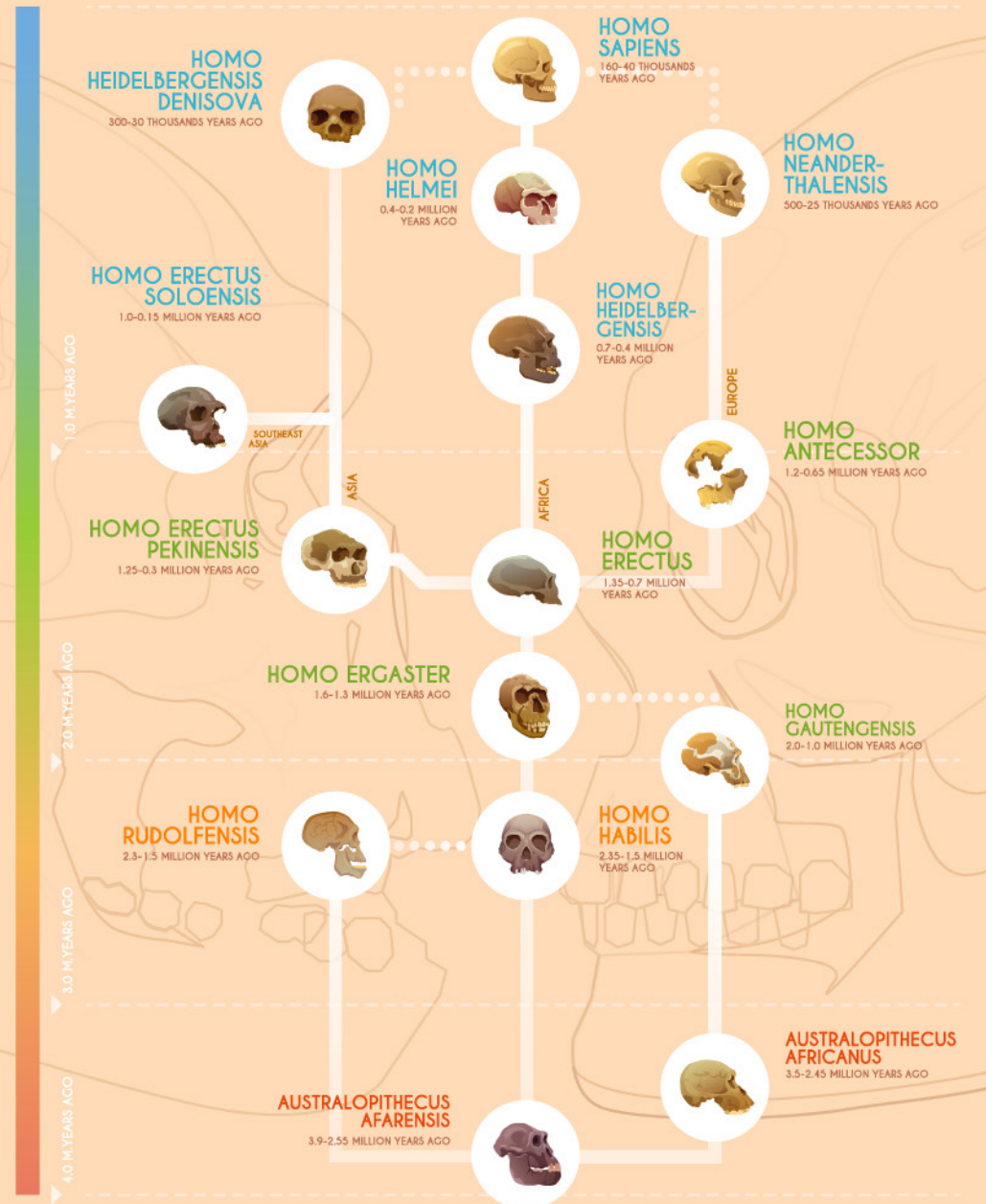
People today eat 3 full meals a day plus 2 snacks at least. This is considered a human right & You get that even in jail.

**Each & every day.**

**This is not natural for Humans.** Most time throughout Human history, it was normal to go through phases of **fasting**, in which the body used its reserves.

When people today are dizzy in the morning & say they cannot function without breakfast, then this is because their bodies never had to learn how to efficiently burn fat – it always screams for food instead of changing into fat-burning mode. **The results are obesity & diabetes.**

## INFOGRAPHIC: HUMAN EVOLUTION



# #2 Feel Good!

## Hedonism is the Driver of Intelligent Life

It is totally normal that You want to **Feel Good**. Our brains are hard-wired to seek pleasure and any diet that makes You feel bad must fail. We learn things better when they are connected with the release of pleasure hormones. **Everything that hurts too much is against our nature.**

**Meditation** is good for anybody. You do not need to seek higher levels of enlightenment to profit from meditation. Invest at least 30 minutes per day and **You will feel better** – and You will also win the invested **time back** – by performing better.

Also keep Your **consciousness** as **clear** as possible from unnecessary waste but make sure to stand up for your beliefs every time You feel You should. **A good conscience lets You sleep well.**

**The Book of the Yellow Castle** says: „In the square inch field of the square foot house, life can be regulated“. The square foot house is the face. The square inch field in the face: what could that be other than the heavenly heart? In the middle of the square inch dwells the splendour. In the purple hall of the city of jade dwells the God of Utmost Emptiness and Life. The Confucians call it the center of emptiness; the Buddhist, the terrace of living; the Taoists, the ancestral land, or the yellow castle, or the dark pass, or the space of former heaven. The heavenly heart is like the dwelling place, the light is the master.

*(The Secret of the Golden Flower [ T'ai I Chin Hua Tsung Chih ] – Translated by Richard Wilhelm – Translated from German by Cary F. Baynes)*



# #3 Train to Fast(en)

Fasting Phases are natural for Humans

**Burning fat is an ability** that needs to be trained & that the body gets better & better in. When running a Marathon, then it is not only a question of stamina who wins. It is also a question of who is able to burn fat most efficiently. **To have more energy & win the race.**

If You get up at 7, then eat nothing except a pressed lemon with honey until 10 or 11. Now You will also know why **Breakfast** is called so. Hate being hungry?

## Fasten Your seatbelts!

The word ‚Fasting‘ comes from ‚to hold fast‘. Hold fast to a purpose – or to a special diet.

**Ritual fasting** allows the body to reconstruct our hormonal substance. Holistic Human Wellness is manifested in our physiology by the intuitive balance of our own reason. Body Weight Homeostasis is established by repetitious processes and human will, both influence neural and endocrine structures. These intuitive processes initiate behaviors that influence our metabolic and autonomic responses.  
*(Rosenbaum, Leibel, 2010)*

**Fasting** is an intuitive behavior, that tells our bodies to respond by utilizing other energy storage.  
*(Mann, 2018)*

Rosenbaum, M., & Leibel, R. L. (2010). Adaptive thermogenesis in humans. *International Journal of Obesity*,34(S1). doi:10.1038/ijo.2010.184 – Mann, T. (May, 2018.). *Science Brief: Why do dieters regain weight?* Retrieved from <https://www.apa.org/science/about/psa/2018/05/calorie-deprivation.aspx>



# #4 Enzymes help

## L-Carnitine fuels the Fire

**L-Carnitine** is an enzyme that helps the body burn fat & **switch into fat-burning mode**. It is a natural enzyme that is a content of many foods; for example Pineapple is very rich of it.

You can, however, also buy it as a dietary supplement. Whenever the body starts to scream for food >> **consume L-Carnitine**.

If You are overdosing, You will know it -- because You get a little belly ache then & other digestion issues. It is, however, not dangerous to overdose it, as far as we know.

L-Carnitine is one of the main reasons why this diet works so well – and **does not hurt**. Take it in the **morning** & whenever You feel hungry. Experiment to find the best dosage for Your maximum wellbeing.

Marieb, E. N., & Hutchinson, M. (2014). Human anatomy & physiology, Pearson new international edition, ninth edition. Harlow, Essex: Pearson Education.— Donatelle, R. J., & Ketcham, P. (2017). Access to health. Upper Saddle River: Pearson.

Enzymes accelerate the rate of biochemical reactions, in fact, without enzymes biochemical reactions might not occur. (Marieb, Hutchinson, 2014)

Functional enzymes utilize a metal ion such as iron, to ultimately assist in the construction of proteins. (Donatelle, Ketcham, 2017)

Enzymes are required to regenerate the ever dividing cells of the Human Form. (Marieb, Hutchinson, 2014)



# #5 Protein = Premium

Protein is more refined than Fat & Sugar

**Protein** is the most refined type of food compared to fat & sugar. It is a very valuable building component for the human body and our body knows this. **When the body is in fat-burning mode and gets Protein, it will not change out of this mode.** It will digest the protein to build the body with it while still burning fat. Eating a fatty meal or large amounts of sugar will result in the body shifting out of fat-burning mode.

As the first meal eat **only** Protein, with a little muesli mixed under to make it look like food. For texture & value, add some Superfood seeds that You believe in – **Chia is good.** Fill up with Almond milk. Or use cow milk, soy or rice milk. A little **L-Carnitine** along with it cannot hurt as well – we want to make it an easy decision for our body to stay in fat-burning mode.

Marieb, E. N., & Hutchinson, M. (2014). Human anatomy & physiology, Pearson new international edition, ninth edition. Harlow, Essex: Pearson Business Dictionary, 2018. Retrieved from <http://www.businessdictionary.com/definition/American-breakfast.html>

**Continental American style breakfast** in the average hotel includes: eggs, bacon or sausage, buttered toast under fruit jam, pancakes or waffles with syrup, not much is left for want, and this is more than what is required for human survival and energy expenditure. *(Business Dictionary, 2018)*

A standard **German style breakfast – Muesli** – consisting of raw oats, grains, fruit and nuts provides the human body with the substances necessary to regenerate our functional structures and simultaneously burn off adipose tissue. *(Marieb & Hutchinson, 2014, Wiki, 2018)*

## RECIPE

„Protein Muesli“

- 1g Muesli / kg body weight\*
- 1g Protein / kg body weight\*\*
- 2 tablespoons of Chia seed
- 1-3 teaspoons of pure, natural, premium Cacao powder

Fill up with unsweetened Almond milk until You like the consistency. Use L-Carnitine as a complement.

\*Body weight in this PDF means **Target** Body Weight!  
\*\*Mostly Casein & **without** artificial sweeteners!



# #6 Casein = Wellbeing

Your Body's own Opioids make You Smile



When you are using **Casein**, then you will notice that it turns into a mass of starchy consistency. Fill up milk until You like it.

**Casein is the protein from Cheese.** It should be preferred for weight loss, since it has two advantages to other types of protein:

1. The body stays satiated for a longer time
2. It makes You happy, no kidding.

The smile is from the **Casomorphines** that are produced during the digestion process of Casein in our bodies. These are opioids that are created in Your body during the decomposition of Casein. They make You feel good.

The long-term satiation effect results from the complex structure of the Casein molecule. It is split again & again into smaller molecules, keeping our digestion busy.

The **intuitive importance** placed on milk consumption has evolved with human beings throughout our life history on earth. The Casein protein is integral in the formation of a healthy brain and metabolism. *(Morris/Kredel, 2018)*

Nervous system function is enhanced by Casein because of the **antioxidant properties** which inhibit the formation of free radicals. Casein Hydrolysis, from casein-derived peptides, also reacts with digestive enzymes resulting in the **reduction of systolic blood pressure.** *(Camfield, Owen, Scholey, Pipingas, & Stough, 2011)*

Casein, C<sub>38</sub>H<sub>57</sub>N<sub>9</sub>O<sub>9</sub>, is a **phosphoprotein** that releases energy used to perform cellular activity. *(PubChem,2018)*



In 2018, The Department of Exercise Science, Elon University reported that **consuming Casein before bed** is an effective strategy to increase metabolic function when the body is at complete rest in the post-absorptive state. *(Madzima, Melanson, Black, & Nepocatych, 2018)*

KWLNZVXBGCEDOO-QKUYTOG TSA-N. (November,2018). Retrieved from <https://pubchem.ncbi.nlm.nih.gov/compound/134288#section=Isomeric-SMILES>  
Camfield, D. A., Owen, L., Scholey, A. B., Pipingas, A., & Stough, C. (2011). Dairy constituents and neurocognitive health in ageing. *British Journal of Nutrition*, 106(02), 159-174. doi:10.1017/s0007114511000158  
Madzima, T. A., Melanson, J. T., Black, J. R., & Nepocatych, S. (2018, September 10). Pre-Sleep Consumption of Casein and Whey Protein: Effects on Morning Metabolism and Resistance Exercise Performance in Active Women. Retrieved from <https://www.mdpi.com/2072-6643/10/9/1273/htm>

# Routine & Shopping List

Inexpensive concerning Time & Money

## Ritual

We are calculating with You getting up at **7:00**. Just move everything if You prefer another time.

In the morning, drink a **cup of warm water** (once boiled, then cooled down) and add:

- ½ - 1 pressed **Lemon**
- 1 tablespoon of **Honey** (cold-extracted)

Do some morning ritual(s) that are good for You.

**Meditation & Yoga** are great morning rituals.

**Stretching** is important to stay away from all skeletal & muscular pain.

## Brunch

**This is supposed to be tasting well enough to look forward to it a lot!**

- 1g **Muesli**\* / kg BW
- 1g **Protein**\*\* / kg BW
- 2 tbsp. of **Chia**\*\*\* seed
- 1-3 tsp. of pure, natural, premium **Cacao**° powder

- Fill up with unsweetened **Almond milk** until You like the consistency.

- Use **L-Carnitine** as a complement.

\*

<https://www.koelln.de/produkte/muesli/koelln-muesli-schoko/>

\*\*

<https://www.my-supps.de/my-supps-natural-casein.html>

<https://www.foodspring.de/shape-shake>

\*\*\*

<https://www.foodspring.de/bio-chia-samen-weiss>

°

<http://www.bensdorp.com/>

## Snack

**Please eat whatever you like** – except sweets. Try to eat low-carbohydrate & just do not eat too much of it. Your stomach will shrink during the ‚long‘ fasting phase from dinner to now. So you will not need to eat too much now. **Eat until You are satisfied, but not more.**

You can now also start to eat some of the

- 1g **Chocolate** / kg BW that is your daily pension of Indulgence. Eat only **Dark / Black Chocolate.**

**Eat it slowly & value it.**

>> BW = **Target** Body Weight in this E-Book!

## Dinner

**For Dinner, You are more or less allowed to eat what you like.** Try to stay low-carbohydrate but also try to eat various foods & eat Your Vitamins. Better add

- **Vitamin Tablets** but make sure to also buy
- **Vegetables**
- **Fruits**
- **Olives** (Superfood)

If you are ambitious, You can eat the same ‚Protein Muesli‘ as You had for Brunch. This is especially effective now, since then You will be in fat-burning mode the whole night.



2 |

4 |

6 |

8 |

10 |

12 |

14 |

16 |

18 |

20 |

22 |

24 |

Sleep



Brunch

Snack

Dinner

# #7 Cacao = Superfood

Use it to Flavour the Protein & as a Treat

Protein tastes of nothing much usually, especially Casein does not have any taste. Adding a little pure **Cacao powder** (no sugar) helps a lot. And this is not a ‚sin‘ – Cacao is Superfood and contains a lot of valuable things. **And also makes You happy.** This weight loss strategy allows pleasure & indulgence.

To lose weight, You need to stop eating sugar confectionery & start eating dark chocolate instead. Around 75g per day should be enough, eaten during Afternoon & Evening. If You need more, eat more (try to reduce). **>> But eat dark chocolate.**

The little sugar in dark chocolate is no problem. Small amounts of sugar are used to fill up the carbohydrate stores of the body that are emptied during brain work, sprints, weight exercise, etc.

Ishaq, S., & Jafri, L. (2017). Biomedical Importance of Cocoa (*Theobroma cacao*): Significance and Potential for the Maintenance of Human Health. *Matrix Science Pharma*, 1(1), 1-5. doi:10.26480/msp.01.2017.01.05

For many centuries, humans have used **Cacao** in healing practices and religious rituals.

Today, research relates the powerful impact of Cacao on human health to the high concentration of **polyphenols**.  
*(Ishaq & Jafri, 2017)*

Polyphenols are naturally occurring organic compounds that act as a **defense against cancer** development during cellular division. Phenolic compounds block carcinogens by inciting apoptosis, cell death.  
*(Lewandowska, Kalinowska, Lewandowski, Stępkowski, & Brzóska, 2015, Pandey & Rizvi, 2009)*

Lewandowska, H., Kalinowska, M., Lewandowski, W., Stępkowski, T. M., & Brzóska, K. (2015). The role of natural polyphenols in cell signaling and cytoprotection against cancer development. *The Journal of Nutritional Biochemistry*, 32, 1-19. doi:10.1016/j.jnutbio.2015.11.006



# #8 No Alcohol

Alcohol is turned into Fat in the Liver



**Drinking alcohol has several disadvantages when You want to lose weight:**

1. The body shifts out of fat-burning mode
2. Alcohol is turned into fat in the liver
3. This fat needs to be burnt first later
4. It weakens the will to stay on the task
5. Hangover = 3-4 days of effort lost.

If it is legal in Your country / state, then Marijuana is a much better alternative:

1. No calories
2. Body does not shift mode.

**However, Marijuana also increases appetite & decreases physical activity, so do not consume too much.**

Marijuana also helps to stop smoking tobacco – just use nicotine-free tobacco substitute: <https://www.real-leaf.com/>

**Heavy alcohol consumption and obesity are 2 risk factors for Liver Cancer.**

When humans consume alcohol, exposure to aflatoxin, fungal toxin, changes the structure and functioning capacity of the cell.

*(Gong, Watson, & Routledge, 2016, Nordqvist, 2018)*

Continued exposure causes tissue deformation because **alcohol disrupts the production of immune cells** that act as a natural biological defense against carcinogens.

*(Nagy, 2003)*

Liver cancer is the leading cause of death worldwide, claiming upwards of **600,000 lives every year.**

*(Key, 2018)*



Gong, Y. Y., Watson, S., & Routledge, M. N. (2016). Aflatoxin Exposure and Associated Human Health Effects, a Review of Epidemiological Studies. Food Safety, 4(1), 14-27. doi:10.14252/foodsafetyfscj.2015026

Nagy, L. E. (2003). Recent Insights into the Role of the Innate Immune System in the Development of Alcoholic Liver Disease. Experimental Biology and Medicine, 228(8), 882-890. doi:10.1177/153537020322800803  
Key Statistics About Liver Cancer. (November, 2018.). Retrieved from [www.cancer.org/cancer/liver-cancer/about/what-is-key-statistics.html](http://www.cancer.org/cancer/liver-cancer/about/what-is-key-statistics.html)

# #9 No Sweeteners

No Light products – if Cola, then with Sugar

**Artificial Sweeteners** are very problematic for several reasons. The main problem is that they fool Your body into the assumption, it would have consumed sugar >> Your body will react accordingly. This includes adjustment of the Serotonine level. Your body will now crave for the sugar it was expecting.

**In stock farming, pigs are fed with sweeteners in order to fatten them.**

Artificial sweeteners also ruin Your digestion – both Fructose & Lactose hypersensitivities must be expected to originate from these & similar food additives. Only **Stevia**, which is a highly-potent **natural** sweetener, is allowed.

If it must be sweet, it should otherwise be Fructose or Saccharose. **Which are not bad** – until the carbohydrate stores are filled up.

The biggest controversy concerning artificial sweeteners debates how the synthetic compounds effect the **microbial environment** of the human intestines.

Weizman Institute of Science, Rehovot Israel, demonstrated that consistent consumption of artificial sweetners **increased glucose intolerance** in humans, by disrupting the frequency of glucose absorption in the intestine. (Suez, Korem, Zilberman-Schapira, Segal, & Elinav, 2015).

Suez, J., Korem, T., Zilberman-Schapira, G., Segal, E., & Elinav, E. (2015). Non-caloric artificial sweeteners and the microbiome: Findings and challenges. *Gut Microbes*, 6(2), 149-155. doi:10.1080/19490976.2015.1017700



# #10 Dine What You Want

## Hungry to Bed signals Stress & Danger

In the Afternoon & Evening, You are allowed to **eat as much as You want**. Just try not to eat more than necessary. You will see that the **Casein** helps You stay satiated until long into the Afternoon, when You will not require a big meal – Your stomach will shrink in size during the fasting phases.

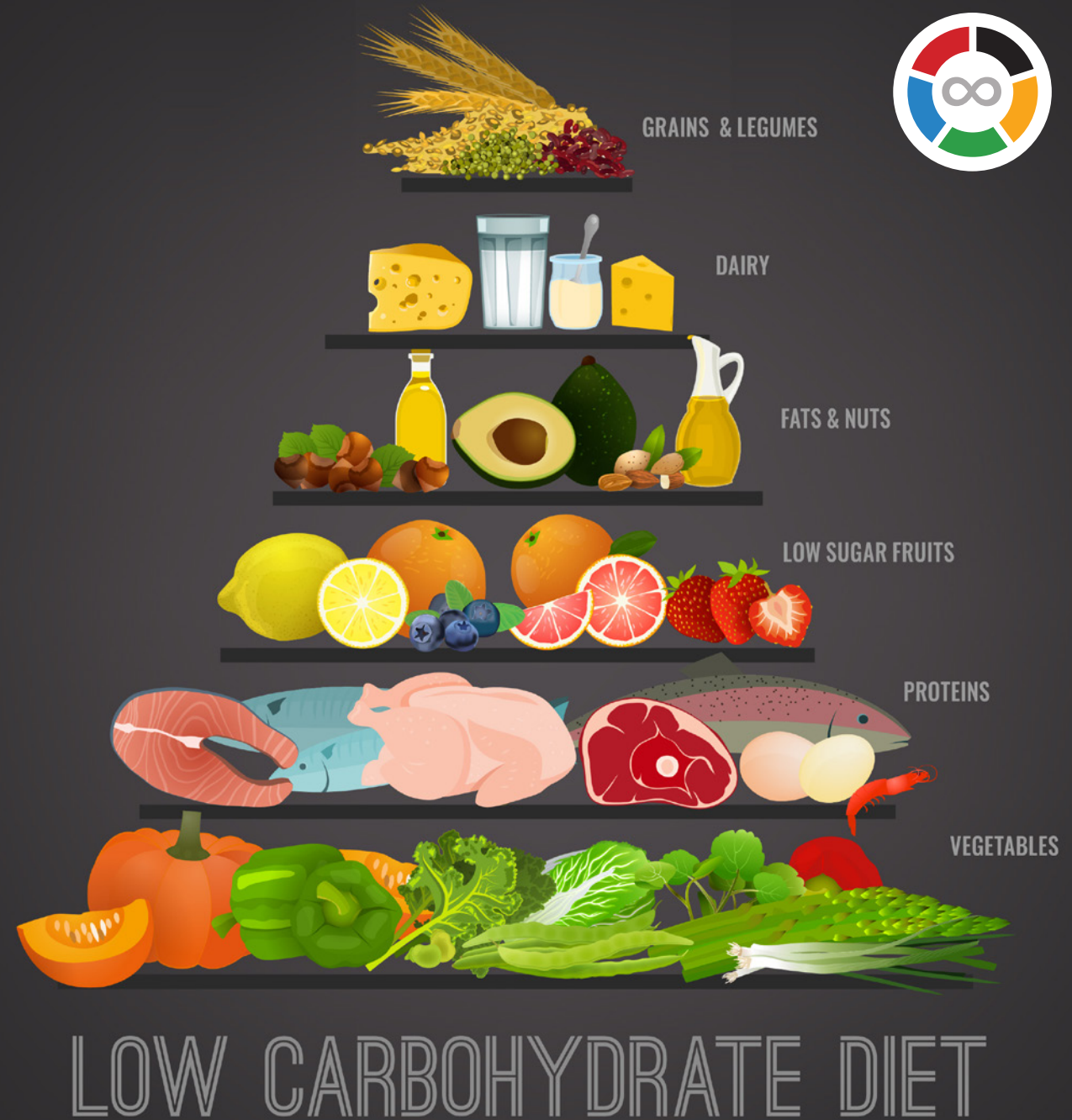
You also need to know that it takes a little while until Your body has understood that enough food has been taken in. So while eating, when Your first hunger is satiated, it is wise to leave a portion on the table & wait **15 minutes**. If You then still want it, eat it. Otherwise put it away for tomorrow.

Eat those things that You feel You would like to have. **You should instinctively & intuitively know what You need**. As often as you feel like it, you should eat low-carbohydrate.

Marieb, E. N., & Hutchinson, M. (2014). Human anatomy & physiology, Pearson new international edition, ninth edition. Harlow, Essex: Pearson Education.

Pre-sleep consumption of proteins allows the human body to **catabolize amino acids and store them in amine pools**. The stored amino acids promotes a healthy nitrogen balance during protein synthesis.

During **protein synthesis**, the amino acids are used to **build new proteins and generate energy**. Consuming **mono-saturated fats**, such as those in peanut butter, are also required for optimal ATP, energy production.  
*(Marieb, Hutchinson, M., 2014)*



# #11 Remember Your Vitamins

## Protein alone is not a Good Diet

There is no harm in eating some **vitamin tablets**, to the contrary. It is almost not possible to dangerously overdose on nearly all vitamins.

This should still not be an excuse to not eat fruits & vegetables – fresh food in general. It is also better to order fresh food cooked by a professional to Your home instead of ,cooking‘ some expensive convenience food with almost no nutritional value.

**Be careful not to eat only Protein.** For maximum weight loss, however, it makes sense to eat the same protein meal for dinner as was the first meal of the day.

Since protein is a very ,sour‘ food, You should also add **base powder** to the list of standard supplements to help You stay balanced here.

**Consuming fruits and vegetables is essential** to the human diet. Antioxidants, such as Vitamin C, prevent the damaging effects of oxidation by inhibiting the formation of harmful reactive atoms within the cell.

When humans consume foods containing **antioxidants**, the structure of DNA remains intact because antioxidants acts as a reducing agent.

The molecular structure of many vitamins allow these compounds to **stop the initiation of free radicals** by reducing the reactive atom and oxidizing itself in the process.

*(Free Radical, 2018, Guinn, D., 2014, Vitamin C.,2018)*



# #12 Drink Lots of Water

2 Liters / Day are Minimum, 3 Liters are Good

4 Liters (or more) are better. Your Liver and Your Kidney need the Water, especially with such a protein-rich diet. A great side-effect is that drinking water also kills any feelings of hunger for a little while.

If You ignore this rule while consuming lots of protein, You risk getting **kidney stones**. This can be very painful, so we heard – You do not want this. **Drink plenty of water.**

Without enough water, Your body will also **reduce its performance level** & thus also burn less energy & eventually fat.

If You are not used to drinking so much water, this is also something You need to practise. Always keep a bottle with still water nearby. **Drink whenever You think about it.**

If you've ever had a kidney stone, you surely remember it. The pain can be unbearable, coming in waves until the tiny stone passes through your urinary plumbing and out of the body.

[...]

**Drinking extra water dilutes the substances** in urine that lead to stones. Strive to drink enough fluids to pass 2 liters of urine a day, which is roughly eight standard 8-ounce cups. It may help to include some citrus beverages, like lemonade and orange juice. The citrate in these beverages helps block stone formation.  
*(Daniel Pendick, 2018, Harvard Health Blog – 5 steps for preventing kidney stones)*

Daniel Pendick, 2018, Harvard Health Blog – <https://www.health.harvard.edu/blog/5-steps-for-preventing-kidney-stones-201310046721>



## Mix Your Water with Kombucha

Kombucha is fermented Tea & a very healthy probiotic drink – or so they say. Anyway, 1/8 of chilled Kombucha from the fridge mixed with water makes a refreshing drink that tastes great & has almost no calories!

## Drink Fat-reduced Milk

We know that water is boring. A great & inexpensive soft drink for Weight Loss is Fat-reduced milk. If You bring one into the office for mixing with the muesli, why not drink the pack up during the day?



# #13 Lazy Burns First

Use Your Muscles Once a Day at Least

Exercise makes hungry. But it is important to use all muscles on each day at least once, to get into sweat at least once. **A bit of plan-king does the job.** And do some gymnastics. **Stretching** is important to stay away from all skeletal & muscular pain.

Otherwise the body might want to consume muscles instead of fat. **Survival logic.** Muscles need more energy. If You burn Your muscles first, You live longer -- if You are starving. Once again: our bodies are programmed for survival, not for Western Civilisation.

You can do aerobic sports if You like, but consider that exercise makes hungry. Anaerobic strength training makes Your body ache for food. **Better avoid too much of it.**

Marieb, E. N., & Hutchinson, M. (2014). *Human anatomy & physiology, Pearson new international edition, ninth edition.* Harlow, Essex: Pearson Education.

**Energy Input =  
Heat + Work + Energy +  
Storage = Energy Output**

The equation describes the balance of metabolism. Lipolysis, fat splitting, breaks down stored fat into energy used to accelerate the aerobic respiration.

*(Marieb, Hutchinson, 2014)*



# #14 Use Turbo Fuel

You can use Coffee if it feels good for You

**Any stimulant** will help You burn fat by increasing the metabolism. The problem with caffeine is that it functions as a psychoactive drug that docks to specific adrenaline receptors that tell body & mind to shift into **Escape** mode. You are more alert, but Your thoughts are those of escape, unrest, inconfidence, doubt. **Caffeine** is good to get into the mood for running. **Induces stage fright!**

**Ephedrine** tells body & mind to shift into **Combat / Work** mode & makes You alert & concentrated. Unfortunately, it is only available in a few countries today. The problem was never the Ephedrine itself, which was on the doping list since a long time, but could be acquired relatively freely. The problem with this very effective diet helper is that it is not very difficult to further ,enhance' it & create Amphetamine or Methamphetamine from it.

For centuries in Japan, **Green Tea** has been consumed routinely. **Japanese Sencha Tea** is a Green Tea, highly concentrated with **antioxidants**, that has an immunity enhancing effect on the body. For light caffeine consumption, consider that Sencha has only about 30 mg of caffeine per cup. *(Gottschling, 2016)*



# #15 Know the Memory Effect

For Your Body, Muscle & Fat Gain are both Achievements

When Your body loses fat, the cell is not consumed completely – its hull / frame stays. And is ‚filled up‘ more easily once again than it would take to create a brand new fat cell from scratch. What sounds like an unfair scourge of Humanity to us today is efficient survival strategy.

Body fat (cells) are an **achievement** for our bodies & for our ancestors, it was normal to add some kilos every autumn. In addition to the energy reserve, it kept the body warm during the Winter chills.

The same is true for muscle cells. If You lose these due to inactivity (or fasting without using them), they are re-gained quite quickly once You get back into training & eat Your proteins.

Once fat cells form, they might shrink during weight loss, **but they do not disappear**, a fact that has derailed many a diet.

[...]

Weight gained is caused by the creation and expansion of white fat cells, or adipose tissue. **Dieting can shrink fat cells** but not eliminate them, which is why people can gain weight back so quickly. *(Yale News, 2018 – Study: New fat cells are created quickly, but dieting can't eliminate them)*

Yale News, 2018 – <https://news.yale.edu/2015/03/02/study-new-fat-cells-are-created-quickly-dieting-cant-eliminate-them>



# #16 Get Up >> Repeat

Installing New Habits is the Key to Success

**Consistency** is the most important thing when it comes to weight loss. You are used to a different lifestyle & need some time to get used to a new one. Your body needs to be trained in burning fat, but Your mind also needs to be trained **to stay on the Task**. To stay alert against temptations & exaggerations.

There are smartphone apps that can support You in installing new habits. **Habithub** for Android, for example helps You keep track of the goals & rules that You have set for Yourself.

In the beginning, it will help to measure Your weight regularly to see the continual success. **Later, You will just feel great & focus at your looks improving continually.**

**Habithub** is based on Seinfeld's productivity secret - Don't break the chain! Every time you do a habit, your chain grows longer. Eventually you will build a very long chain. Your only job now, is to keep the chain growing. <http://www.thehabithub.com/>

#### **Fantastic App**

I've gone through several goal tracking apps, and for sure this is the best I've seen yet. Love it. (Eddie Jaworenko, 2018, on [www.thehabithub.com](http://www.thehabithub.com))

#### **Magical**

The minimalism is the best. This app has been instrumental in helping me stay clean and I thank it's creators from the bottom of my heart. (Johann Venter, 2018, on [www.thehabithub.com](http://www.thehabithub.com))



# #17 It gets Easier

## Just Start & Stay on the Task

First You need to overcome the initial resistance that Your system puts up to the new habits. It can feel like hard work first, but once this is overcome, the progress You make will motivate You so much that it will **feel easy**.

### As long as You stay on the Task!

After some time, it might even become an **addiction** to lose more and more weight.

### Beware of anorexia!

Taking L-Carnitine on an empty stomach to kill the hunger works! Your body will shift into fat-burning mode. And if You are used to it, it might work even a bit too well...

**L-Carnitine is not a meal!**



# #18 Share It

## Talk About Your Success

Do not keep Your success a secret. Share it with friends & colleagues. You are even allowed to show off a little if other people do not feel uncomfortable. **Let them adore You!**

Do not fear that You might gain the weight again that You just lost. Show off Your single-handedly achieved success to Your friends, then You will have motivation enough to stay on the Task. **And never re-gain that weight.**

**And please share Your success stories with us on LinkedIn:**

<https://www.linkedin.com/showcase/w8-loss/>

**Don't be shy.**

We are nice people. 😊

There, You can also ask us any questions that You have about this Weight-Loss Strategy.



# Support Us

Share the PDF & Pay if You Like



This E-Book is Public Domain & can be shared by anyone with anybody. In fact, we encourage & ask You to share it with as many people as possible. And if You like it, please do not keep it a secret. Please comment on it – in private, in public – and online.

**And when our E-Book helped You, it would be great if You would support us by sending some money to our PayPal account – just as much as You want & see fit:**

>> <http://www.poolorganisation.org/w8loss/>

(How much is it worth to be healed of Obesity? And/or how much is it worth knowing exactly what You need to do to lose Weight – and feel Good during the process? **While performing better...** )



 **The Pool° is beautiful.**

# The Pool° Organisation

Designed for the new Millennium

It is time for a different kind of organisation. Stock-listed or Limited companies, etc. are primitive (capitalist) structures. The Pool° is a new kind of entrepreneurial ecosystem, designed to accelerate Innovation for the ever-faster turning cycles of our new Millennium. While decelerating us!

**The Pool° will be organised as a FOUNDATION with 5 Mission Targets for the Common Good:**

- ★ SUSTAINABILITY
- ★ INNOVATION
- ★ EDUCATION
- ★ PROMOTION
- ★ COOPERATION

**The Pool° will deliver INNOVATION (SERVICES). It will be:**

- >> Democratic Guild of Innovators ruled by SKILL
- >> (Freelancer) Expert Network for Innovation Services
- >> Platform for Open Innovation & project-based Alliances

It was designed with the FMCG & Packaging Industry in Mind since this is an Industry that everybody can understand & connect to.



★ SUSTAINABILITY



★ INNOVATION



★ EDUCATION



★ PROMOTION



★ COOPERATION



# The Pool° Organisation

Designed for the new Millennium

The Pool° will be organised as a Foundation & its statutes are planned to be made available as Public Domain, so that this new kind of organisational structure can be used for the benefit of any other industry that has similar challenges like FMCG & Packaging.

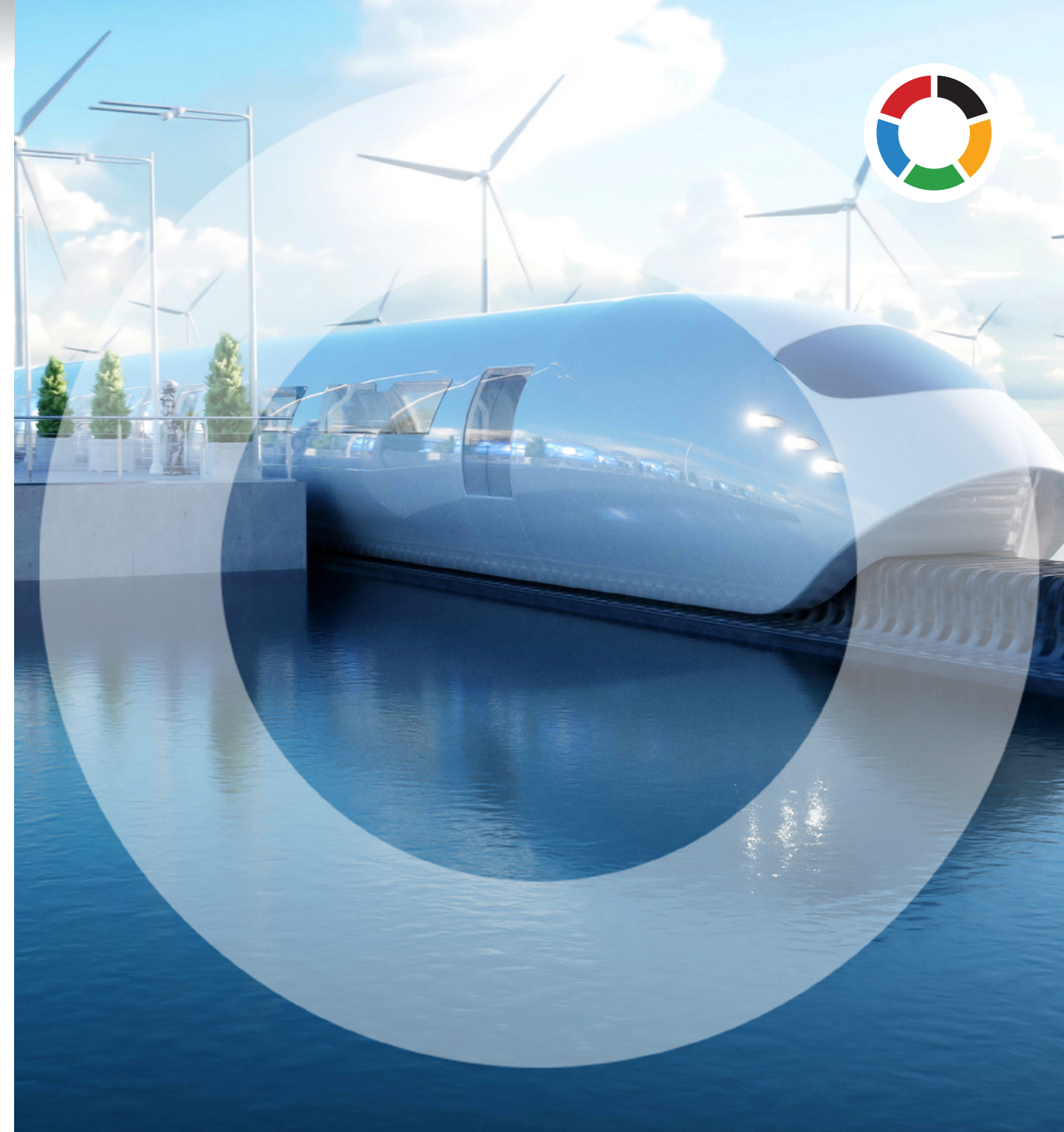
Since these statutes cannot easily be changed after opening the Foundation, they need to be defined in the right way to last for a whole Millennium. A lot of foresight is required & we need to check if the circumstances, paradigms & frameworks of our current society can be expected to last. And some rules & statutes will be defined with the aim of inducing social change.

Not the shareholder value, not the turnover or the ROI are how the Pool° will measure its success. Only benchmarks not measured with money can be fit for an Organisation whose rules & statutes are designed to be able to stay valid for a whole Millennium.

Success in its 5 Mission Targets is what the Pool° pursues.

**For the Good of all Humanity.**

**And nothing else.**



# Holistic Strategy

## The Office of Strategic Services

The Office of Strategic Services (**OSS**°) provides Artful Design, Expert Consulting as well as Project Management & Execution. The **FMCG & Packaging Industry** is our core competence and usually we work in the following areas:

- Synergetic Industry Marketing
- Holistic Strategy for Innovation
- Knowledge Transfer Process Tools
- ★ Brand Creation & Strategy
- ★ Packaging Design & Finishing
- ★ Communication Design

What we are also especially good at is creating beautiful **Sales / Marketing presentations** for almost anything. So if You have a PDF / PowerPoint presentation that You hate, just send it and we will give You a quote for alternative levels of re-design or complete makeover. As a reference just look at this PDF & onto our website:

[www.poolorganisation.org/oss/](http://www.poolorganisation.org/oss/)  
Email: [oss@poolorganisation.org](mailto:oss@poolorganisation.org)



Office of Strategic Services



# About the Authors

Holistic Master Strategist & Design Artist



„As **Master Strategist**, I have already worked myself through countless strategy games with human as well as computer opponents. I have also read a lot of stuff. As a kid, I enjoyed reading Julius Caesar (including all parts on entrenchments).

My professional experience is FMCG, Packaging & Design foremost, but I can apply strategic thinking to any discipline.

This includes finding the best solution to the challenge of efficient & effective weight-loss. Holistically the best possible solution must mean fast & convenient, as comfortable as possible & inexpensive concerning time & money.

**This is simply the best method to lose weight if desired.“**

## >> Tobias Kredel

### German based in Hamburg

- Holistic Master Strategist
- Presentation Design Artist
- Expert Copywriter (ENG/GER)
- Feminist & Humanist
- Taoist & Futurist
- Pool° Founding Chairman
- Inventor of the Wheel°
- W∞LOSS° Messiah

### The Wheel° is an intuitive tool for Expert Teamwork! >>

The Wheel° helps to make the cooperation in multi-disciplinary project teams easier. Team decision processes can be guided and supported by this flexible system for strategic evaluation, knowledge transfer & democratic decision-making.

>> PDF Download: <https://1drv.ms/b/s!AoL0QUD4-N9KIDSsDauxs7Zlgp5G>



# About the Authors

Holistic Writer & Health Scientist



„As **Holistic Strategy Apprentice**, I use the Master Strategist’s intuitive concepts in conjunction with empirical data to challenge current standing diet practices. Using the **Holistic Wellness Model**, we have designed The Laws of Weight Loss.

Recognizing the current misconceptions concerning body weight maintenance and homeostasis, **The Laws of Weight Loss** demonstrates human health as a reflection of the interplay in our biology and our intuitive psychosocial existence.

**Routine compliance to The Laws of Weight Loss greatly reduces weight gain throughout the span of your human life expectancy.“**

>> Erica Morris

US American based in Virginia

- Biology & Health Scientist
- Holistic Writer & Poet
- Holistic Strategy Apprentice
- English Teacher
- Personal Care Attendant
- Shape Up/Action & Wellness Group

**Shape Up Action & Wellness Group:** is a nonprofit mission program to promote the cultivation of a Health Culture among underrepresented Adults and Children. The program will reduce the impact of obesity in the central Virginia region, and provide this population with direct access to alternative medicine, health and fitness coaches, nutrition advisors, and health based social interaction within the community.





 **The Pool°**

Office of Strategic Services // **OSS°**

Holistic Strategy / Design / Innovation

[www.poolorganisation.org/oss/](http://www.poolorganisation.org/oss/)

**TOBIAS KREDEL**

Master of Packaging, Design & Marketing

[www.linkedin.com/in/tobias-kredel/](http://www.linkedin.com/in/tobias-kredel/)

[tobias@poolorganisation.org](mailto:tobias@poolorganisation.org)

+49 / 176 / 314 70 911



# Carpe Futurum!\*

Science Fiction can be **now**.

The Office of Strategic Services, Tobias Kredel and his staff (hereinafter the OSS°) have created this PDF to the best of their knowledge & conscience. However, they only give recommendations and are not liable for the accuracy of their statements in any way. Claims of any kind against the OSS° are excluded (all weight loss projects are best executed under the supervision of a doctor or professional therapist).

**The place of publishing and jurisdiction is Hamburg. German law applies.**

**Stock image rights:**

[stock.adobe.com](https://www.stock.adobe.com)

[www.istockphoto.com](https://www.istockphoto.com)

[www.shutterstock.com](https://www.shutterstock.com)

The (Packaging) Wheel° concept is copyright protected by Tobias Kredel & pacproject GmbH.

Free usage is permitted providing the citation of this copyright statement.

© 2016-2018 Tobias Kredel & pacproject GmbH

\*I encourage to read the book “Explore / Create” from the Ultima game series creator and also – among other things – astronaut, entrepreneur and philanthropist Richard Garriott de Cayeux.