

Slimming made easy!

Marion Grillparzer



GLYX: Shed Three Real Kilos Fast

This is how I do it: with know-how, effortlessly – and totally upbeat!

Shed Three Real Kilos Fast

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effortlessly – and totally upbeat!**

Losing weight isn't about magic. It's about knowledge: knowing how different foods stimulate thermogenesis – the way your body sheds calories in the form of heat through your skin – and knowing about fat burners: the foods that contain vital substances that stimulate the burning of fat. And while you're at it, remember to enjoy your "diet." Going hungry is not an option. Nor are you allowed to starve yourself, otherwise you'll lose muscle, reduce your metabolism, and quickly regain any lost weight. Staying upbeat is just as important because frustration only hampers lipolysis: fat reduction. If you want to lose three kilos of pure fat in ten days, you'll need a few simple tricks to start you off and to make sure you remain in good spirits – which you will, because once you've shed those real fat kilos, the water kilos will soon go, too. 😊

Enjoy Yourself!

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Slimming Know-How

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If you’d like to know more about how your body works, lose more than three kilos, or find out more about healthy, enjoyable eating and drinking, read *Die neue GLYX-Diät*, published by GU-Verlag.

This is me.
Nutrition expert
and author.
I enjoy eating –
and I've just lost
three kilos.
The hat?
A chef's hat.



GETTING RID OF THREE KILOS QUICKLY

Is it really possible to lose weight without making any real effort? Without feeling that you're on a diet? Of course it is! With Martina Kittler's recipes, which are fantastically fast, don't necessarily involve cooking, and are simply delicious. With exercise tips by Holle Bartosch. And with the knowledge I've acquired in almost 30 years of studying the subject of healthy eating and drinking. I also benefit from my little tricks ... like frothy milk with cocoa, or berry ice cream. The "slimming pills" I take are provided by Mother Nature, such as grapefruit and small radishes – or if necessary, homeopathic globules. And, of course, I always wear sneakers and think happy thoughts.

*Try it out and
enjoy yourself!*



Recipes by Martina Kittler,
nutritional expert

Holle Bartosch, sports
scientist

Your “Lose-three-kilos-fast” Day

Here’s a short summary – before we go into the details!

- 1.** Begin the day with a **glass of water** that should be on your bedside table.
- 2.** Now **spend 30 minutes burning fat**, by power walking or jogging outside – or on the trampoline – followed by a few stretching exercises. If you **can’t manage all this on an empty stomach**, then drink your coffee or tea with a little milk first, or have a bit of pure protein: a few spoonful of **plain yoghurt** or a protein shake (without carbohydrates).
- 3.** Your choice of breakfast – **carb or no-carb** – will depend on whether or not you had your carbohydrate meal (pasta, bread & Co.) the previous evening. Drink coffee or tea – but without sugar. A **dash of milk** is OK of course, but you should always add a pinch of cinnamon!
- 4.** Before you start your day, recharge your batteries with the **energy exercise** page 50.
- 5.** If **three meals** just aren’t enough for you, pick one of the **snacks** on page 35 – or have some crudités, an egg, half a mozzarella ball, a slice of turkey breast, or a bowl of vegetable soup. It’s also OK to have an **unsweetened latte macchiato**.
- 6.** Drink **two to three liters of water** a day. With lemon and mint (what I call a “Marionade”), **ginger**, or a tea bag. Coffee’s also allowed.