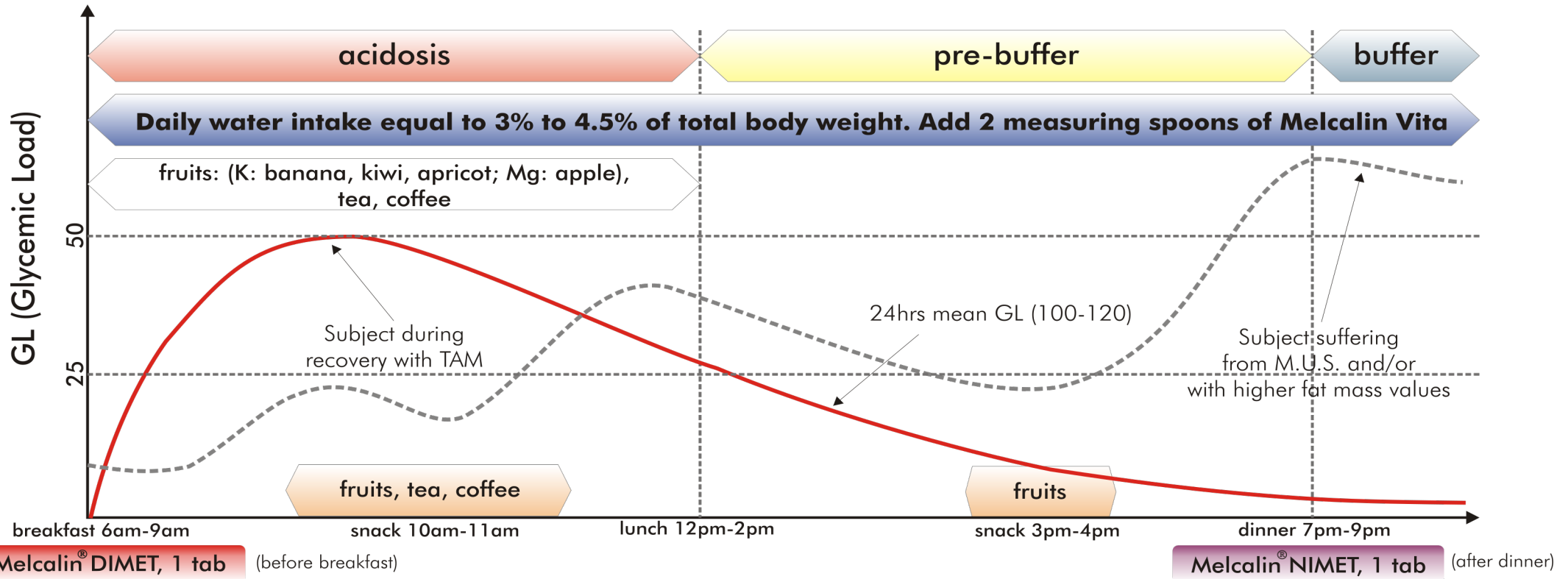


TAM[®] (Alkalizing and Metabolic Therapy)

How to recover from M.U.S.[®] (Medically Unexplained Symptoms) and to reduce fat mass



Breakfast:
Mixed fruits including, at least:
 - banana, kiwi, apricot for K (Potassium)
 - apple for Mg (Magnesium)
Whole-grain carbs:
 - bread, rusks, whole-grain cereals
 - products made of VitaMill-20 flour
Drinks:
 - tea
 - coffee

Lunch:
Vegetables (mixed raw or cooked)
 +
 to alternate in the following days
Potatoes (or brown rice)
 with
Beans or Proteins (white meat, red meat, fish, eggs)

Dinner:
Vegetables (mainly greens)
 +
Proteins (white meat, red meat, fish, eggs)

- Notes**
- avoid milk, yoghurt, cheese for 8 weeks
 - minimum daily water intake must be respected
 - avoid cured meats and sliced meats for 8 weeks
 - after 4 weeks try re-introducing cheese as a protein meal, at lunch time, once a week

METABOLISM BOOST DURING THE 24 HOURS AND FAT MASS LOSS