

Vianesse

Vianesse is a professional nutrition concept developed at the University in Frankfurt over the last 8 years.

Vianesse translated, stands for
"To be on the natural path "

Not only in Europe but all over the world the consequences of malnutrition can be seen including those who are overweight.

Many people are dissatisfied with their body in some way and have normally tried everything, becoming ever increasingly frustrated.

More and more people are complaining about:

- Tiredness and exhaustion
- Problems with stomach and intestines
- Flatulence
- Allergies & eczema
- Change of life & back problems
- Cellulite & overweight

A lot of these problems can be traced back to a poor way of living and bad eating habits such as fatty foods and the consumption of alcohol.

- It is important to build muscle mass because **muscles burn fat**. For most people their muscle mass is deficient.
- A second very important factor is the intestinal climate. Because of poor eating habits (white bread, sugar, fat and alcohol) the climate becomes overloaded with a tendency to fungus over proliferation.



Every diet has two reasons for its failure

The muscular tissue is diminishing

Muscular tissue needs high quality/high grade proteins. In most diets there is an inferior protein or no protein and this causes a decline of muscular tissue.

Muscle tissue is the place where fat gets burnt so without the correct protein it becomes impossible to burn fat.

The metabolism slows down

The body changes to low flame or slow metabolism.

VIANESSE powder is essentially a concentrate of Lactalbumin which has the ability to maintain and increase muscle tissue, thus making it a very high grade protein with a high biological value.

The following table illustrates the high biological value of Vianesse protein powder at **104** compared to other protein sources.

Nutritional Proteins	Biological Value
Egg	100
Cow's milk	91
Casein	77
Lactalbumin	104
Potato	71
Beans	49
Beef	80
Wheat	54
Rice	59
Soya Proteins	74

Milk = 80% Casein and 20% Whey

Milk in fact only contains 2% Lactalbumin.

Whey is further split into fat, lactose and **Lactalbumin**.

Using ultrafiltration, Lactalbumin is extracted from whey leaving out the fat and lactose components.

The VIANESSE Professional Body Shape consists of **80% Lactalbumin concentrate and 18% Bio Apple pectin**

How to stimulate the metabolism?

This is done best with the VIANESSE Professional Prebiotic Chews which consist of raw materials that stimulates our metabolism.

This is possible because of the high quantity of fibres that provide food for the important bifido bacteria in the intestines. These bifido bacteria are also responsible for carrying valuable nutrients into the body.

Take six - ten chews spread over the day with a piece of fruit or vegetable and with plenty of water. The chews will swell in the stomach and take away the feeling of hunger. They also stimulate the digestion to work better. Initially you may experience a little flatulence which will disappear within two weeks.

Overview

With every diet, muscles are degraded and the body will change to low flame with a slowing down of metabolism. This is a pure natural defence mechanism of the body - a kind of security to survive in the long term.

Of course weight will be lost with every diet but the most important part of this weight is water and muscle mass. It is this reduction in muscle mass that allows for not only gaining all the original weight back, but more fat.

VIANESSE Professional is not a diet.

VIANESSE Professional is a highly valuable nutrition that takes care of the muscles and speeds up metabolism.

How to use Vianesse Professional Body Shape

TWICE A DAY - Mix 2 measuring spoons with 250mls of rice milk, water, yoghurt. or juice

Do not mix VIANESSE with boiling hot water or cook with it as this will denature the protein.

In between chew on 2 Prebiotic chews 3-4 times a day and plenty of water.

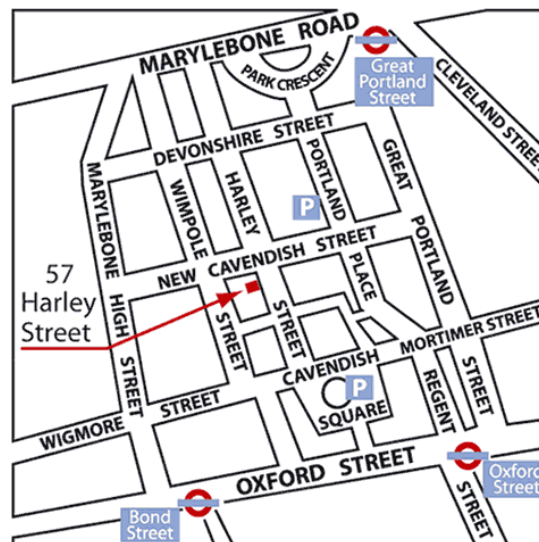
For your main meal, eat plenty of moderate glycaemic, unrefined carbohydrates with vegetables.

Vianesse Professional Body Shape

- Lactalbumin is the finest and most precious component extracted from whey.
- Lactalbumin has a high biological value of 104 making it excellent and good quality protein.
- Ideal as part of a weight loss programme.
- Excellent for managing diabetes and hypoglycemia.
- Helpful as part of an anti-candida regime.
- Suitable for vegetarians providing a good source and quality of protein.
- Rich in glutathione, it is useful as part of a toxic metal detox regime.



How to find us:



Our clinic is approximately 10 minutes stroll from Bond Street, Oxford Circus, Regents Park or Baker Street underground stations.

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Professional Body Shape
(Lactalbumin Protein)
&
PreBiotic Chews
(Food for the good
bacteria)

