



The LuckyFit program: weight loss, detoxification, anti-stress and beautification

Dear LuckyFit clients,

Please read the information below carefully in order to familiarize yourselves with the program in advance.

In order to achieve maximum effect, participants have to follow all rules and requirements of the program strictly!

The **LuckyFit** program was created in 2008.

It offers participants a food regimen with a balanced intake of protein, carbohydrates and fats, as well as intensive physical activity.

Nutrition and physical activity are seen as basic approaches to improving general health, increasing tone and regulating the body's main functions.

For a period of 7 to 14 days, participants undertake to reduce their percentage of fat and improve the metabolic reactions of the body.

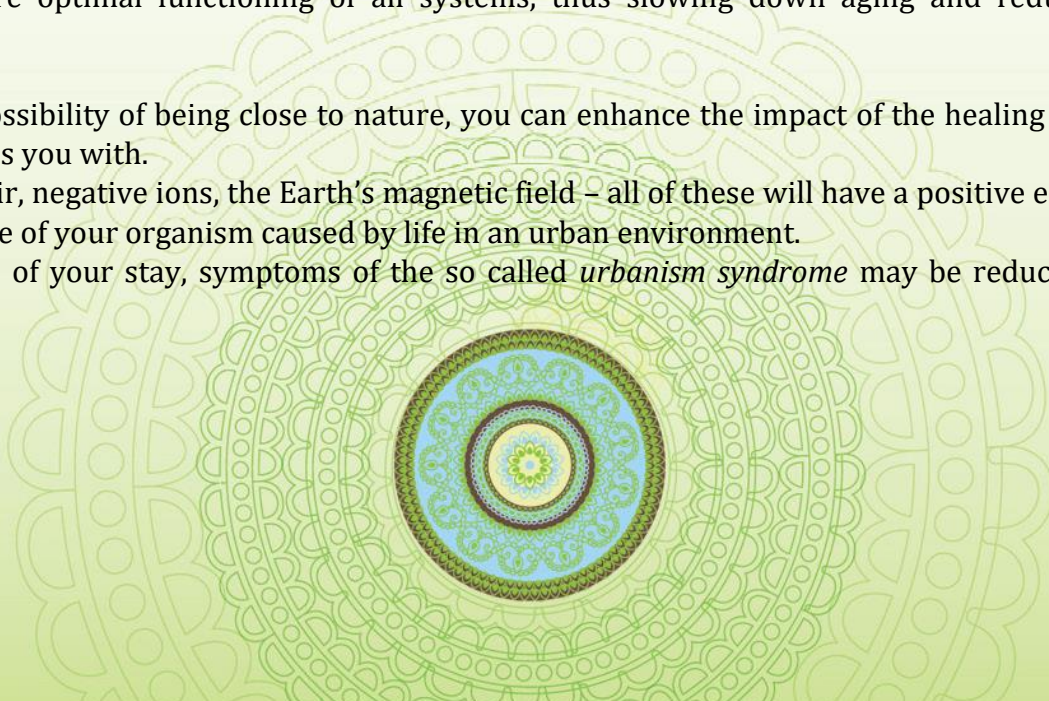
The daily regimen is moderate and corresponds to the physiological levels set by biological rhythms.

Following the program strictly leads to influencing and even changing the metabolic processes, which results in a more optimal functioning of all systems, thus slowing down aging and reducing body intoxication.

Thanks to the possibility of being close to nature, you can enhance the impact of the healing factors the program provides you with.

Pure mountain air, negative ions, the Earth's magnetic field – all of these will have a positive effect on the disrupted balance of your organism caused by life in an urban environment.

For the duration of your stay, symptoms of the so called *urbanism syndrome* may be reduced or even disappear.



Food is prepared using a sparing technique without frying or adding unhealthy ingredients. The menu is varied and easy to prepare at home after the end of the program.

As a result of our years of experience with groups, we have tried to adapt the menu to the prevailing customer preferences while preserving its balanced nature.

The physical activity will gradually engage the work of all systems and thus improve participants' blood and lymphatic circulation as well as their breathing capacity and cardiac activity.

The effects are numerous, especially if participation extends to all program activities.

The program is carried out under the motto *Proximity to Nature*.

It features "live" and "live" *Kangen* alkaline water, as well as zeolite – powerful natural remedies for hydration and detoxification of the body.

The combination of these remedies and external natural factors is envisioned as a source of relaxation and a natural driver of the healing capabilities of your body!

Zeolite can be purchased from the hotel's SPA reception.

A typical day in the program includes:

- Zeolite intake.
- Refreshing morning Chinese breathing gymnastics lasting about 25 minutes – prepares the body for mountain hiking by improving breathing and blood circulation as well as toning the body.
- Breakfast.
- Pirin or Rila mountain hike. A gradual increase of exertion is foreseen, with the first day starting with a lighter hike and gradually progressing to increasing the difficulty in the coming days. More details about the daily hikes can be found in the daily program available at the reception or if you refer to the group guide.
- Participants in the mountain hike are divided into three groups according to their physical training.
- Lunch – once the hike is completed or at a specific time described in the daily schedule.
- Rest, SPA procedures.
- Afternoon gymnastics, zumba or aerobics – different types of workouts with gradual increase in intensity and impact on the physical abilities.
- Snacks in between meals.
- Dinner.
- Evening dancing – folk or Latin dances scheduled within the program.

Note:

- **LuckyFit YOGA:** gymnastics will be replaced with three yoga sessions per day
- **LuckyFit COMPLETE DETOX:** you can choose the physical activities in which you would like to participate.

Please check the daily schedule of activities at reception every morning.

The daily schedule varies from day to day, so it is very important to be up to date with the daily bulletin.

On the first day of the program (**Friday**), a general practitioner will perform a medical examination for each participant in the program.

In the morning, on an empty stomach, we will also weigh you and take your measurements using TANITA (the best tool for measuring the percentage of water in the body). It is recommended that you wear a swimsuit, and you should ideally not have used body or face cream.

The same measurement is carried out on the last day of the program to determine the outcome of your **LuckyFit** stay.

In case a participant checks in at the hotel on a day different than Friday, this examination is organized individually.

On Saturday or Sunday, an experienced cardiologist will examine you, and perform an ECG and an echocardiography.

Colon hydrotherapy will be done to cleanse the colon and initiate the process of weight loss and detoxification.

Other free services and gifts included in the LuckyFit program:

- Daily intake of probiotics and zeolite;
- Transfer by bus (*Mercedes*);
- Horseback riding at the *Peri Volas* base;
- Water for the hikes;
- Two T-shirts and a cap with the **LuckyFit** logo.

Important details related to the program:

- Always be careful and focused during your participation in mountain hikes, gymnastics and dancing.
- Wear suitable clothing and equipment for mountain conditions: shoes, clothes, backpack, hat, etc. – your comfort and safety during the mountain activities depends on that.
- Follow the instructions of the mountain guide on moving as a group and do not underestimate the importance of this safety precaution.
- Do not undertake a greater volume of exercise or heavier physical load than that prescribed in the program. This poses a risk of overwork and/or injuries.
- Follow the diet regimen and tell the **LuckyFit** program manager if you are consuming extra food.
- Let us take care of you and indulge in the deserved active rest.
- Analyses or discussions related to the nutrition or the structure of the program are ungrounded. We have considerable experience in working with groups, which gives us reason to be sure that we offer you one of the safest and most optimal programs for moderate and healthy weight reduction in Bulgaria.

- If you have any questions, please contact Ivan Velikov, Manager of the **LuckyFit** program. The purpose of his presence is to ensure your comfortable stay as well as the proper implementation of the program. You can refer to him in case of problems and rely on assistance to resolve them.
- For questions related to the hotel rooms, please contact the hotel reception.
- Regarding the SPA procedures, please contact the SPA reception.

The **LuckyFit** program is a training camp for optimizing the health condition, improving metabolic responses and a subsequent moderate reduction of the fatty tissue.

LuckyFit is a challenge, regardless of the physical training of the individual participants.

We wish you a pleasant stay, and we hope you achieve the best results!

LuckyFit **COMPLETE DETOX**

LuckyFit COMPLETE DETOX is a personalised program based on **LuckyFit STANDARD**, but focused on strong detoxification of the whole body or individual organs and systems

THIS IS ACHIEVED BY:

- exclusion of all foods that overload the body and lead to toxin accumulation;
- plant-based diet;
- consumption of a lot of water, enhancing the process of eliminating toxins from the body;
- intake of food supplements, mainly Ayurvedic products;
- specialized massages;
- colon hydrotherapy.

SYSTEMS AND ORGANS FOR TARGETED DETOX AND METHODS FOR ITS ACHIEVEMENT:

Organ/System	Purification methods				
	Nutrition	Supplements	Massage	Tea	Colon hydrotherapy
Whole body	☺	☺	☺	☺	☺
Lymph	☺	☺	☺	☺	☺
Thyroid	☺	☺		☺	☺
Liver and gallbladder	☺	☺		☺	☺
Colon	☺	☺		☺	☺
Kidneys	☺	☺		☺	☺
Blood System	☺	☺		☺	☺



One of the most famous nutritionists in Bulgaria – **Dr. Daniel Dimitrov (Dr. Dani)** will prepare an individual program tailored to your eating habits, health, and preferences. To this end, you need to complete the following questionnaire so that the appropriate therapy can be designed for you.

LUCKYFIT COMPLETE DETOX HAS 2 STAGES:

ORGANIZATIONAL

- filling in the **questionnaire**
- making an advance payment
- receiving nutrition guidelines and a list of Ayurvedic herbal products

ACTUAL

- 1 week of home preparation;
- 1 week of detox in **aparthotel Lucky Bansko**;
- 1 week of detox and food introduction at the hotel or at home (at your choice);
- 1 – 2 months of use of Ayurvedic products.

The program entails a general detoxification and energizing of the body as well as achieving better health and overall physical condition.

The **LuckyFit COMPLETE DETOX** program goes through **three phases**, each of which plays an important role in achieving an excellent end result:

PRE-DETOX – 7-DAY PREPARATORY PHASE WHICH INVOLVES:

- Gradual reduction of the caloric intake to help participants adapt more easily to the diet during the period of intensive detox and avoid stress for the body.
- Reduction of the amount of animal proteins and fats resulting in the alleviation of metabolic processes in the body.
- Initiating the process of alkalizing the body.
- Colon cleansing (using a nutritional supplement that facilitates bowel movements). **Evening intake!**
- Intake of omega fats to strengthen cell membranes, which prepares cells for the intensive detox.
- Intake of herbal teas or nutritional supplements for patients whose levels of stress do not allow proper detox processes.

INTENSIVE DETOX – 7-DAY PHASE WHICH INVOLVES:

- 36-hour low-calorie diet (below 600 cal.) to start the process of cellular autophagy, thus ensuring the start of the process of toxin disposal.
- Removal of fat-soluble toxins via separation of fat from fat cells (with slimming effect).
- Varied diet (in the form of smoothies, fresh vegetables and soups) for activating different organs and systems during the detox.
- Taking foods that reduce the feeling of intense hunger and at the same time contain the required amounts of carbohydrates and amino acids to provide the liver with sufficient resource to neutralize the toxins released by different systems.

- Colon hydrotherapy for complete cleansing of the colon.
- Intake of herbal teas with a focus on cleansing the entire body or a maximum of three systems or organs.
- Intake of herbal teas or nutritional supplements for patients whose levels of stress do not allow proper detox processes.
- Different types of massage for detox of a certain system (especially the lymphatic).
- Intake of various Ayurvedic medicines and food supplements to improve the function of a certain organ or system.

CONTINUING DETOX AND FOOD INTRODUCTION, WHICH INVOLVES:

1. Preparation of an individual list of foods divided into two groups – good foods and foods to be avoided.
2. Introductory weekly menu (it includes meat and dairy products consumed in a specific menu sequence), consistent with individual specifics and the choice of detox.
3. Intake of teas and Ayurvedic supplements.

The **LuckyFit COMPLETE DETOX** program is intended for anyone who wants to cleanse their body, normalize their weight and learn to eat healthy to improve the overall condition of the body.

The therapy is suitable for people with both traditional or vegetarian and vegan diets.

All participants must be in good overall condition without serious health problems.

IMPORTANT: During the first phase, it is recommended to stop the consumption of alcohol, coffee, black and green tea.

During the second and third stages this is mandatory if you want the detox therapies to be successful.

THE COMPLETE DETOX PROGRAM INCLUDES THE BASIC COMPONENTS OF THE LUCKYFIT STANDARD PROGRAM, AS WELL AS SOME ADDITIONAL BENEFITS:

- Mountain hikes, healing gymnastics, horseback riding, aerobics or zumba, dancing, excursions, picnics, transportation, etc.
- Each participant receives a meal plan which they must apply individually immediately before the actual detox.
- Upon prior request, the menu can be tailored to vegetarian or vegan preferences.
- A probiotic complex for a faster recovery of the normal microflora.
- Three colon hydrotherapy procedures per week for colon cleansing.
- A brochure with recommendations for healthy eating and tips on how to continue eating in such a way that we can maintain the purification process that has begun.
- 3 massage procedures are recommended for a faster removal of toxins from the body (paid separately at preferential rates in the form of a **MASSAGE PACKAGE**).

NUTRITIONAL SUPPLEMENTS

We recommend that you start taking nutritional supplements at the beginning of the second phase (upon your arrival at **Lucky Bansko**).

These are Ayurvedic and other environmentally friendly products, all prescribed by Dr. Dani.

Their intake must last from one to three months for maximum effect.

The nutritional supplements prescribed are tailored to the type of detox you are undergoing (for liver, colon, etc.).

In addition, you may add Ayurvedic products for parasite cleansing, as well as rejuvenating products. These all combine very well with the detox products.

Sample diet plan in the LuckyFit *COMPLETE DETOX* program

(the plan is strictly individual so it must not be copied)

Pre-detox week (at home)

Day 1: a) nuts with fruit; b) white meat; c) fish.

Day 2: a) nuts with fruit; b) low-fat dairy products; c) egg.

Day 3: a) nuts with fruit; b) white meat; c) fish.

Day 4: a) nuts with fruit; b) fish; c) vegetarian dish (with vegetable fat).

Day 5: a) smoothie; b) brown rice; c) vegetables (steamed).

Day 6: a) smoothie; b) lentils; c) vegetables (steamed).

Day 7: a) smoothie; b) millet; c) vegetables (steamed).

Intensive detox week (in aparthotel Lucky Bansko)

Day 1:

a) vegetable-fruit smoothie with leafy herbs;

b) quinoa, brown rice or buckwheat (your choice) with fresh vegetables;

c) vegetable broth.

Day 2:

Vegetable broth during the entire day and a high-energy smoothie from leafy herbs (with cucumber base).

Day 3:

a) smoothie (based on the type of detox);

b) millet soup;

c) smoothie (based on the type of detox);

d) steamed vegetables or vegetable soup (borsch type).

Day 4:

a) smoothie (based on the type of detox);

b) lentils with rice and fresh vegetables;

c) smoothie (based on the type of detox);

d) steamed vegetables or vegetable soup (borsch type).

Day 5:

a) smoothie (based on the type of detox);

b) quinoa, brown rice or buckwheat (your choice) with fresh vegetables;

c) smoothie (based on the type of detox);

d) vegetable soufflé (with yoghurt), steamed vegetables, or vegetable soup (one of your choice).

**Day 6:**

- a) smoothie (based on the type of detox);
- b) lentils and quinoa with fresh vegetables;
- c) smoothie (based on the type of detox);
- d) vegetable soufflé, steamed vegetables or vegetable soup (one of your choice).

Day 7:

- a) smoothie (based on the type of detox);
- b) green peas with brown rice and fresh vegetables;
- c) smoothie (based on the type of detox);
- d) vegetable soufflé, steamed vegetables or vegetable soup (one of your choice).

Ivan Velikov

Manager of the LuckyFit program

