

Kuhra 7.0.4

7 DAYS - 0 PROBLEMS - 4 POUNDS LESS

Introduction

Science gives us new alternatives every day so we can safely handle the devastating effects of a stressful life. Like never before, we live coping with stress and demanding situations, no matter where we live, a big city or a peaceful countryside. Life rhythms have changed so quickly that it seems the more we evolve and get to understand our circumstances, the less we pay attention to our daily environment, and how much it can affect or help us. Even worse –we know that something is wrong, and just keep going, allowing undesirable effects to take shape.



Obesity ranks high on the list worldwide when discussing the consequences of such a life-style. What begins as a disproportionate weight-gaining race may lead to a chronic clinical pathology. Multiple causes can lead to obesity, and a great deal of research and treatments have been developed around the world, not to mention the supposedly magic diets and slimming products everywhere. Sometimes it just gets too late. Glandular decompensation and/or other pathologies arise as body self-defense against new changes and attacks, everything behind the scenes of a physical appearance that is both unpleasant and emotionally disrupting for those suffering from obesity.

KUHRA VITAL researchers have been working for years with other research labs in order to find a treatment highly effective for losing weight that poses no structural, organic or metabolic risks. A product designed to keep the patient balanced without causing sudden changes in his or her life, e.g., anxiety, insomnia, dizziness, etc. Even more, they have struggled for a product that helps people in the shortest period. They carefully studied every single component in the existing formulations for treating obesity, and worked with statistics and analysis on eating habits around the world. It was well worth the effort. The result is the formula behind our Capsules KUHRA 7.0.4., a combination of plants, including sea plants, with curative properties applicable in different Medicine areas, a high-tech catalytic process and a synergy with molecular enzymes of the OHP type, a complete treatment for burning both non-saturated and saturated fat. This is how Capsules KUHRA 7.0.4 came to life, and here they are to help you lose weight with little effort. Use them for 7 days and you will lose 4 pounds of fatty weight.

How it works

We know you desperately want your lost figure back. You want to do that through a natural solution, infallible and without risks. You need to achieve that goal as soon as possible -No time to waste! Now, remember -We all are different, and you need a solution that really suits your needs. For some people is with water retention, insatiable appetite or uncontrollable hunger for sugar. For others is constipation, something often related to

excess weight, or cellulite. In this treatment, determination and dedication is all that counts.

Capsules KUHRA 7.0.4 work as a two-capsule team to be used before and after your meals. The first capsule will promote drainage and moderate your appetite. The second one will act directly on your weight-losing goal, regulating your glandular and lymphatic adipose system. Capsules KUHRA 7.0.4 were formulated for working through chemical activation promoted by your own body. That is why they work as a team –the capsules rely on each other's components for activating and promoting processes within your body.

Speeding Up Your Weight-Losing Process

Imagine a scale with a plate of incoming calories twice as heavier as the plate of burnt calories. This is a scale that will never get balanced. As you know, that is what weight excess problem is all about. When you eat too much fat and sugar, they will become a reservoir –lipids in the cells of adipose tissue (adiposities), that will swell more and more under your eating excesses. You could always reduce your incoming calories -e.g. sticking to a diet- or a better idea; you could increase the caloric expense of your cells, forcing them to burn the accumulated lipids. Here is where catecholamine, adrenaline, noradrenaline and hormones we naturally segregate have much to say.

Catecholamine plays a primordial role on the nervous system, acting directly on the adiposities level, and naturally increasing the caloric expenses and combustion of fat (thermogenesis). Capsules KUHRA 7.0.4 will promote a series of reactions attracting fat acids out of the cells for a better burning process. However, there are natural enemies in this environment too: An enzyme called C.O.M.T. will destroy and stop catecholamine from giving its best performance. It has been clearly established that a reduced catecholamine activity will result in weight gaining.

A Smooth, Hunger-Free Digestion

Weight problems will rarely come alone –digestive dysfunction is often present too. Constipation is at the top of the list, often related to unhealthy eating habits. Two capsules will help you to speed your weight-losing process through a smooth, hunger-free digestion.

Capsules KUHRA 7.0.4 will help you control your appetite and improve the regulation of your digestive process. Water and capsules will act like a thick, non-digestible gel satisfying your hunger and work like a humidifier at the intestine level against constipation.

Draining Better

For many of us, weight excess problems have to do with water retention, something rather uncomfortable and painful. It is not only water, but salt too. They accumulate and prevent water interchanges. Burning fat is only part of the solution –we need to improve draining and salt removal, and clean our body for better results. Use Capsules KUHRA 7.0.4 for removing water and salt. They are particularly indicated for people affected by water retention.

Composition

The components of Capsules KUHRA 7.0.4 have been conveniently emulsified through an enzymatic fermentation process in order to achieve a complex synergy and act unilaterally or multilaterally for each particular obesity case. The components were processed through an atomic centrifuge, a process of condensing and dispersing, multiplying the effects by means of deconcentration and concentration, once in contact with gastric acids of a human being.

Green Capsule

Super oxide dismutase Amorphophallus Konjaj
Hieracuim Pilosella Nickel gluconate
Cobalt gluconate Proteolytic enzymes

Blue Capsule

Vigne Rouge Vinis Vinifera 20% Camelia sine
Spiraca Ulmaria Mucus Ascophyllum
Hieracium pilosellu Poromelain
Maltodeptrin Zinc gluconate
Karaya Sterculia

indications

Green Capsule indications

15 Minutes before Meals
Moderates the appetite.

Blue Capsule Indications

After Meals:

Diuretic and laxative effect allows for low food-absorption during digestion, specially of sugars and fats, and low caloric contribution of each meal and reduced blood glucose peaks responsible for calorie reservoirs. This capsule has been especially formulated to stop calories and fatty acids, and attacking the bile salts, which are removed through evacuation instead of being reabsorbed by the intestine. This way the liver is forced to create fresh bile salts from cholesterol, which accounts for an important reduction of cholesterol and triglycerides. The capsule will break protein bridges, releasing fat cells, attacking them and promoting their removal through urine.

Mucus: Proteic contribution and mucilage properties. Reduces hunger by increasing its size with water.

Green Tea: Double slimming-action. Limits caloric contribution thanks to the anti-enzymatic action at the intestinal level. Loose fat deposits and fights water-retention disorders.

Vihisvinifene: Reduces glucose blood focuses that are responsible for caloric reservoir during the digestion.

Baraya Herculie: Used as "caloric ballast" to reduce hunger.

A complete, balanced diet supplemented with capsules KUHRA 7.0.4 will help to reach the ideal weight. Appropriate health and diet habits should help you through this treatment.

Weight-loss when water-retention exists

Flavonoids content is diuretic and becomes a regulator of lipid metabolism. This component is the latest scientific finding in the field. High enzymatic contents will transport catabolism and anabolism, acting on fatty acids degradation and speeding the gastrointestinal combustion for reduction and separation of antibodies, fighting the fatty acids present in the lipose tissue.

Description of the action

Konjac includes a polysacharido called "glucomman" that absorbs more than 100 times its own water volume. A thick gel is created in the stomach that will loose and reduce the assimilation of lipids, glycidés and cholesterol salts.

Pilosilla features a diuretic action that allows for a decrease of food absorption, especially during digestion of sugars and fats.

Oligoelements, nickel and cobalt (associated to zinc include in the blue capsules) work as glycidé metabolism regulators. When such oligoelements are present, a decrease in the caloric contribution of each meal is observed. Proteolitic enzymes intensify the action of the different active principles by degrading fatty acids and accelerating the gastro-intestinal combustion. As a result, fatty acids present in the adipose tissue will be eliminated.

Method and doses

Only at the beginning of treatment: For your first day you must take 3 capsules before and after your breakfast, then 3 capsules before and after your lunch. This will let us determine if you are allergic to some of the components and enzymes of Capsules KUHRA 7.0.4 Even though the components are not drugs but 100% natural components, we need to make sure that your body is ready for this treatment. Low doses will let us start working with your digestive system in the assimilation of higher, more concentrated doses, and the improvement of your assimilation performance. These initial steps will not harm or attack your body. The night of your first day of treatment, provided that you have not experienced upsets like nausea, stomach irritation, headache or reflux, you will be ready to start taking your dose of (3) Green Capsules KUHRA 7.0.4 15 minutes before dinner, with two glasses of water.

Eat moderately and take (3) Blue Capsules KUHRA 7.0.4 immediately after finishing your meal.

Next days: For your second, third, fourth, fifth, sixth and seventh day you must continue taking two blue capsules 15 minutes before meals and then two green capsules immediately after.

Stick to the above-mentioned routine for the desired results. If you feel tired or anxious between meals, eat non-processed fruits (except bananas):

Once finished your 7-days treatment with Capsules KUHRA 7.0.4, and if you want to lose more weight and shape a better figure, you can start a new session. We recommend not using Capsules KUHRA 7.0.4 for more than three consecutive weeks (21 days) in order to prevent stomach upset (reflux or irritation). You could rest for a week and start a new cycle until achieving your goal.

Feeling good while you are losing weight is important. Capsules KUHRA 7.0.4 work for a progressive body detoxification and cleaning of your digestive system, liver, pancreas and bile, which balances your body and restores control following calories and fatty acids lost. This allows your body to recover, in a progressive way, the necessary structure to readjust its own metabolic clock, which is responsible for stopping the assimilation of impurities, water retention and weight-gaining.

We often recommend that you simultaneously engage in a treatment with a Nutritionist or Endocrinologist. Capsules KUHRA 7.0.4 are safe for using with vitamin complexes or other prescribed drugs. However, we recommend stopping any other weight-loss treatment while taking Capsules KUHRA 7.0.4

The One-Week Program

This is a program for losing weight in a smart, balanced, upset-free way. Lose weight with a controlled caloric contribution. Of course you will have plenty of reasons to celebrate your first achievements! But be careful. You are really going for a permanent, complete weight-loss. You need to teach your body and your cell memory energy balance leading to stability. A really effective treatment is what you need. Try this one-week, non-urgent program and recover the pleasures of food savoring.

Our Advice

Drink plenty of liquids.

Of course, drink plenty of water. Be aware that one can of soda amounts to eight candy pieces. Drink at least one and a half liters of water a day –two glasses first thing in the morning, one glass before meals. It will help your food transport and make you feel satisfied.

Drink tisanes as you will, if that makes you feel good. Avoid sweeteners. Stop thinking "diet" and start thinking "feeling good".

Give yourself a break.

After the first week, let you “fail once in a while”. Serenity and eating balance will make you feel controlled.

Food you are not allowed to eat during treatment:

Bread
Alcohol
Sweetened drinks (sodas)
Fried food
Snack cakes
Cheese, butter and dairy.
Sausages
Tubers, potatoes, cassava, rice, candies and/or chocolate, etc.
Coffee, sugar, flour, rice
Pasta, processed food (canned food, etc.)
Grains (beans, corn, etc.)

Food you are allowed to eat:

Sugar-free tea
Sugar-free fruit juice
Fresh aromatic herbs, lemon juice
Vinegar dressings
Soy
Olive oil
Vegetables and fruits
Artificial sweeteners
Poultry, red meat, fish

Recommendations

Breakfast

Fruit, yogurt and/or boiled eggs.

Lunch

White meat (except pork), preferably fish and/or poultry Red meat once a week.

Dinner

Vegetable soup, and salads (low salt)

Dieting and Fitness

A well-planned diet involves thoroughly chewing everything we eat. By breaking food down into small particles, and completely impregnating them with saliva, our gastric and pancreatic digestion will turn out easier. Chew everything you eat. Take your time. Enjoying flavors will make you eat less. Allow a special time for eating and a moment of rest, if possible.

You do need protein

Proteins found in meat, fish, eggs and some leguminous plant, e.g. soy, are essential to your muscles. However, it is recommended to separate the calorie intake as long as you can. Avoid eating meat and starch in the same meal. This allows for a better digestion and assimilation.

Cooked or raw vegetables bring essential fibers and vitamins to your diet. Avoid quick-sugar food –your body won't burn it immediately and it will become part of the reserves.

Have it different every day

Cooked and raw vegetables and fruit must become your best friends. Choose poultry, sea fish and, sometimes, boiled eggs. Forget about pork! Your liver will be grateful.

Your goal: Losing weight

Losing weight quickly, with no effort, and specially staying hunger-free, will make you feel highly rewarded, healthy and fit. However, you must be careful. Losing weight no matter what, exposing yourself to a deficient dieting would be a serious mistake. The consequences are widely known –several diets in a row could be counterproductive. Our body moves along natural cycles, and will do what it takes in order to survive. If you choose to stay hungry all the time, your body will learn that, and will prepare for the future, building up more reserves! You can lose weight without disturbing your natural balance. Give yourself what you essentially need, otherwise you will be exhausting your own body and paving the way to tiredness, weakness, anxiety, irritability and, eventually, disease.

Deficiency Diseases

Human diet remarkably improved during the last century. However, our eating habits produced new deficiencies, a paradox we are clearly facing at this moment. Our diet should be richer in essential oligoelements, minerals, vitamins and micronutrients, but instead we are eating more and more processed food (sugar and flour, fat food). Unfortunately, food loses part of its natural components as a result of industrial processes. Besides we are not paying much attention to our immune system and natural cycles. We have the information – we should be eating more essential micronutrients for improving our physical and intellectual performance, but we don't pay attention and that is making us suffer from tiredness, anxiety, bulimia or appetite disorders, lack of interest, concentration problems, with consequences in learning, reasoning and memory processes. Sometimes people make school psychologists overwork when they should be looking at the food they eat.

A message from the masters

“Our food is our wealth”, as Chinese masters used to say. They were right. Our health depends on what we eat. Our food is to work for our immune system. Our immune system will perform according to our food choice. Now you know it –Reduce by 30% the calories you consume and you'll be improving your life expectancy.

Contraindications

Sometimes gastric fluxes or refluxes may appear. Drink (2) glasses of water a day. If the condition persists, stop the treatment for (1) day until your body is prepared (this is why we start treating you with a high dose). Capsules KUHRA 7.0.4 are made of vegetal components and 100%-natural processes, and no side effects or damages have been detected. Do not use during pregnancy or when suspecting a pregnancy. Loosing weight is worth those first seven days of efforts!

Storage

Keep in a dry, cool place, at 5°C-25 °C. Do not refrigerate. Discard after expiration date.

Capsules KUHRA 7.0.4 have been thoroughly quality-controlled. This product is manufactured under a sterile atmosphere, according to the international standards governing the matter.

Presentation

Capsules KUHRA 7.0.4 are available in 90-capsule box, 500 mg, duly identified with a two-color code for taking before and after meals.