Forum:Hack Forums

Thread: Chrono nutrition and how I loose 13 kg

goran84 - *February 2, 2017, 5:41 am*

Hi guys and girls. Im on Chrono almost 3 months and first month I loosed 9 kg with this nutrition. Its not diet its just way of living without some white bread and sugar. There is minimum 28 days restrictive period for body to clean up from toxins and after that unrestrictive period is the way of live. My wife lost 12 kg first month and now for 3 months total 18 kg. First month you loose the most of fat because body is cleaning from all fat and toxins. I was never fat but had some extra kg. Im tall 192 cm and when i started I had 110 kg. Now i have 97 kg and feel more powerfull then ever. If anyone else have same experience please feel free to replay. For any questions my skype is goranmrd.

aimware - *February 2, 2017, 9:01 pm*

lose != loose

Sorry for being a dick about the grammar, but good stuff with the diet.

Jester Race - *February 2, 2017, 9:17 pm*

Hi
Please elaborate on these toxins and how your liver and kidneys fail to remove these, but removing white bread and sugar from your diet works

Hydroclitoric Acid - *February 2, 2017, 9:57 pm*

Did some research on this diet and this is what I've came up with.

Some guy called "Dr. Alain Delabos" did some research and believes that it's not just HOW much we eat that causes us to lose weight, but WHEN we eat.

I personally disagree.
I'm not a nutritionist or dietician, but I have done a fair amount of research on this topic.

Put in the simplest of terms, 'Weight Loss occurs when Calories In are less than Calories Out.'
Whether you eat all your food in one sitting, or spread it out during the day, the only difference it makes is how hungry you feel during the day and how easy it is for your body to digest the food.

I don't know where you got that this diet cleans out all the fat and toxins.
It doesn't say so anywhere that I've read, and the time of day that you eat will not affect how your body reacts to your body fat.

Cutting out white bread and sugar does work.

I believe the reason you lost the weight was because of what you ate, not when you ate it.
However, if you believe that this diet works for you, continue with it. You've got nothing to lose.

goran84 - *February 2, 2017, 11:54 pm*

Well its very effective if you eat what diet says. You eat at every 5 hours and if you follow diet you wont feel hungry. Best timings are in 09:00, 14:00 and 19:00 hours. You are starting the day with one cup of hot tea of hot lemonade 30 min before breakfast, do not eat cheese and eggs at same breakfast when in restriction, drink water 30 min after meal, 2 coffes a day (first is 15 min after

breakfast and second is 15 min after lunch), for lunch you can eat red meat like beef or pork, for dinner white meat like chicken steak or fish with green salad. I dont know some specific foods to translate in english so when i find translation will place whole diet.

goran84 - *February 6, 2017, 3:28 am*
BREAKFAST choose whatever you want from the offered and tomorrow's breakfast will be PERFECT!

Never forget the basic rule - do not limit the amount of food EAT FREE UNTIL eaten !!!

Next important - BREAD CHOOSE WISELY! Not white! And if you have a yeast tostiraj it! Recipes for bread hrono

3. The rule regarding the breakfast - EGGS AND DAIRY PRODUCTS keep out

4 rule - breakfast must be finished by 10 am

5th rule - KAFA Drink only AFTER BREAKFAST, MORNING ONLY HERBAL TEA OR LEMONADE!

When you're done with breakfast and coffee, the next 5,5H NEMA ANY FOOD NOT chew on! Permitted water, lemonade and herbal tea without sugar naturally.
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LUNCH - free to choose any recipe on this page recipes for lunch Rule 1 - NO BREAD FOR LUNCH! Rule 2 - AFTER HANDLE DOMESTIC drink coffee without sugar

Rule 3 - When you're done with lunch and coffee, the next 5,5H NEMA ANY COURSE NOT chew on! Permitted water, lemonade and herbal tea without naturally sugar
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DINNER - choose any recipe, you will not go wrong Recipes for Dinner

Rule 1 - 2h AFTER DINNER NOT be leaflets to sleep!

Rule 2 - NO BREAD FOR DINNER!

I cant post links for recipes but I'm posting on forum so soon you will get more links ...

topezmagic - *February 6, 2017, 8:19 am*
This is the biggest load of fucking bullshit that I've ever read in my life.

goran84 - *February 7, 2017, 12:22 am*
(Feb 6, 2017 09:19 AM)topezmagic Wrote: [CITE] This is the biggest load of fucking bullshit that I've ever read in my life.
Maybe because you dont need it or you didnt tried it ...

aimware - *February 7, 2017, 2:52 pm*
Gotta back up the pseudoscience claim. I have yet to see a study proving that this actually does

anything.

goran84 - *February 7, 2017, 11:31 pm*
i wrote this diet because it helped me and to my wife. Only want to share it and to help others loose some pounds if they need to :) Dr.Ana Gifing is the one who share this on internet.

topezmagic - *February 8, 2017, 6:23 am*
(Feb 7, 2017 01:22 AM)goran84 Wrote: [CITE] Maybe because you dont need it or you didnt tried it ...
Anyone with a decent knowledge of the human body knows that cutting out a certain type of food is not going to make you lose weight. You can either lose weight by eating into a caloric defecit or surgery. There's only two options.

Honestly, when you believe in detoxing your body and all that bullshit, it shows a major lack of knowledge in what your body actually does. Your liver is one of the most incredible organs in your body and it's very effective at processing toxins and chemicals, the kidneys also help with that process. And if your kidneys and liver don't work then you'd be dead.

You lost weight because you ate less food. Doesn't tell a forensics team to work that out.

Super Saiyan God - *February 9, 2017, 11:19 am*
Op what are these toxins you speak of?

goran84 - *February 10, 2017, 12:03 am*
(Feb 9, 2017 12:19 PM)Super Saiyan God Wrote: [CITE] Op what are these toxins you speak of?
Well toxins from bad food ...

minimalist - *February 10, 2017, 12:11 am*
(Feb 10, 2017 01:03 AM)goran84 Wrote: [CITE] Well toxins from bad food ...
It's almost like you have organs in your body to "detoxicate" your systems...

Jester Race - *February 10, 2017, 3:13 am*
(Feb 10, 2017 01:03 AM)goran84 Wrote: [CITE] Well toxins from bad food ...
So you dont even know what youre 'protecting' yourself from?

goran84 - *February 12, 2017, 11:31 pm*
I know that I dont receive overload of hormons in fast foods ....

Jester Race - *February 12, 2017, 11:48 pm*
(Feb 13, 2017 12:31 AM)goran84 Wrote: [CITE] I know that I dont receive overload of hormons in fast foods ....
So white bread and sugars are fast foods?

goran84 - *February 13, 2017, 12:28 am*
(Feb 13, 2017 12:48 AM)Jester Race Wrote: [CITE] So white bread and sugars are fast foods?
Yes If you didn't know it potato, ketchup and mayonese are full with shugars and the bread is white so ... good luck chuck

Jester Race - *February 13, 2017, 1:36 am*
(Feb 13, 2017 01:28 AM)goran84 Wrote: [CITE] Yes If you didn't know it potato, ketchup and mayonese are full with shugars and the bread is white so ... good luck chuck
I would argue that by your logic nearly everything is fast food but you're most likely too stupid to even understand that

goran84 - *February 13, 2017, 1:50 am*
(Feb 13, 2017 02:36 AM)Jester Race Wrote: [CITE] I would argue that by your logic nearly everything is fast food but you're most likely too stupid to even understand that
I'm stupid because I try to help someone to loose pounds? LOL maybe admin should take care of you

Jester Race - *February 13, 2017, 2:32 am*
(Feb 13, 2017 02:50 AM)goran84 Wrote: [CITE] I'm stupid because I try to help someone to loose pounds? LOL maybe admin should take care of you
You're stupid because you're spreading nonsense about these toxins that apparently get cleansed from you body by stopping eating white bread and sugar.

Jester Race - *February 14, 2017, 1:08 am*
(Feb 13, 2017 11:11 AM)goran84 Wrote: [CITE] Omg... are you one of those 13 years old fat boys that preffer to roll istead of walking ?
How was this even remotely relevant to the discussion?

goran84 - *February 15, 2017, 4:01 am*
How you define word stupid ?

topezmagic - *February 15, 2017, 7:22 pm*
(Feb 15, 2017 05:01 AM)goran84 Wrote: [CITE] How you define word stupid ?
People who can't fucking spell "sugar" and don't know the difference between lose and looose.

Either English isn't your first language or you're a legitimate retard.

goran84 - *February 17, 2017, 1:28 am*
English is not my Native if you meant not First retard

Mr.Peanut - *February 17, 2017, 1:36 am*
Sugar = Fat

Carbs -> broken down and digested -> into sugar

Cut sugar and carbs out of your diet and you will lose weight

Jester Race - *February 17, 2017, 5:18 am*
(Feb 17, 2017 02:36 AM)Mr.Peanut Wrote: [CITE] Dogs = cats

Carbs -> broken down and digested -> into sugar

Cut sugar and carbs out of your diet and you will lose weight
Youre even worse than OP

aimware - *February 17, 2017, 10:26 pm*
l a w s
o f
t h e r m o d y n a m i c s

If you're eating less energy (in the form of calories) than you're expending, your body will NOT be able to grow. Matter doesn't come from nowhere.