
Our answers to your important questions.

General questions

Enjoyable eating	1
Costs	2
Pregnancy	2
Children	2
Mealtimes	2
Calories	3
Kilos	4
Scales	4
Low-carb diets	4

Vitality

Exercise	6
Vitamins and minerals	6
Cholesterol	6
Hyperacidity	7
Wellbeing	7

General questions

Does the Rohner Concept heavily restrict what I eat?

The Rohner Concept is a nutrition program for people who enjoy their food! You can eat very tasty food and more importantly you'll not go hungry. Of course some foods are off the menu if you want to reach your target weight. It will take you a little while to become familiar with the new diet.

How long will it take me to get used to the Rohner Concept?

Think about this change like learning a new language: In the first week, you will find it difficult to speak the language, you won't be able to understand a single word and you will doubt whether you will ever be able to learn this new language. But after a couple of weeks you will be able to say a few sentences, order food at a restaurant and ask for directions. After 6-12 months you will be fluent and will love the language. And that's how it will be with the Rohner Concept: In the first week you'll think you'll never be able to feed yourself with the food on your green list. After a couple of weeks you'll notice just how many delicious foods you are allowed to eat and all the wonderful meals you can create with them. Your craving for "forbidden" foods will have vanished. After 6-12 months you will be completely used to your new diet and totally thrilled with your new wardrobe!

Can I still eat out?

The Rohner Concept is particularly recommended for business people. You can still follow the Rohner Concept when eating out at (almost) any restaurant. If you are a regular at a particular restaurant, you could give them your list. This will help the chef adapt meals to suit your wishes.

I cook for the whole family. Will I have to make a separate meal for myself?

No. You cook for everybody based on the Rohner Concept. These meals are tasty and healthy for everybody in your family.

Enjoyable eating

Why isn't the Rohner Concept covered by health insurance?

Health insurance companies almost never cover the cost of a weightloss plan. See the cost as an investment in your health. On the plus side you only pay once and then you remain the same metabolic type for the rest of your life.

Costs

Can I also take part in the medical examinations if I am pregnant?

Yes, your metabolic type does not change during pregnancy.

Pregnancy

Can I follow the Rohner Concept when I am pregnant?

Yes, the Rohner Concept provides you and your child with all the important nutrients. Unfortunately food nowadays only contains a fraction of the vitamins and minerals it used to 50 years ago. That is why we advise everybody, irrespective of their diet, to take vitamin and mineral supplements every day, such as Burgerstein Multivitamin and Multimineral.

Is the Rohner Concept suitable for children?

Yes, the Rohner Concept provides children with all the necessary nutrients they need to grow up healthy.

Children

From what age can a child start eating based on the Rohner Concept?

Essentially from when they are able to sit and eat at the table with you. For practical reasons, we treat children from the age of 6 and up.

How often should I eat?

Eat whenever you feel hungry. Because if you wait too long and are famished, you run the risk of reaching out for the wrong kinds of food in a rush.

Mealtimes

I don't normally eat breakfast. Should I change this habit?

No. If you're not hungry in the morning you don't need to eat. Only eat when you're hungry.

I'm starting the Rohner Concept today. What should I eat for breakfast?

Here are a couple of tips: Scrambled eggs (sweet or salty), sweetened low-fat quark with a flavoring (from www.aromen.ch), a yogurt you're allowed with fresh pineapple or melon, a Rohner bread bun with butter and ham.

I always eat at the office. What should I take to work?

Here are a couple of tips: Mozzarella with tomatoes, olives, salami sausage (e.g. Landjäger), smoked dried beef (e.g. Mostbröckli), hard-boiled egg, Rohner bread bun, low-fat quark, antipasti, ham, cheese triangle (e.g. Formaggini), leftover vegetables, etc. (get a cool box if there isn't a refrigerator at your place of work).

I get home very late. Should I still have a proper meal after 8pm?

Absolutely. Never go to bed hungry! When following the Rohner Concept, you should always eat when you are hungry.

When is a "slip-up" likely to have less of an impact (e.g. on the hips)?

If you want to eat red foods, then please save these for the evening. If you start your day with red foods, your metabolism starts building body reserves straight away. Everything you then eat afterwards (even the green foods) will be converted into fat the whole day. The following morning you can start a "green" day worry-free (your body will "reset" overnight).

Can I really eat any amount I want?

You don't have to counter any calories or weight any food with the Rohner Concept. Eat slowly and until you are no longer hungry. But obviously please don't eat enough to feed your whole family! This blocks your entire digestive system and the Concept will not be able to work properly.

Butter and salami contain a lot of calories. Should I restrict the amount I consume?

The Rohner Concept is not based on the number of calories you consume. If butter and salami are listed as green foods for you, you do not have to restrict your consumption of these. A decreased intake of calories triggers your body to switch to "back burner" mode, which means you will not be "burning" up the calories properly.

Calories

How many kilos should I lose in a month?

Kilos

This varies from person to person. On the website, you can calculate your BMI in the section "Experience reports /Your results after 6 months". Just click to see how much our customers with the same BMI as you have lost on average after 6 months. Inches are more important than pounds!

Can your Concept also be applied to gain weight?

If you turn the Concept "on its head", you will get the desired results. I haven't done that for about 15 years. Over time I have seen so many people suffering from being "underweight" even after trying everything to put the pounds on, but nothing worked. At some point in their life though, their metabolic rate switched to "building body reserves" and they started putting weight on. Now they would be really happy to be "underweight" again.

Why shouldn't I weigh myself?

Scales

The Rohner Concept focuses on improving your figure. Measure your success by how well your clothes fit! The weight of your body varies too much from day to day. The scales often lie to us, which can be really demoralizing ...

What's the difference between the Rohner Concept and other low-carb diets?

Low-carb diets

The Rohner Concept is not a diet, it is a nutrition program. The big advantage with the Rohner Concept is that it is suitable for people with different genetic makeups – it is a nutrition program that is tailored to the individual. Even though a lot of us share similarities in our metabolism, there are also a few differences: we have different metabolic types and our bodies are different shapes and sizes. The different food lists make it possible for you to lose weight in the right places. So, for example, if a slim woman with so-called "saddlebags" follows the Rohner Concept, she can easily lose weight in her problem areas without suffering from unattractive sunken features on her face. With the Rohner Concept you are allowed to eat a lot of carbohydrates, a lot of vegetables (but only the right ones) as well as bread buns and pizzas made from Rohner oat and wheat bran. You can also eat dairy products provided they do not contain additives, as in the case of skimmed milk powder and beetroot coloring agents. These additives are often added to diet products, so we can spot this if the diet is not working, i.e. a person is not losing weight or only losing weight very slowly.

Atkins

The nutrition plan designed by pioneer Dr. Atkins, forbids the consumption of carbohydrates altogether during the dieting phase. However, our brain requires a continuous supply of glucose (the basic unit of carbohydrates) in order to function. If we do not consume glucose, our body has to make it. This can only be done through the breakdown and synthesis of proteins, not from fats. By doing this our body not only loses fat, but also muscle. It is therefore clear that this is not a suitable form of long-term nutrition.

Montignac

In contrast to Atkins' plan, a relatively large amount of carbohydrates is included in this method, but only those that are released slowly into the bloodstream so as to avoid a sudden surge in insulin levels. The foodstuff is evaluated using the glycemic index, which is a rating system that shows how quickly each foodstuff affects a person's glucose level. However, since the amount of carbohydrates consumed is not restricted, a relatively large amount of it ultimately ends up back in the bloodstream.

Logi-Methode

This method also uses the glycemic index, but it simultaneously reduces the overall carbohydrate intake. It recommends fruits in relatively large amounts, and small amounts of certain whole grain products. Our many years of experience have shown us that it is not possible to reach the desired outcome over the long term with these foodstuffs.

Vitality

Does the Rohner Concept heavily restrict what I eat?

No, just by eating properly you will lose weight and reduce your size.

Do I not need carbohydrates to exercise?

As you know, all food contains a certain amount of carbohydrates. After consuming products from the low-risk area, you can exercise for two hours without a problem. Just because the pro cyclists eat a bowlful of spaghetti before tackling the next stage in the Pyrenees, every amateur sports enthusiast is advised to consume an ample amount of carbohydrates. But the fact is, you will barely use the amount you eat. For example, you only need the amount of carbs contained in 2 sugar cubes to cycle just under 20 miles. I often hear people make the following declaration at my practice: "I am putting weight on even though I exercise for two hours a day!" This is not because fat is converted into heavier muscle mass, it's simply because you have consumed more energy than you have expended.

Will I be missing out on a lot of vitamins and minerals with the Rohner Concept?

A balanced diet from the green area provides you with all the important vitamins and minerals. Unfortunately food nowadays only contains a fraction of the vitamins and minerals it used to 50 years ago. That is why we advise everybody irrespective of their eating habits, to take vitamin and mineral supplements every day like Burgerstein Multivitamin and Multimineral, Q-10 tablets or 4Protection. The supplements you need are available in our shop.

Should I take effervescent vitamin tablets?

No, more often than not, effervescent tablets contain substances you should not be consuming. Please take all supplements in tablet form.

I currently eat up to 15 eggs per week. Is this bad for my cholesterol levels?

Our body produces the majority (approx. 90 %) of our cholesterol. This is clearly evident from the fact that cholesterol diets are by and large ineffective, and there are even drugs for high chole-

Exercise

Vitamins/Minerals

Cholesterol

terol levels. What this means: 90 % of people can eat eggs without a problem. Just because the other 10 % don't tolerate eggs so well, we skew everything in their favor. In doing so, we forget that the egg yolk is one of the most valuable sources of nutrition. It contains all the vitamins (with the exception of vitamin C). Since I do not know whether you are one of the 90 % or 10 %, we check your cholesterol a few months after you start the plan. Just eat as many eggs as you want to until your appointment.

Will I not produce an excess of acids if I follow this nutrition program?

Hyperacidity

Despite what you may have heard about an alkaline diet, this nutrition plan does not really help you correct hyperacidity. Most food is broken down more or less by your stomach acids. However, the proteins that always get such a bad rap, are significantly less acidic than the cereals we are repeatedly being advised to eat. A change in diet results in the acid levels taking longer to rise. If a person does suffer from hyperacidity, their condition can only be corrected through the long-term intake of an alkaline mixture (available in our shop).

Will I experience any health benefits by following the Rohner Concept?

Wellbeing

Yes. Responses from our customer survey revealed improvements in the following areas in several cases (refer also to Rohner Concept CURE):

- | | |
|-------------------|------------------------------|
| - Diabetes | - Migraines |
| - Sleep disorders | - Psoriasis |
| - Heartburn | - High blood pressure |
| - Bloating | - Depression |
| - Indigestion | - Chronic illnesses |
| - Joint pain | - Disorders involving tumors |
| - Fatigue | |
-