

BIOIMIS[®]

ACCADEMIA ALIMENTARE





**WHATEVER YOUR WELL-BEING
TARGETS ARE:**

**GRANTING YOUR BODY HEALTHY
NUTRITION?**

LOSING WEIGHT?

**BOOSTING YOUR ENERGY AND
VITALITY LEVELS?**

Thanks to the studies carried out by the Bioimis Nutritional Academy Research Centre, you can now find the right solution to reach your targets focused on weight loss, health, physical fitness, energy and vitality

DOCTORS, NUTRITIONAL BIOLOGISTS AND PHD RESEARCHERS WORK IN THE BIOIMIS RESEARCH CENTRE



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Founded by Roberto Zorzo in 2008, the Bioimis Academy is now spreading worldwide, thanks to its great success achieved in Italy.



HUNDREDS OF MAGAZINE ARTICLES TALK ABOUT US



PANORAMA: La formula vincente di Bioimis



TG COM: Rubrica Bioimis Informa



WELLNESS: Bioimis, la dieta del momento



STARBENE: Con Bioimis non si pesa il cibo



DONNA MODERNA: Bioimis, la dieta non dieta



PANORAMA: La dieta dell'estate



DIETA LAND: Il metodo per imparare a nutrirsi correttamente



PIANETA DONNA: Non una dieta, ma uno stile di vita



CHI: Magri per sempre



DOZENS OF TV PROGRAMS HAVE SHOWN INTEREST IN BIOIMIS'S INNOVATIVE METHOD





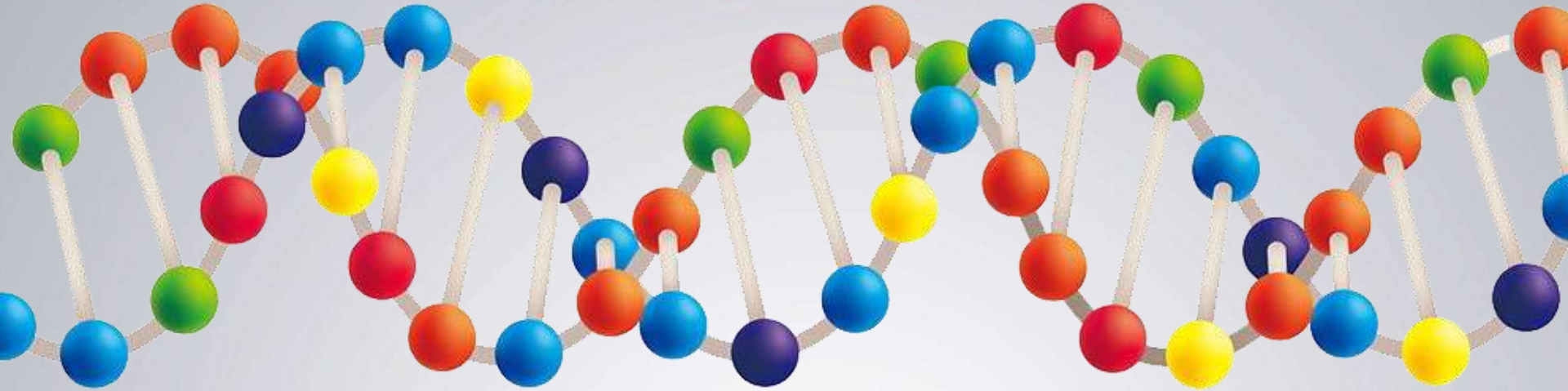
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IN ADDITION, THE BIOIMIS RESEARCH CENTER HAS CARRIED OUT MANY STUDIES IN COLLABORATION WITH **UNIVERSITIES AND TEACHING HOSPITALS**

WE ARE AT A TURNING POINT



IN THE LAST DECADES THE NUMEROUS DISCOVERIES
CARRIED OUT IN THE FIELDS OF BIOCHEMISTRY AND
HUMAN PHYSIOLOGY ARE REVEALING THE SECRETS
TO LEADING A FIT AND HEALTHY LIFE



1.500.000.000

PEOPLE IN THE WORLD ARE
OVERWEIGHT

2.800.000

PEOPLE DIE BECAUSE OF OBESITY

NUTRITION IS THE CAUSE OF
41% OF CANCERS

SOURCE: WORLD HEALTH ORGANISATION



By the year 2030

2.000.000.000

human beings will be eating food
not guaranteeing them the right
amount of vitamins and minerals
**essential for maintaining a good
state of health**

SOURCE: WORLD HEALTH ORGANISATION



The number of obese and overweight people are estimated to increase from present-day

1.500.000.000 to

3.300.000.000 in 2030

THAT MEANS

1 PERSON OUT OF 3

**THESE DATA
SUGGEST FAIRLY
that what has been
done so far to stop
this pandemic has
miserably failed**





WHAT PRINCIPLE ARE DIETS BASED ON?



MONITORING THE DAILY CALORIC INTAKE



WEIGHING THE FOOD YOU EAT



TAKING SUPPLEMENTS AND DRUGS



WORKING OUT FOR LONG HOURS AT THE GYM BELIEVING YOU ARE BURNING FAT

FOR ALL THOSE TAKING ON A DIET,
**THE WORST THING IS REGAINING THE
LOST KILOS IN A SHORT PERIOD OF TIME**



BEFORE



AT THE END OF A DIET



AFTER 2 MONTHS + INTERESTS

**SO FAR 99%
OF THE
WEIGHT-LOSS
METHODS AND
DIETS IN
EXISTENCE
HAVE FAILED**



Millions of people spend
their money in vain purchasing
pills, drugs,
substitute meals
and herbal teas





**NOW
WE ARE GOING TO
TRY TO EXPLAIN IN
SIMPLE WORDS
WHY NORMAL
DIETS DO NOT
WORK**

**DIETS DO NOT WORK BECAUSE THEY START OFF
FROM A WRONG CONCEPT:**

**THEY CONSIDER FOOD
FROM THE CALORIC POINT OF VIEW INSTEAD OF
EVALUATING ITS BIOCHEMICAL PROPERTIES**

**FOOD SHOULD BE CONSUMED ACCORDING TO THE
EFFECTS IT PRODUCES ON THE
HUMAN BODY**

EACH ONE OF US HAS THEIR OWN PERSONAL AND UNIQUE REACTION TO FOOD





A DIFFERENT RESPONSE TO EVERY KIND OF FOOD WE EAT

THE TRUTH IS THAT
A SPECIFIC FOOD
ITEM MAKING YOU
LOSE WEIGHT CAN
ACTUALLY MAKE
ANOTHER PERSON
PUT ON WEIGHT
AND VICE VERSA





FOOD HAS THE
POWER TO
MAKE YOU:

GAIN WEIGHT

MAINTAIN WEIGHT

LOSE WEIGHT

FURTHERMORE, THANKS TO THE POWER OF
FOOD IT IS POSSIBLE TO ACHIEVE:



MORE VITALITY

MORE ENERGY

MORE GLOWING SKIN

MORE HEALTH

YOU CAN RECOVER
YOUR BEST PHYSICAL CONDITION,
PROTECT YOUR HEALTH AND FEEL YOUNG LONGER



**HOW CAN WE DETECT
WHICH FOOD OR FOOD COMBINATIONS ALLOW
US TO REACH THESE TARGETS?**



**We are pleased
to introduce you to**

BIOIMIS[®]

ACCADEMIA ALIMENTARE

AN EPOCHAL TURNING POINT IN THE NUTRITION WORLD

**THANKS TO THE STUDIES
CARRIED OUT
BY OUR RESEARCH CENTER
AN EASY AND SAFE METHOD
HAS BEEN DEVELOPED**

WHERE IT IS NOW POSSIBLE TO:





**GET THE PROPER NUTRITION TO KEEP
FIT AND HEALTHY**



**IMPROVE YOUR ENERGY AND
VITALITY**



IMPROVE YOUR HEALTH



**LOSE ON AVERAGE FROM 4 TO 10
KILOS A MONTH**

A METHOD SUITABLE FOR INDIVIDUAL NEEDS.



ONNIVOROUS



NO MEAT



NO FISH



VEGETARIAN



VEGAN


You can follow your online Customised Program on your PC or the innovative App



COACHING IS THE PIVOTAL POINT OF THE BIOIMIS PROGRAM



**EACH INDIVIDUAL WILL FOLLOW A PATH PRESET BY A
STAFF OF EXPERTS**



**BIOIMIS COACHES
ARE AT YOUR DISPOSAL
TO ANSWER YOUR
QUESTIONS**



THE JOURNEY IS MADE UP OF:

**IDEAL
FIT**

Plan



**FOREVER
FIT**

Plan





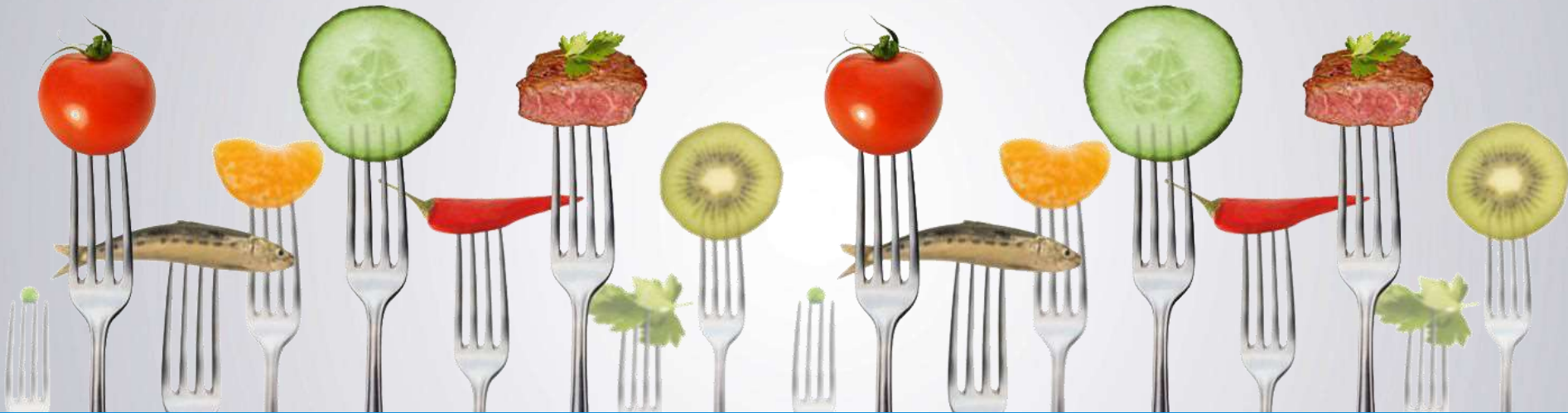
IDEAL FIT PLAN

AN UTTER RESETTING OF ONE'S
ORGANISM FROM IMPURITIES
AND BAD HABITS

IDEAL FOR ALL THOSE WHO
WANT TO LOSE WEIGHT AND
RETURN IN SHAPE

DURING THE IDEAL FIT PLAN

EVERY 2 DAYS YOU WILL RECEIVE PERSONALISED NUTRITIONAL ADVICE BASED ON YOUR ORGANISM'S NEEDS AND YOUR DAILY COMMUNICATED DATA



YOU WILL BE ADVISED ON WHAT TO EAT
FOR BREAKFAST, LUNCH AND DINNER



BREAKFAST



LUNCH



DINNER

IDEAL FIT

IF YOU NEED TO LOSE WEIGHT,
WHEN SETTING YOUR PROGRAM, YOU CAN CHOOSE
BETWEEN TWO WEIGHT-LOSS SPEEDS:
FAST FORMULA OR **SOFT FORMULA**



THE SELECTED FORMULA WILL BE APPLIED ONLY IN THE
FIRST PART OF YOUR JOURNEY: IDEAL FIT PLAN



FAST FORMULA

MAY MAKE YOU LOSE ON AVERAGE FROM 4 TO 10 KG A MONTH*

TO FULLY EXPLOIT THE POWER OF FOOD AT ITS BEST,
IN THIS FORMULA THE MENUS ARE MADE UP OF ONLY
ONE KIND OF FOOD FOR BREAKFAST, ANOTHER SORT OF FOOD
FOR LUNCH AND A THIRD TYPE OF FOOD FOR DINNER.

BREAKFAST ALSO INCLUDES VEGETABLES





SOFT FORMULA

MAY MAKE YOU AVERAGELY LOSE FROM 4 TO 7 KG A MONTH*

IN THE SOFT FORMULA NO VEGETABLES ARE PRESCRIBED AT BREAKFAST TIME.

BESIDES THE MENUS ARE COMPOSED OF MORE THAN ONE ITEM OF FOOD FOR BREAKFAST AND LUNCH, WHEREAS FOR DINNER THERE IS ONLY ONE FOOD ITEM.



TO RECEIVE YOUR CUSTOMISED NUTRITIONAL ADVICE



EVERY MORNING YOU NEED TO INSERT:
YOUR WEIGHT - MEASURES - SENSATIONS

ON YOUR PC OR SMART DEVICE APP

THE TIME SPAN OF IDEAL FIT PLAN

DEPENDS ON HOW MUCH WEIGHT EACH INDIVIDUAL
NEEDS TO LOSE



FOR THOSE 15-20 KG OVERWEIGHT
IT IS NORMALLY SUFFICIENT FROM 8 TO 12 WEEKS*,

FOR THOSE NOT REQUIRING WEIGHT LOSS
4 WEEKS ARE ENOUGH TO CLEANSE THEIR ORGANISMS*



As shown by one of our studies, Ideal Fit Plan makes you primarily lose only **fat mass**.

YOU'LL FOLLOW A CUSTOMISED AND BALANCED NUTRITION

The various macronutrients are always combined to achieve a diet offering a balance among:

PROTEINS



LIPIDS



CARBOHYDRATES



THE BIOIMIS METHOD WINS ALL CHALLENGES

DIETS

YOU STARVE

YOU WEIGH FOOD

FATS ARE FORBIDDEN

OIL IS LIMITED

FRIED FOOD IS PROHIBITED

DRIED FRUIT IS OFF LIMITS

CALORIES ARE CHECKED

.....????

BIOIMIS

YOU EAT TO FULLNESS

NO WEIGHING FOOD

FATS ARE ALLOWED

UNLIMITED EXTRA VIRGIN OLIVE OIL

ALL COOKING METHODS ARE ALLOWED,
EVEN FRYING WITH MODERATION

DRIED FRUIT IS ALLOWED

NO CALORIE COUNTING

IN THE FIRST STAGE NO ADDED SALT





NO ADDED SALT*

During the BIOIMIS Program you'll be advised when and how to reduce or remove added salt, which:

- 1 indirectly stimulates high accumulation of body fat
- 2 doesn't help the Bioimis Staff to point out the biochemical effect produced by each single item of food you consume
- 3 tends to cause **VERY SERIOUS PATHOLOGIES**



**EACH FOOD HAS MORE
THAN THE AMOUNT OF
SODIUM CHLORIDE
NECESSARY TO OUR
ORGANISM**



**BY REMOVING ADDED SALT YOU WILL
REDISCOVER THE REAL FLAVOR OF FOOD**



THANKS TO THE RECIPES STUDIED BY OUR CHEFS

you will learn how easy it is to
prepare tasty dishes without
adding salt and using spices
instead



For each meal
we will recommend easy recipes



YOU CAN EAT TO FULLNESS



**YOU CAN USE LIBERAL AMOUNTS OF
EXTRA VIRGIN OLIVE OIL**

YOU ARE ALLOWED TO USE ANY COOKING METHODS



FRY



STEAM



MICROWAVE



GRILL



BAKE/ROAST



IN THE PAN

ONCE YOU HAVE REACHED
YOUR WEIGHT TARGET YOU
START THE MOST
IMPORTANT PART OF THE
BIOIMIS COACHING

LEARNING HOW TO KEEP
THOSE ACHIEVED RESULTS



FOREVER FIT PLAN[®]



**THIS IS THE REAL SECRET OF BIOIMIS'S
SUCCESS**

BIOIMIS OFFERS THE OPPORTUNITY
OF LEARNING HOW TO GET TO KNOW YOUR
BODY'S REACTIONS TO ANY FOOD ITEM OR FOOD
COMBINATION



BIOIMIS STARTS WHERE OTHERS END!!!





FIT FOREVER PLAN[®]

In the second stage of your journey you will learn the secret to keep the achieved results over time

FOREVER FIT PLAN IS MADE UP OF 4 STAGES:

KEEP FIT

TEST

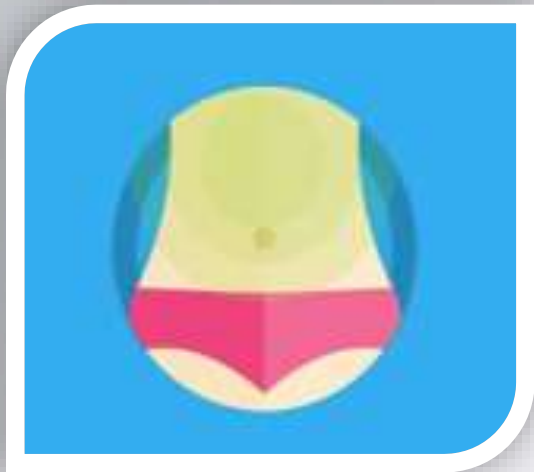
FREE MEAL

CHECK-UP



**BIOIMIS COACHES
WILL BE ALWAYS READY
TO ANSWER YOUR
QUESTIONS OR CLEAR UP
ANY DOUBTS**

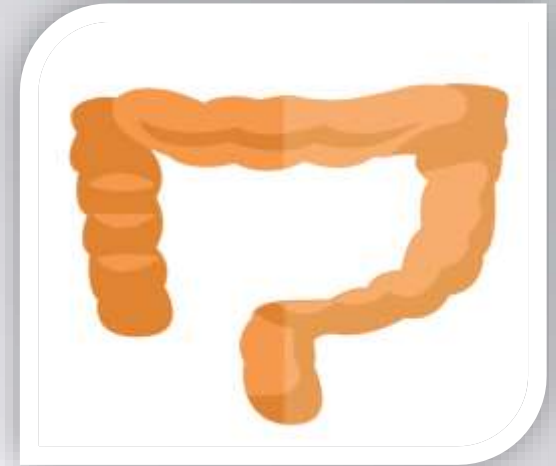
IN ADDITION, DURING THE PROGRAM, DETOX PERIODS OF DURATION OF 2 WEEKS WILL ALSO BE PROPOSED.



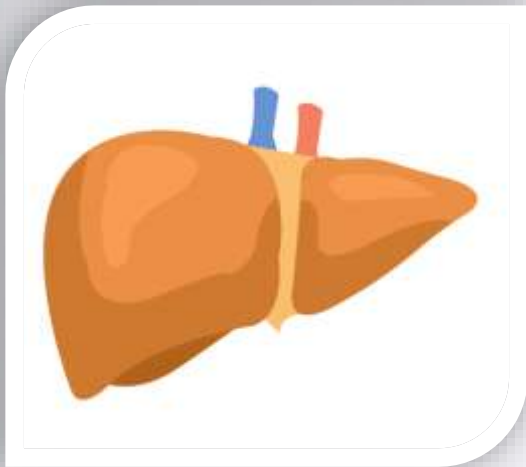
METABOLISM



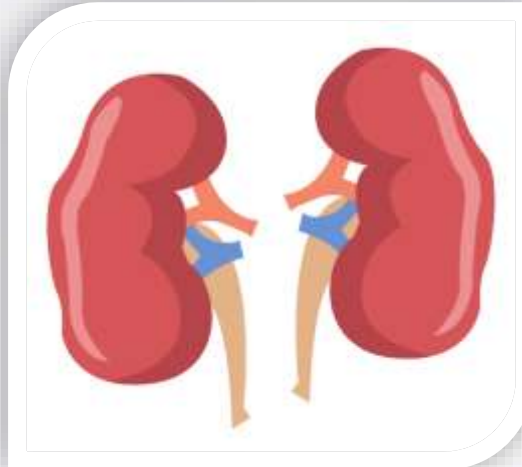
IMMUNITARY DEFENSE



INTESTINE



LIVER



KIDNEYS



SKIN

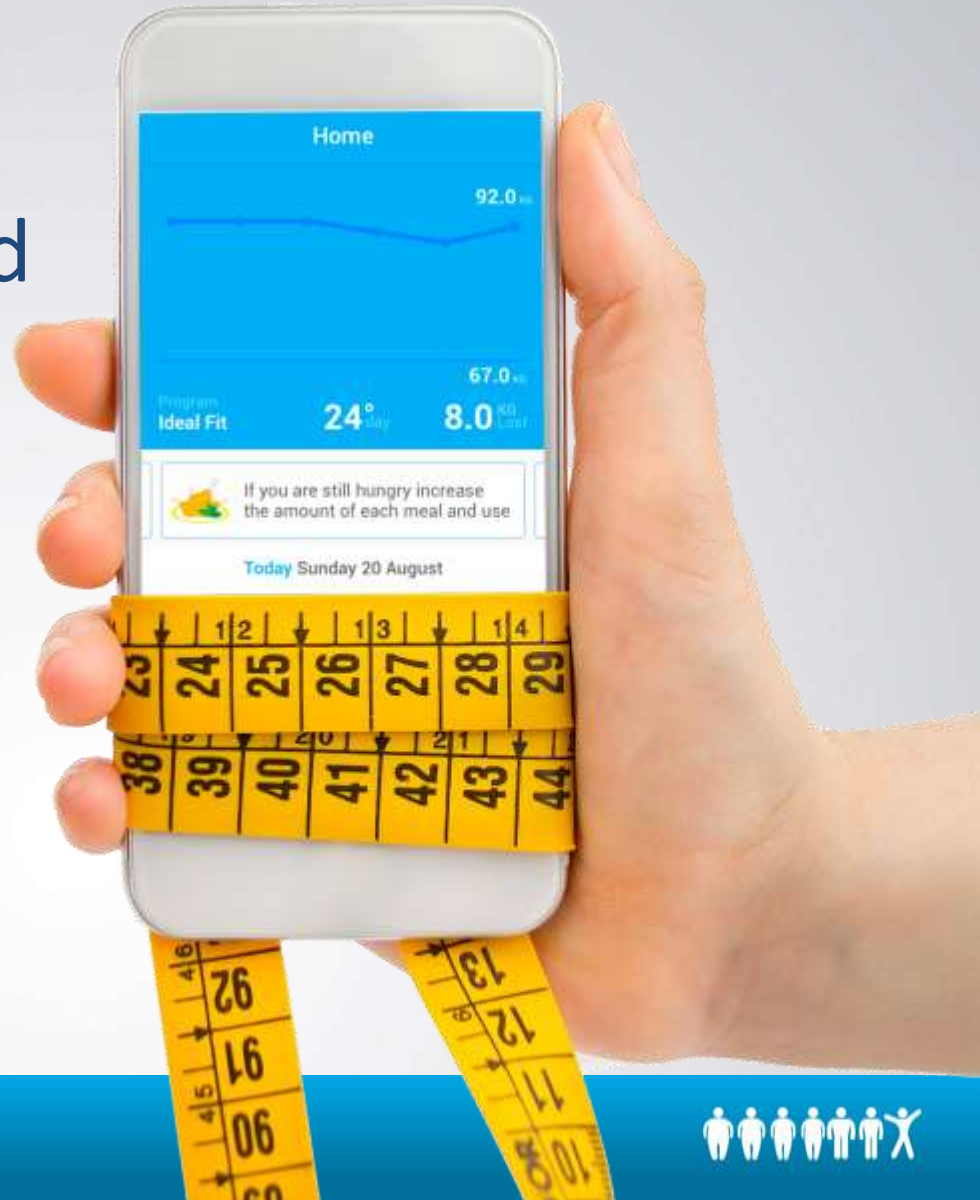
THOSE WHO FOLLOW THE COACHING JOURNEY FOR
A WHOLE YEAR MAY ENTER
THE GOLD PLAN

BIOIMIS GOLD

As we grow old and age our bodies modify and year after year our organisms change their needs. As we get older, the food we consume has different effects and so our diet has to undergo changes, too.



By going on entering your weight, picking and confirming your meals, you will ensure a balanced nutrition in every stage of your life.



Your Bioimis Platform
will evolve with you

offering you a future of health
and wellness thanks to the
future discoveries in the
Nutrition and Precision
Medicine field





**A TRIUMPHANT PATH ACCOMPANYING AND
GUIDING YOU FOR THE REST OF YOUR LIFE**



NO MORE DIETS, SUPPLEMENTS, DRUGS, CALORIE COUNTING, HOURS WORKING OUT AT THE GYM

Thanks to **BIOIMIS**[®]
ACCADEMIA ALIMENTARE

You will know your body better
and discover the secret of how to
keep it efficient, beautiful and
filled with energy

FOREVER...





**YET BIOIMIS PRESENTS
ANOTHER GREAT
OPPORTUNITY**

Bioimis spreads around the world thanks to word of mouth coming from those people who have assessed the worth of Bioimis on themselves and seen the results.



If you want to become part of our team and join us in the struggle against obesity, you can seize the opportunity to become a Bioimis ambassador by building a worldwide Network and receiving in **exchange monetary compensation**





To get more information on this opportunity click on www.bioimisnetwork.com

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