



www.systemed.de

The LOGI[®] Method



Over 1,000,000 books sold in Germany



Healthy and slim without strenuous diets? Just eat according to the LOGI® Method!

- Following the **LOGI®** Method helps stabilize blood sugar levels and improves your body's ability to burn fat. In addition, it prevents the formation of fat deposits and improves metabolism.
- This method, a nutritional strategy inspired by the recommendations of the clinic of Harvard University, is a way of eating based on a reduced consumption of carbohydrates.
- It offers a healthy diet that facilitates weight loss without the feeling of hunger. **LOGI®** means Low Glycemic and Insulinemic Index. It was developed by nutrition scientist Dr. Nicolai Worm, and the first book was published in 2003.

THE LOGI FOOD PYRAMID



- The **LOGI®** diet allows you to lose weight without going hungry by ingesting fewer sugars and starches. It does not pretend to radically change your eating habits, just to improve them.

LOGI® is not a short-term diet, but rather a way to eat healthy

Healthy and slim without strenuous diets? Just by eating better with the LOGI® Method!

The **LOGI®** nutritional strategy is based on a high-protein diet. In our metabolism, proteins are the starters of the digestion process. Meat, fish, and dairy products are permitted, and eating these foods helps jumpstart your metabolism. You can also eat your fill of fruits, vegetables, and salads. In fact, in a high-protein diet, you actually consume fewer calories because low-calorie vegetables rapidly fill up your stomach. You only need to limit your consumption of sweets, white bread, potatoes, pasta, and rice.

In addition to losing weight, you will gain healthy habits.

The **LOGI®** Method is a low-carbohydrate diet (Target consumption: 20-25% carbohydrates, 45-50% fats, 25-30% proteins). According to studies, the effects of this diet significantly reduce the need for the pharmaceutical treatment associated with Type 2 Diabetes. It also aids the burning of fat deposits in the muscles.

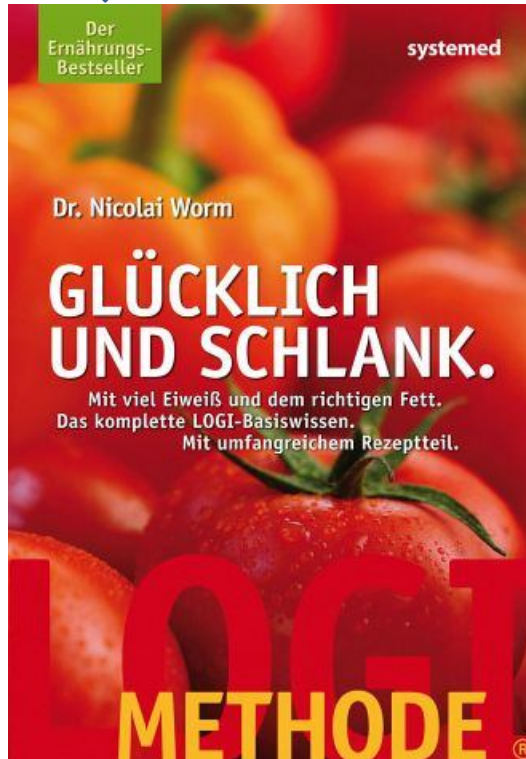
Dr. oec. troph. Nicolai Worm (1951) is a professor at the German Institute for Prevention and Health Management. He also forms part of the Advisory Board of the German Wine Academy. In addition, he is well-known for his various appearances in radio and television and for his bestselling books on the LOGI® Method. He has won several prestigious awards for his publications about nutrition, health, and dietetics.



The **LOGI®** Method has had great success in Germany for years.



260,000
copies sold!



LOGI-Method: Happy and Slim

LOGI is healthy, LOGI makes you feel good

Although in recent years people consume more and more “light” and diet products, the world is becoming , literally, rounder. So what is the problem? Could there be a fundamental defect in our eating habits? This book answers these and other pressing questions about nutrition. It also contains 74 delicious recipes that promise greater pleasure without effort by simply reducing your intake of starches and carbohydrates. This revolutionary nutritional strategy is easily put into practice on your plate! Try LOGI, experience it, and feel the magnificent LOGI difference.

With this publication, Dr. Worm began the succesful series of books on the **LOGI**® Method. This book is one of the most successful nutritional guides in Germany in recent

Format: 176 pages with multiple photographs. 65" x 9.3". Paperback with fold-outs.



300,000
copies sold!



The LOGI Guide

Charts with Over 500 Different Foods

Put an end to your annual bikini diets, hunger pangs, and the unwanted fat around your midsection. When you eat with the LOGI Method, you avoid dramatic changes in blood sugar levels and accelerate your body's ability to burn fat. This guide includes over 500 foods assessed according to their glycemic index.

Format: 96 pages, 4.7" x 4.7", paperback, full colour.

100,000
copies sold!



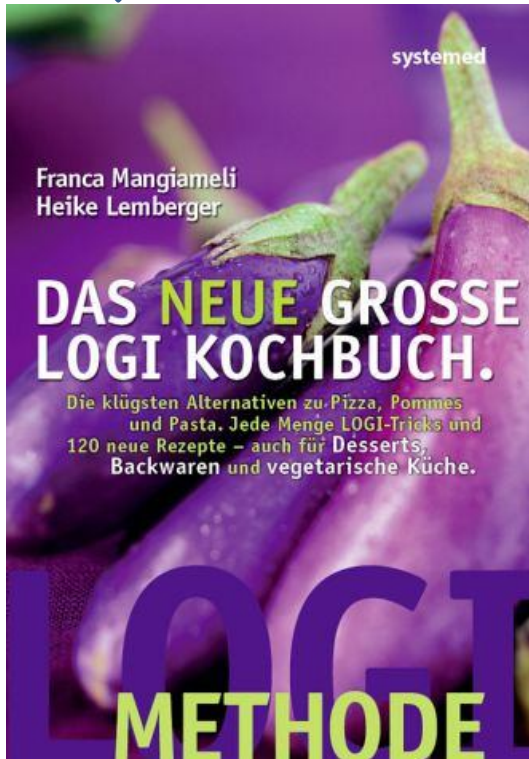
The Big LOGI Cookbook

Top Chefs Adapt Their Recipes to the LOGI Method

Eating well and eating healthy means enjoying foods that are rich in proteins and low in sugars and starch. With the help of some of Germany's best chefs and following Dr. Worm's advice, chef Franca Mangiameli offers in this book 52 of their best recipes adapted to the LOGI Method.

Format: 192 pages, 6.5" x 9.3", full colour with 80 photographs, paperback with fold-outs.

85,000 copies
sold!



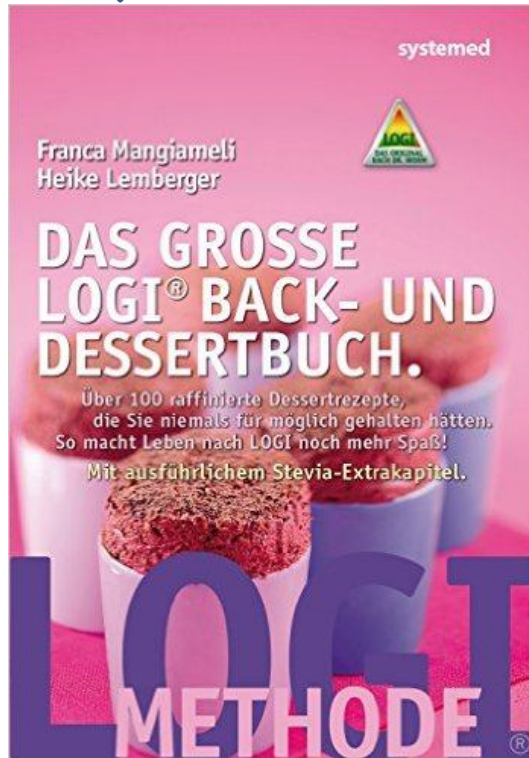
The New Big LOGI Cookbook

Alternatives to Pizza and Pasta

There are intelligent alternatives to pizza, pasta, and french fries. This book not only includes advice and helpful hints for living LOGI, it also offers 120 new recipes for appetizers, main courses, desserts, pastries, and vegetarian dishes.

Format: 176 pages, 6.5" x 9.3", paperback with fold-outs, full colour.

20,000 copies
sold!



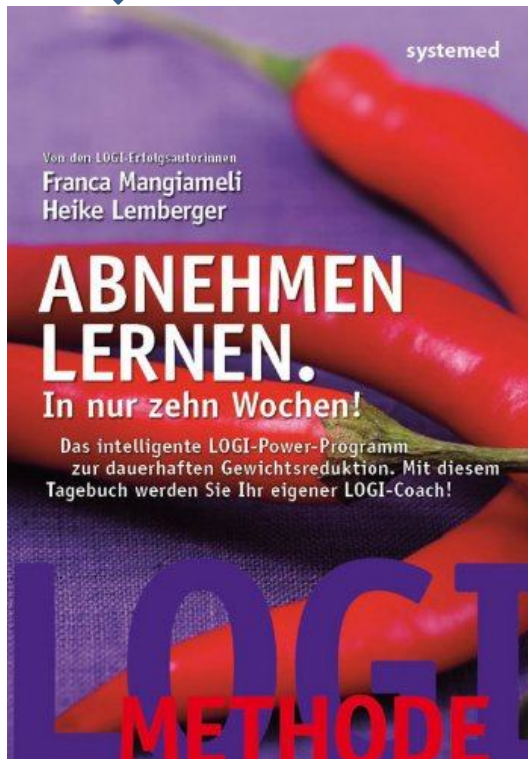
*The Big LOGI Book of Baking
and Desserts*

120 “Sweet” and Delicious Recipes

LOGI and sweet? It does not have to be a contradiction. Dr. Worm’s revolutionary method does not stop after the main course. Low-carbohydrate recipes with clever alternative ingredients and simple LOGI tricks make the unthinkable possible. This book offers 120 healthy and delicious recipes for desserts and pastries.

Format: 176 pages, 6.5” x 9.3”, paperback, full colour with photographs.

15,000 copies
sold!



Learn to Lose Weight

Significant Weight Loss with the LOGI Method in Only 10 Weeks

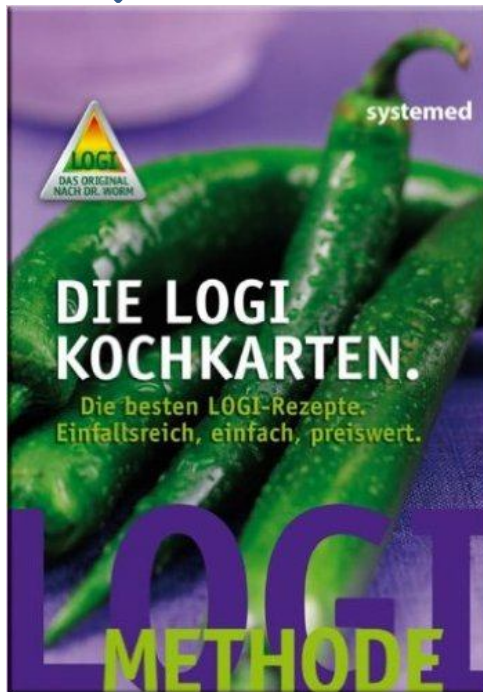
This book is much more than just a simple journal for self-completion. It is an intelligent self-coaching program that will help you achieve significant weight loss in only 10 weeks. Read, understand, act: this book has over 100 pages of advice, tips, and expert help straight from the clinical experience of the creator of the **LOGI®** Method.

With this journal, you are your own coach. It is a personalized LOGI program to help you achieve your ideal weight.

Format: 160 pages, 6.5" x 9.3", paperback, full colour.

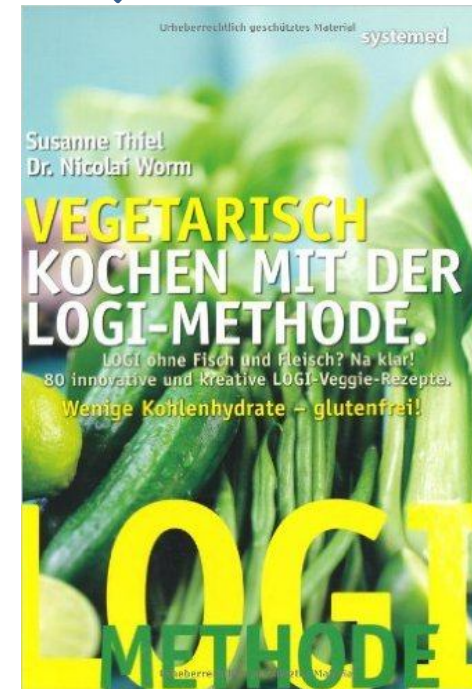
STA

6,500 copies
sold!



*LOGI Recipe Cards
The Best LOGI Recipes: Original, Easy
and Inexpensive*

13,500 copies
sold!



Vegetarian Cookbook

4,600 copies
sold!



The LOGI Menu



Thousands of Combinations for 3-Course Meals the LOGI Way

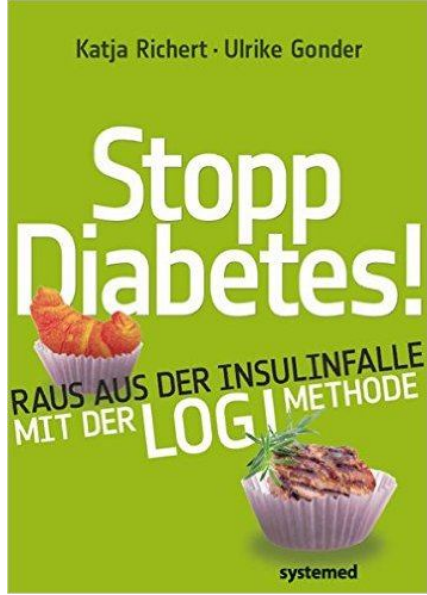
Offering the best LOGI recipes and 30 new creations, this book presents 50 appetizers, 50 main courses, and 50 desserts in an innovative, three-part-flip-chart format to help you create a countless variety of menu combinations.

52 pages, full colour with numerous photographs

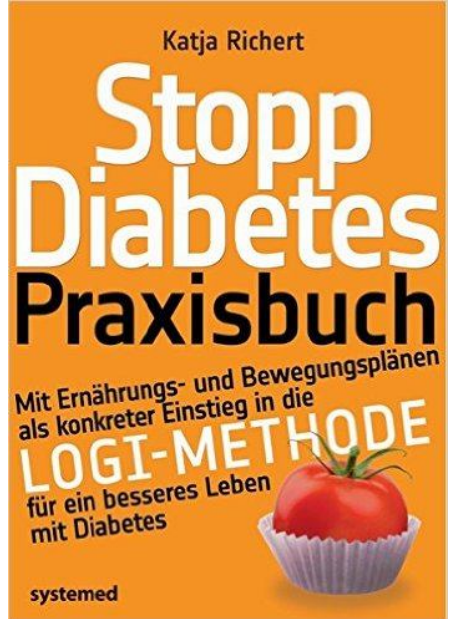
10.6" x 6.7", spiral bound mini-flipchart in an elegant case.

14,000 copies sold!

Stop Diabetes!



5,500 copies sold!



12,000 copies sold!

Day to Day with LOGI



Spiral-bound mini-flipchart in an elegant case
Format: 10.6" x 6.7", 3x50 pages



15,000 copies
sold!



Easy Weight Loss: The Recipes

An Easy Way to Lose Weight

Is it possible to end obesity? With the help of pretein-rich smoothies and the LOGI Method, it is! This book includes 70 easy, original recipes to help you live a lighter life. This book is everything “Easy Weight Loss: The Protein Secret” taught you, put into a practical, easy-to-use cookbook.

Format: 176 pages, 6,5” x 9.3”, paperback, full colour with numerous photographs and illustrations.

STA

11,000 copies
sold!



Being Thin is Not a Privilege

When you understand the secret of healthy eating, successful, long-term weight loss and improved health are within your reach. Whether you are significantly overweight or just want to lose a few extra kilos, following the LOGI Method guarantees that you will lose weight with healthy foods and protein-rich smoothies.

Format: 176 pages, 6.5" x 9.3", paperback, full colour with numerous photographs and illustrations.

Easy Weight Loss: The Protein Secret

8,000 copies sold!



Barbecue

3,500 copies sold!



Fish Cookbook

2,000 copies
sold!



*LOGI Tips and Recipes for Every
Day of the Year*

7,500 copies
sold!



LOGI Family Cookbook

Contact:

Susanne Theune
susanne.theune@stasociados.com

Tel: +34.629388043
Calle Pallars 73, 1º 1ª
08018 Barcelona
(Spain)



www.stasociados.com