

“YOUR FOOD SHALL BE YOUR MEDICINE  
AND YOUR MEDICINE SHALL BE YOUR FOOD.”

(HIPPOCRATES)

**metabolic balance**  
holistic metabolic programme

Nutritional adjustment plans designed for:

**Problems with Weight / Cravings**

**Glucose and lipometabolic disorders**

**Cardio-vascular diseases,  
e.g. hypertension**

**Rheumatic conditions**

**Migraines**

**Liver and gall bladder disorders**

**Kidney / bladder disorders**

**Fatigue**

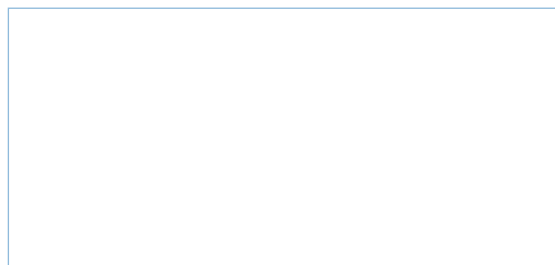
**Hormone/menopausal conditions**

**Osteoporosis**

**Allergy/skin disorders**

**Sleep disorders**

Obtain additional information at:



Please call for an appointment

**metabolic balance®:**  
**Improve your energy  
and wellbeing**  
**Be healthy, fit and slim**

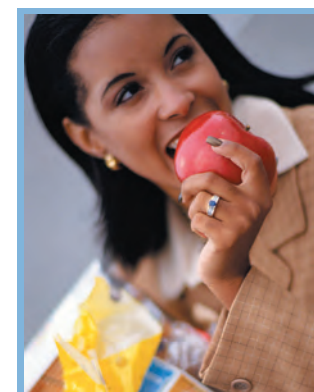
[www.metabolic-balance.de](http://www.metabolic-balance.de)

metabolic balance GmbH  
Am Gries 21  
D-84424 Isen  
Fax: +49 (0) 80 83 - 90 79 - 19  
E-Mail: [mb-team@metabolic-balance.de](mailto:mb-team@metabolic-balance.de)

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The successful programme for

**holistic metabolism  
and weight adjustment**



Up to 65% of the adult population in industrialised countries suffers from obesity and health disorders caused by improper nutrition.

**metabolic balance offers you a solution to eat healthily, improve your metabolism and gently adjust your weight.**

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[WWW.METABOLIC-BALANCE.DE](http://WWW.METABOLIC-BALANCE.DE)



**Improper food selection** can often prevent the body from receiving the nutrients needed to maintain the necessary individual hormonal and metabolic balance. Today our diet consists predominantly of unsuitable carbohydrates accompanied by a lack of protein, secondary plant nutrients, vitamins and minerals.

This **type of nutrition stimulates** the release of insulin, a key metabolic hormone, with consequences for our body, weight and health.

Based on 20 years of research and analysis of healthy nutrition, a team of Physicians, Nutritionists and IT Programmers have succeeded in developing a specific computer program to **solve this problem.**

Based on the individual's blood analysis this programme generates a **personalised nutritional plan** for each participant. The combination of individual meals and rules supports the **natural Insulin** production and proper hormone balance resulting in a healthy metabolism.

This enables a lasting **long-term weight adjustment.**

## THE FOUR PHASES OF WEIGHT ADJUSTMENT WITH METABOLIC BALANCE®

In the short **Preparation Phase**, after an introductory consultation a blood sample will be taken and analysed. Your individual nutritional plan is then generated based on this analysis.

During the **strict adjustment phase** (a minimum of 2 weeks) your body adjusts to the new, healthy nutrition. You will notice the changes in your weight and your wellbeing.

In the following **eased adjustment phase** you will carefully test food items so far excluded from your plan. This will help you to find the optimal nutrition for you. You will continue to observe additional changes in weight and wellbeing.

The **maintenance phase** is indefinite and starts when you are content with your new weight and wellbeing. You sustain your achievement with the continued observation of the basic rules for nutrition and exercise with which you are already familiar.

## YOU CAN ACHIEVE THE FOLLOWING RESULTS WITH YOUR PERSONAL, COUNSELLED METABOLIC BALANCE® PROGRAMME

### Weight loss

Your weight can be adjusted gently, solely by changing your nutrition without fasting, hunger, food supplements, pills or powders.

### Lasting long term weight goal

Many other diets produce, after rapid weight loss, a renewed rapid weight gain. This well-known yo-yo effect has not been observed with the metabolic balance programme. Once the nutrition has been rebalanced, the achieved weight goal can be maintained by the observance of some basic rules.

### Vigour, Energy and Productivity

The nutritional change increases the general wellbeing of body and mind. It leads to a healthier appearance, increase in physical and psychological productivity, enhanced ability to focus and improved emotional balance.

The improved overall wellbeing can be experienced within several days of starting the programme. Fatigue and lack of energy after meals, as a result of improper nutrition, gives way to increased energy and vigour. Adequate exercise will further support the metabolic changes and results.

### Beautiful Skin

With metabolic balance, fat deposits are primarily reduced rather than muscle or connective tissue. Therefore undesirable wrinkles on the face and other body areas are of no concern, especially for women. The skin stays trim and beautiful.

