

WHAT IS METABOLIC BALANCE?

Introductory Guide

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What is Metabolic Balance?

Metabolic Balance was developed over 25 years ago by Dr. Wolf Funfack in Germany. The program was originally designed to heal inflammation and help reverse metabolic syndrome in his patients which also resulted in achieving optimal body weight. The program was designed by studying the chemistry of one's individual lab values and the chemistry of food and then using food as a prescription.

Metabolic Balance is an innovative all-natural nutrition program that brings balance to your hormones, optimizes your health, and leads to a new invigorating lifestyle resulting in successful long-term weight management.

To date, the program is managed by dedicated physicians and nutritional scientists.



The Foundation of the Method



THE FOUNDATION OF THE PROGRAM IS METABOLIC BALANCE'S UNIQUE CAPABILITY TO DEVELOP A TRULY PERSONALIZED NUTRITION PLAN BASED ON AN IN-DEPTH ANALYSIS OF YOUR UNIQUE BLOOD VALUES, MEDICAL HISTORY, AND PERSONAL LIKES AND DISLIKES.



YOUR PERSONALIZED NUTRITION PLAN ACTS AS YOUR "ROAD-MAP", INDICATING EXACTLY WHICH NATURAL FOODS YOU SHOULD EAT IN ORDER TO ORCHESTRATE THE BIOCHEMICAL CHANGES NEEDED FOR REACHING YOUR DESIRABLE WEIGHT AND HEALTH GOALS.



METABOLIC BALANCE® IS 100% NATURAL! THERE ARE NO PRESCRIBED INJECTIONS, PILLS, SHAKES, OR PROPRIETARY FOODS. NOR, AS WITH SOME DIETS, ARE YOU REQUIRED TO KEEP "POINTS" OR COUNT CALORIES.



YOUR LOCAL GROCERY STORE AND FARMERS MARKET CAN EASILY PROVIDE ALL THE WHOLESOME NUTRIENT-RICH FOODS LISTED ON YOUR PERSONALIZED NUTRITION PLAN.



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What to Expect



BETTER SLEEP, IMPROVED MOODS, LESS BOWEL AND STOMACH PROBLEMS



WEIGHT LOSS AND IMPROVED ENERGY



HORMONAL BALANCE



REDUCED ALLERGIES AND INTOLERANCES



IMPROVED IMMUNE FUNCTION



IMPROVED JOINT INFLAMMATION AND PAIN



POTENTIAL REDUCTION OR ELIMINATION OF THE NEED FOR HIGH BLOOD PRESSURE, CHOLESTEROL, AND DIABETIC MEDICATION



A POTENTIAL BENEFIT FOR SUFFERERS OF POLYCYSTIC OVARIAN SYNDROME, TYPE 2 DIABETES, AND METABOLIC SYNDROME



SAVE \$\$\$ ON YOUR WEEKLY GROCERY BILLS (THE PROGRAM PAYS FOR ITSELF IN JUST A FEW MONTHS)



HIGHEST SUCCESS RATE FOR LIFE LONG HEALTH BENEFITS AND WEIGHT MANAGEMENT



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How Does It Work?

THE 8 RULES

RULE #1

Eat exactly three meals a day. This will always remain an important rule for long-term success. You want to continue to work towards making this rule habitual.

RULE #2

After each meal, take a break of at least 5 hours before starting your next meal.

RULE #3

Do not allow any single meal to last longer than 60 minutes.

RULE #4

Always begin each meal with one or two bites of protein.

RULE #5

Eat only one type of protein per meal. For each of your three meals choose a protein from a different protein group, so that you are eating from three different protein groups every day.

RULE #6

If possible, do not eat after 9 pm.

RULE #7

Over the course of the day, ensure that you drink the amount of water that has been calculated for your body. This will also always remain an important rule for long-term success.

RULE #8

Always eat your daily apple. All other fruit is optional.

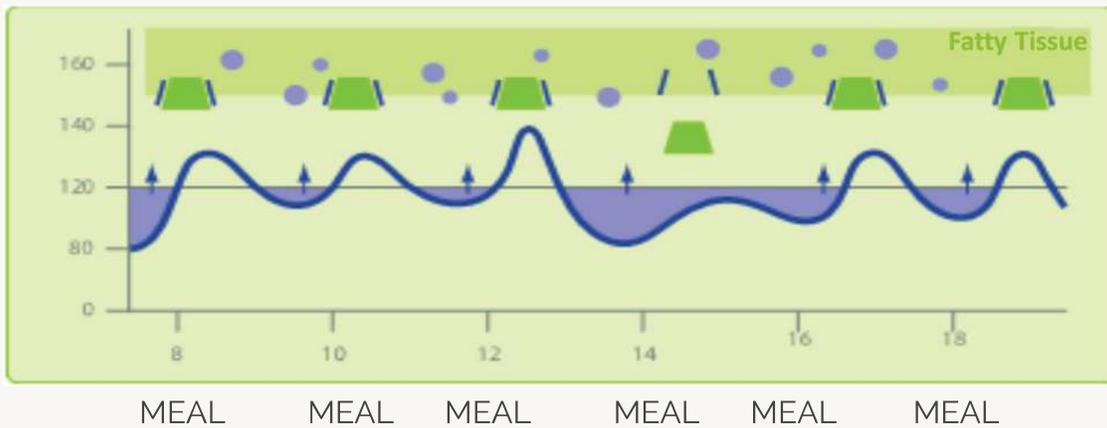


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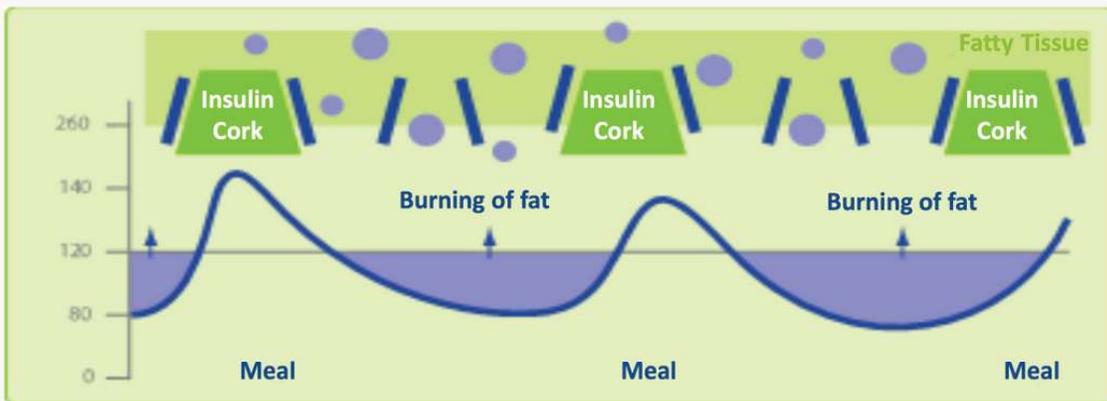
Blood Sugar Levels

DEPENDING ON MEALS PER DAY

6 MEALS PER DAY



3 MEALS PER DAY





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4 Phases

01.

PREPARATION PHASE

Duration: 2 Days

02.

STRICT PHASE

Duration: at least 14 days

03.

RELAXED PHASE

Duration: weeks, up to months

04.

MAINTENANCE PHASE

Duration: ongoing



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Sample Meal Plan

SUGGESTION #1

BREAKFAST

60g Cheese
85g Veg / Lettuce
Fruit
Bread

5H ⌚

BREAKFAST

30g Almonds
20g Seeds
65g Vegetables
Fruit

5H ⌚

BREAKFAST

180g Yogurt
Fruit
Break

5H ⌚

SUGGESTION #2

LUNCH

120g Mushrooms
(Protein)
110g Vegetables
Fruit
Bread

5H ⌚

LUNCH

120g Fish
110g Vegetables
Fruit
Bread

5H ⌚

LUNCH

65g Legumes
110g Veg / Lettuce
Fruit
Bread

5H ⌚

SUGGESTION #3

DINNER

130g Meat
120g Vegetables
Fruit
Bread

DINNER

2ct. Eggs
120g Veg / Lettuce
Fruit
Bread

DINNER

130g Poultry
120g Veg / Lettuce
Fruit
Bread

FINISHED BY 9PM AT THE LATEST



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Sample Personal Food List

PROTEIN



FISH & SEAFOOD

Catfish, Comber, Haddock, Halibut, Herring, Monkfish, Perch, Trout, Tuna, Wild Pacific Salmon. Oysters, Scallop, Jumbo Shrimp, Squid, Octopus



MEAT

Beef Fillet, Ham, Pork Fillet, Lamb Fillet, Veal



POULTRY

Chicken Breast, Turkey Breast



YOGURT

Buffalo Yogurt, Goat Milk Yogurt, Natural Yogurt 3.8%, Soya Yogurt



CHEESE

American Swiss, Buffalo Mozzarella, Cottage Cheese, Feta Cheese (Sheep), Goat Cream Cheese (Chevre), Ricotta, Sheeps Cream Cheese



LEGUMES

Chickpeas, Kidney Beans, Red Lentils, Edamame Beans, White Beans



NUTS & SEEDS

Almonds, Sunflower Seeds



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Sample Personal Food List

CARBOHYDRATES



VEGETABLES

Artichokes, Avocado, Spinach, Cauliflower, Broccoli, Button Mushrooms, Chicory, Napa Cabbage, Cherry Tomatoes, Fennel, Spring Onions, Carrots, Kohlrabi, Pumpkin, Swiss Chard, Morels (fresh or dried), Green Olives, Green / Red Bell Pepper, Brussels Sprouts, Sorrel, Sauerkraut, Green Asparagus, Celery, Turnips, Green Cabbage, Zucchini



VEGETABLES / LETTUCE

Leafy Lettuce, Frisee Lettuce, Cucumber, Purple Leaf Lettuce, Dandelion Leaves, Radicchio, Romaine



BREAD

100% Crispy Rye Bread, 100% Wholegrain Rye Bread



FRUITS

Apple (1 ct.), Blackberries (100g), Grapefruit (120g), Mango (160g) Papaya (180g), Peach (1ct.), Dried Prunes (45g), Gooseberries (100g)



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Common Questions

WHAT IS METABOLIC BALANCE'S SUCCESS RATE?

Q What classifies a successful weight loss plan?

A **When an individual reaches their goal weight and maintains it for two years.**

- Metabolic Balance has a 60%-80% Success Rate
- The only program that has a higher than 50% success rate in over 35 Countries
- Globally the highest success rate!
- The next highest is Weight Watchers at 22%

EXPECTED WEIGHT LOSS

Q How much weight can I expect to lose?

A **While every body will respond differently, a realistic expectation is as follows:**

- 5% - 8% of your total body weight during the 16 day reset period.
- 1% - 2% of your total body weight per week past that until an optimal body weight has been achieved.
- Ex: Starting weight of 180lbs = 9-14lb. weight loss during the 16 day reset period and then roughly 1.5-3.5lbs per week thereafter.



Outline of Consultations

FIRST APPOINTMENT

Schedule Initial Consultation, Evaluate health goals, Complete Intake form and medical assessment, Evaluate The 4 Pillars of Health, Welcome package is sent including Requisition Form for Labs.

UNLIMITED CALL, TEXT & EMAIL COMMUNICATION IS AVAILABLE DURING YOUR PLAN

SECOND APPOINTMENT

- Meet over zoom and Review phase 1 & 2 of your plan in great detail. You will be instructed to fully read your plan twice over. Contact me with any questions. Select an official start date.

FREQUENT COMMUNICATION DURING THE FIRST 16 DAYS

THIRD APPOINTMENT

Meet over zoom. Evaluate results. Review Phase 3.

FOURTH APPOINTMENT

- 1 Month lifestyle meeting over Zoom, adjustments if needed.
- Schedule meetings on an as needed basis.

FIFTH APPOINTMENT

- 1.5 Month lifestyle meeting over Zoom. Evaluate Results. Evaluate change in all 4 pillars and adjust protocol as needed.

SIXTH APPOINTMENT

- 2 Month evaluate results, review phase 4

SEVENTH APPOINTMENT

This is the 12-week mark and the most important one of all! How to sustain and stay balanced for life! Meet over zoom and review Phase 4. Whether you have accomplished your goal or not quite yet, you will be given a full package outlining the changes in the maintenance phase. Review exactly what to do if you feel you're slipping. I will make sure you're set for life!



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What's Included?



Blood Work



Complete Custom Nutrition Plan from MB Doctors in Germany



Bioelectrical Impedance Scale



Six months of personalized coaching.



A program that works without the yo-yo effect or the need to try something else.



No additional costs ever again!
You will always have your plan to revert back to if need be.

ALL FOR ONLY \$1,699.00 CAD + TAX

Any questions?

FEEL FREE TO CONTACT ME

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