HOLISTIC
NUTRITION
& *WELLNESS*

The Metabolic ReSet Program

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WHAT IS THE METABOLIC BALANCE ReSet Program

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.

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.

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

WHAT IS THE METABOLIC BALANCE ReSet Program?

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.

WHAT IS THE METABOLIC BALANCE ReSet Program ?

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 FROM THE METABOLIC BALANCE ReSet Program?

- Weight loss and improved energy
- Better sleep, improved moods, less bowel and stomach problems
- Potential reduction or elimination of the need for high blood pressure, cholesterol, and diabetic medication
- Hormonal balance
- Improved immune function

WHAT TO EXPECT FROM METABOLIC BALANCE ReSet Program ?

- Reduced allergies and intolerances
- Improved joint inflammation and pain
- 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
- A potential benefit for sufferers of Polycystic Ovarian Syndrome, Type 2 Diabetes, and Metabolic Syndrome

HOW DOES METABOLIC BALANCE WORK?

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THE EIGHT RULES

01

Eat exactly three well balanced meals a day. No snacking.

02

Ensure there is a five-hour break between meals.

03

Make sure each meal lasts no longer than 60 minutes.

04

Begin every meal with one or two bites of the protein portion.

HOW DOES METABOLIC BALANCE WORK?

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THE EIGHT RULES

05

Be sure to have only one kind of protein per meal and have three different proteins per day.

06

If possible, do not eat after 9pm.

07

Drink the quantity of water calculated for you divided through the day *(rule of thumb: 35 ml of water per kg of body weight).*

08

Eat an apple a day with one of your meals.

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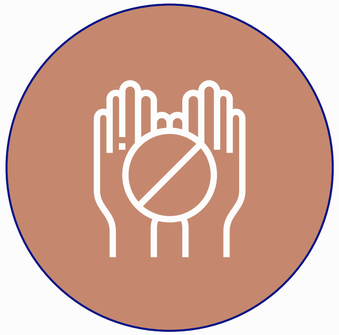
FOUR PHASES

PREPARATION PHASE

Duration:
2 days

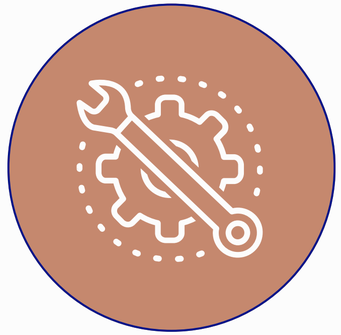


STRICT PHASE

Duration:
At least 14 days

RELAXED PHASE

Duration:
Weeks up to months



MAINTENANCE PHASE

Duration:
Unlimited

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PERSONAL FOOD LIST

PROTEIN

FISH & SEAFOOD

Catfish, Comber, Haddock, Halibut, Herring, Monkfish, Perch, Trout, Tuna, Wild Pacific Salmon.

SEAFOOD

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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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

FRUIT

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

WHAT DOES THE MEAL PLAN LOOK LIKE?

	BREAKFAST	5h	LUNCH	5h	DINNER
SUGGESTION #1	45g Cheese 65g Veg / Lettuce Fruit Bread		120g Mushrooms (Protein) 110g Vegetables Fruit Bread		120g Meat 120g Vegetables Fruit Bread
SUGGESTION #2	20g Pumpkin Seeds 15g Seeds 65g Vegetables Fruit		110g Fish 110g Vegetables Fruit Bread		2ct. Eggs 120g Veg / Lettuce Fruit Bread
SUGGESTION #3	180g Yogurt Fruit Break		55g Legumes 110g Veg / Lettuce Fruit Bread		120g Poultry 120g Veg / Lettuce Fruit Bread

FINISHED BY 9PM AT THE LATEST

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!

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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.
- ***Example:*** *Starting weight of 180lbs = 9-14lb. weight loss during the 16 day reset period and then roughly 1.5-3.5lbs per week thereafter.*

WHAT'S INCLUDED?

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- Blood Work
- Complete Custom Nutrition Plan from MB Doctors in Germany
- Bioelectrical Impedance Scale
- Three 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.

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