

HOW YOUR METABOLIC BALANCE® PLAN IS CREATED

Metabolic Balance is a personalised nutrition program designed to bring your body back into balance through food. Unlike one-size-fits-all approaches, it is based on your individual blood values, medical history, and personal preferences.

The aim of Metabolic Balance is to:



- Restore balance to key body systems and improve overall wellbeing
- Support your body's natural ability to regulate weight and metabolism
- Provide you with a clear, structured plan for eating that is practical, sustainable, and tailored uniquely to you

At its heart, Metabolic Balance is about helping you achieve long-term health by giving your body the foods it needs in the right amounts and at the right times.

Your Metabolic Balance plan is designed specifically for you. It is based on science and careful analysis of your health, not on guesswork.

Here's how the process works:

1. Your Blood Test

Your blood test provides essential insights into how your body systems are functioning. Through a specialised analysis, Metabolic Balance can identify potential nutrient insufficiencies and highlight areas that may need additional support. This evidence-based step offers a clear picture of your overall functional health, giving us an inside view of how your body is working.

2. Linking your functional health picture into food choices

Once the functional health analysis of your blood test is complete, Metabolic Balance uses those results to identify the foods that are ideally suited to you. It is this careful interpretation of your functional health picture, not the raw data itself, that makes it possible to create a nutrition plan tailored to your needs. Think of the Metabolic Balance analysis as providing the bridge between your health picture and the practical food recommendations. The outcome is a plan designed to support your health, restore balance, and create the best possible conditions for your body to thrive.

3. Science-Based Guidelines

The recommendations in your plan are never random. They are based on established and published nutritional science, as well as the clinical protocols developed and refined by the founders and medical team of Metabolic Balance. These guidelines are continually updated to reflect the latest scientific findings and cover key aspects such as when to eat, how to combine foods, and the appropriate quantities for your meals. This ensures that your plan is not only personalised to you but also grounded in decades of nutritional science and clinical expertise.

From Blood Test to Blueprint for Better Health

Your blood test gives us the starting point, but Metabolic Balance goes far beyond the numbers. Through careful analysis, scientific insight, and clinical expertise, we design a personalised plan that translates your results into actionable steps for lasting health and balance.

Your Metabolic Balance plan is your personal blueprint for better health — shaped by your body's needs, guided by science, and designed to help you achieve balance and lasting wellbeing.