

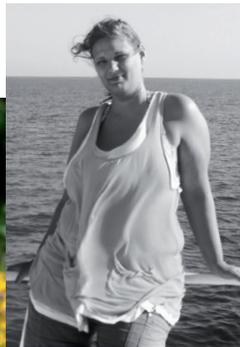
'METABOLIC BALANCE®

IS AN INVESTMENT FOR LIFE'

Myriam Werner, age 29

I decided to try Metabolic Balance® because I was getting fatter all the time and was suffering from associated complications such as acid reflux and high blood pressure. My coach convinced me of the nutrition concept and after just two months I had already lost ten kilos. I finally regained my positive attitude to life and cheerful disposition and acquired the urge to exercise and try new sports.

Today I still follow 75 % of the rules of the metabolic programme: I observe the five-hour fast between meals, cook every day and weigh my food. Metabolic Balance® accompanied me on the way to a new chapter in my life and to a new sense of vitality.



Myriam Werner before
Metabolic Balance®




Metabolic Balance

'LET FOOD BE THY MEDICINE

AND MEDICINE BE THY FOOD'

Hippocrates

Metabolic Balance GmbH & Co. KG

Bgm.-Hallwachs-Str. 8 | D-84424 Isen
Tel.: +49 8083 9079-0
E-mail: team@metabolic-balance.com
www.metabolic-balance.com

FURTHER INFORMATION:



Claire Sambolino

2 Hawthorne Cottages
Lingfield, Surrey
Tel. +44 7902 722221
info@clairesambolino.com

www.equilibriumnutrition.com



NEW START

FOR METABOLISM

OUR SUCCESSFUL NUTRITION CONCEPT



METABOLIC STRENGTHENING AND WEIGHT MANAGEMENT

SIMPLY INDIVIDUAL – YOUR NUTRITION CONCEPT

Our dietary habits have an enormous influence on our well-being and health. Overweight, allergies and illness are the consequences of a metabolism that has become imbalanced. With our holistic nutrition concept you can bring your metabolism into balance in the long term.

Metabolic Balance® is based on an intensive, personal support programme and on the creation of an individual dietary plan. This in turn is based on your blood readings, personal details, possible illnesses and special likes and dislikes and provides information about what types of food you should eat and in what amounts and combinations. The dietary plan enables you to achieve a whole new sense of vitality in four phases. You are accompanied on your personal journey by a specially trained Coach who is focused on your individual needs. Improve your quality of life today and give your body the chance of a new start.

THE PRINCIPLE



The detailed medical history consultation with your coach

This is a detailed consultation to enable the Coach to really get to know their clients.

- ✓ Weight and measurements
- ✓ Eating habits
- ✓ Illnesses/allergies



Your personal details are ascertained

Weight Measurements
Medication Blood analysis.



National German food key (BLS)

This is a German database with details of foods and their properties and effects on the human body.



Your individual dietary plan

You receive your personal dietary plan, which shows you what foods you should eat and in what amounts and combinations.



Your comprehensive care

We support you from the outset on your journey:

- ✓ Your personal Coach
- ✓ Metabolic Balance® community
- ✓ Online client area with helpful functions
- ✓ Comprehensive recipe suggestions matched to your plan
- ✓ Metabolic Balance® app



Phase 1: Preparatory phase

The body is de-stressed and detoxified.



Phase 2: Strict adjustment phase

You adhere strictly to the list of foods in your dietary plan.



Phase 3: Relaxed adjustment phase

Your list of foods is extended and you are given much more freedom.



Phase 4: Maintenance phase

You maintain your newly acquired eating habits with the aid of simple rules.

THE GOAL

Your life in perfect balance

Our nutrition concept brings your metabolism into balance in the long term. From this, positive side effects can result:

- ✓ Weight loss without the yo-yo effect
- ✓ Promotion and maintenance of your health
- ✓ Increase in your vitality and achievement potential
- ✓ Enhancement of your quality of life