

Metabolic balance®

Metabolic balance® – The award-winning weight management programme which offers fast results and long-term success...

- **Regulate your weight healthily**
- **Re-set your metabolism naturally**
- **Sleep your weight off – literally!**

What is Metabolic balance®?

- Individualised precise and balanced nutrition plan
- An empowering, educative 4-step process
- Fully supported by your own coach
- With easy to follow shopping guides and recipes
- Permanent weight-loss – only body fat is lost, not muscle

What it's not:

- Another fad diet
- No calorie-counting
- No fat-free foods
- No meal replacements, shakes or 'fake-foods'

Metabolic Balance® is not suitable during pregnancy or breastfeeding, if you have renal disease or if you follow a vegan diet.

Who's this for?

- Have you struggled to lose weight in the past?
- Do you accumulate weight around your waistline?
- Do you crave carbohydrates such as bread, cakes, crisps, chocolate and pasta?
- Do you have high blood pressure, high blood sugar or type II diabetes?
- Or Polycystic Ovarian Syndrome?
- Or unbalanced hormones?
- Or hypothyroidism?
- Do you have difficulty sleeping?

If you answer YES to any of these, the cause is probably your metabolism (not your willpower!), and **Metabolic balance®** could be the answer you are looking for... It's time for you to take back control of your health.

Backed by science...

[Link to study in the Journal of Nutrition and Metabolism on the effectiveness of Metabolic Balance®](#)

Tell me more...

Metabolic balance® is a scientifically based healthy eating programme, which was developed after 25 years of research by German physicians and nutritional scientists. It became available in the UK in 2009 and became better known in 2013 when Boy George attributed his dramatic weight-loss to the programme (more recently Sam Smith and Kirsty Allsop are devotees.)

Metabolic balance® is now available in 35 countries worldwide and over half a million programmes have been generated. **Metabolic balance**® is based on an analysis of your own blood and is not to be confused with the Blood Type Diet.



Metabolic balance® is a 4-step programme based on the results of a simple blood test, a detailed health history, your measurements and your target weight. You will receive a personal food list and dietary plan that is unique to you. Your individual plan has a balancing effect on your natural fat burning processes and gives your metabolism kick start. It promotes hormonal balance, primarily by regulating the amount of insulin you produce, thus encouraging fat burning, decreasing fat storage and supporting the production of 'anti-ageing' hormones.

In addition to this, the **Metabolic balance**® programme may also have a positive effect on the following health issues:

- Type 2 Diabetes
- Sugar and fat metabolism disorders
- High blood pressure
- High cholesterol
- Insomnia or snoring
- Liver or gallbladder issues
- Migraines
- Osteoporosis
- Allergies
- Skin disorders
- Atherosclerosis
- Endocrine disorders
- Hormonal or menopausal symptoms
- Digestive issues
- Low energy
- Gout
- Rheumatism or arthritic conditions

A reminder of some of the key points of **Metabolic balance**[®]

1. Your plan is unique, composed from your personal data and blood values. No two plans are the same. It is essentially your metabolic “fingerprint”.
2. You only lose body fat, not lean tissue or muscle
3. The nutritional plan re-establishes your natural night-time fat burning process (lipolysis) and kick starts your metabolism. So, you actually sleep your weight off!
4. No hard-to-find foods. Your list is based on recommended whole foods which can be found in your local supermarket
5. There’s no yo-yo diet effect. Once your metabolism has been reprogrammed, long-term weight loss can easily be maintained by following some basic rules



Four Simple Steps

1. **Phase 1** – a gentle two-day detox
2. **Phase 2** – structured strict phase (lasting a minimum of two weeks and a maximum of four.) Your body will begin to adjust as it receives vital and essential nutrients using wholesome natural foods. Clients often report feeling more energised, with improved sleep. Occasionally, detox and withdrawal symptoms may be experienced during the first week. This is a period of re-adjustment for the body, as we train it to use fat as its form of fuel instead of carbohydrates, and therefore aerobic exercise is discouraged. Stretching and gentle walking is permitted.
3. **Phase 3** – the relaxed phase. You will receive an extended list of food choices and may reintroduce some of the excluded foods. The occasional treat is encouraged, whilst continuing to work towards your weight goals. During this phase clients report further improvements in wellbeing, increased energy and weight loss. Exercise may be re-introduced at this stage.
4. **Phase 4** – the maintenance phase. This phase is indefinite and begins when you are happy with your weight loss, and health and wellbeing. You will continue to follow the basic rules and be able to maintain your weight.

Metabolic Balance® is only available through fully trained coaches with a relevant professional qualification. I am a fully registered MB coach.

What's the cost?

The cost of the **Metabolic balance®** programme is £895*. Package includes your blood test ** analysis of results, production of the personal food list and unique plan, and 6 consultations with Cheryl spread over 3 to 4 months. Additional adhoc telephone and email support is also included

The initial consultation must be face-to-face. For clients who are unable to visit clinic, follow-up consultations can be carried out by telephone, FaceTime or Skype. Blood tests can be taken locally and sent to our testing lab, The Doctor's Laboratory (TDL), for analysis. Once results are received, the turn-around time is approximately 1 week.

*If you are NOT already a patient of chezsalu, you will first need to book a diagnostic consultation to ensure this specialised program is suitable for you and your current health. This diagnostic consultation is 90 minutes and is charged at £80. If **Metabolic balance®** is suitable and you decide to go ahead, the cost of this diagnostic consultation is deducted from the overall fee

** If you require private phlebotomy, an additional cost including mileage may be incurred.

Call now to find out if Metabolic balance® is suitable for you

For more advice, further help or information call now for a **free telephone consultation** with Cheryl to find out more.

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Further information: <http://www.metabolic-balance.co.uk/articles/>