

What is Metabolic Balance?

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RHN

What is Metabolic Balance?

Metabolic Balance was developed over 25 years ago by Dr. Wolf Funck 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.

What is Metabolic Balance?



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.

The Foundation of the Method:



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.

What to Expect from Metabolic Balance



WEIGHT LOSS AND IMPROVED ENERGY



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



HORMONAL BALANCE



BETTER SLEEP, IMPROVED MOODS, LESS BOWEL AND STOMACH PROBLEMS



IMPROVED IMMUNE FUNCTION

What to Expect from Metabolic Balance



REDUCED ALLERGIES AND INTOLERANCES



IMPROVED JOINT INFLAMMATION AND PAIN



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



HIGHEST SUCCESS RATE FOR LIFE LONG HEALTH BENEFITS AND WEIGHT MANAGEMENT

How Does Metabolic Balance Work?



The 8 Rules

01

Eat exactly three meals a day.
Do not eat more or less than the plan prescribes.

How Does Metabolic Balance Work?



The 8 Rules

02

Ensure there is a five-hour break between meals.

How Does Metabolic Balance Work?

The 8 Rules



03

Make sure each meal lasts no longer than 60 minutes.

How Does Metabolic Balance Work?



The 8 Rules

04

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

Ex: meat, fish, poultry, cheese, beans,
eggs, or yogurt.

How Does Metabolic Balance Work?



The 8 Rules

05

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

How Does Metabolic Balance Work?

The 8 Rules



06

If possible, do not eat after 9:00 pm.

How Does Metabolic Balance Work?



The 8 Rules

07

You will be given a water prescription, it is imperative that you drink your allotted water per day.

How Does Metabolic Balance Work?



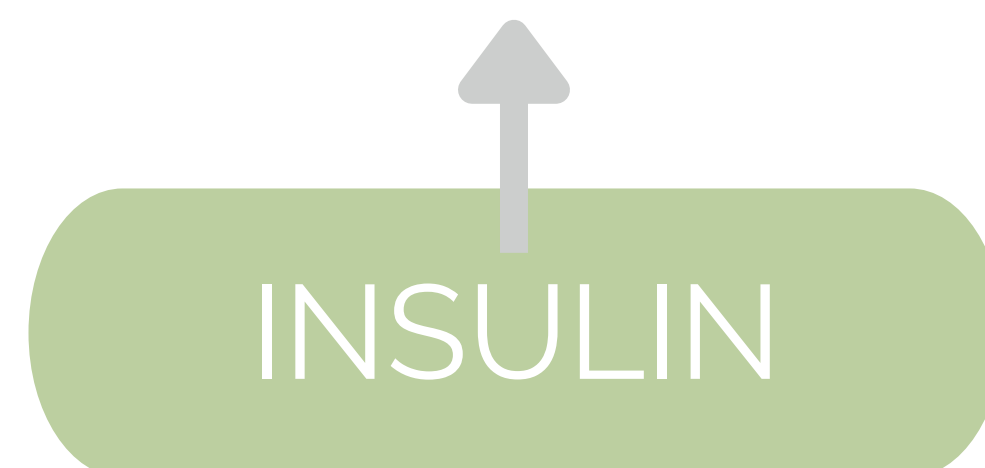
The 8 Rules

08

An apple a day!
Choose one of your meals to include your daily apple.

Elevated Insulin Levels

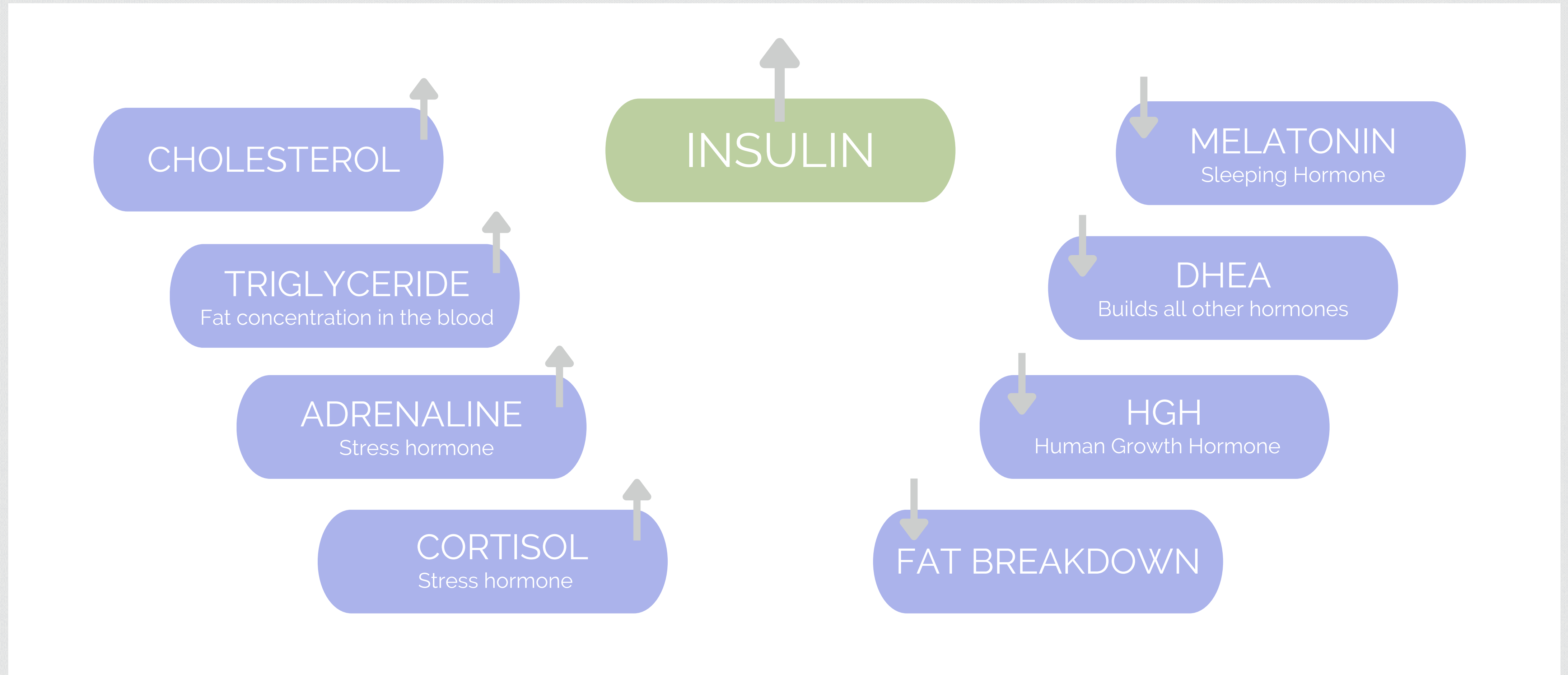
LEADS TO THE FOLLOWING CHANGES



The pancreas releases insulin in order to allow glucose to enter the cell. However, insulin resistance may occur due to inactivity, obesity (specifically belly fat), type 2 diabetes, high carbohydrate diets, as well as aging. The pancreas will continue to release insulin, which now results in the following conditions:

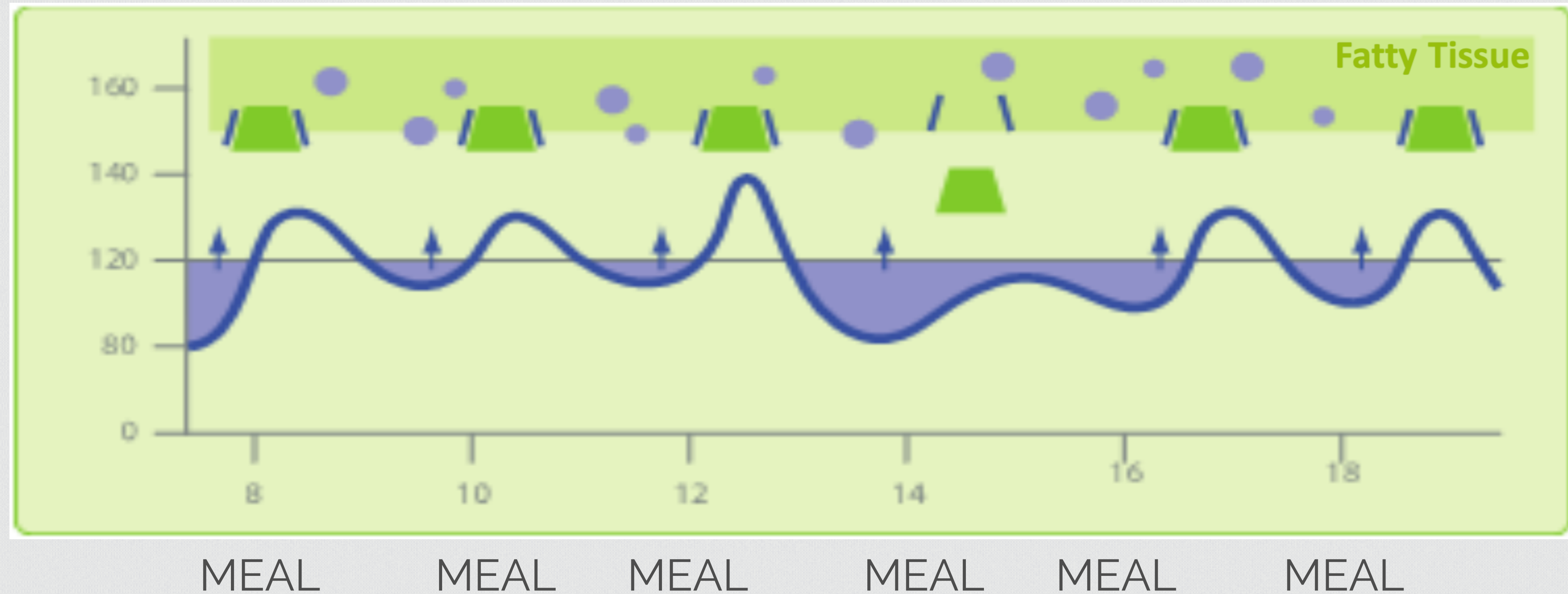
Elevated Insulin Levels

LEADS TO THE FOLLOWING CHANGES



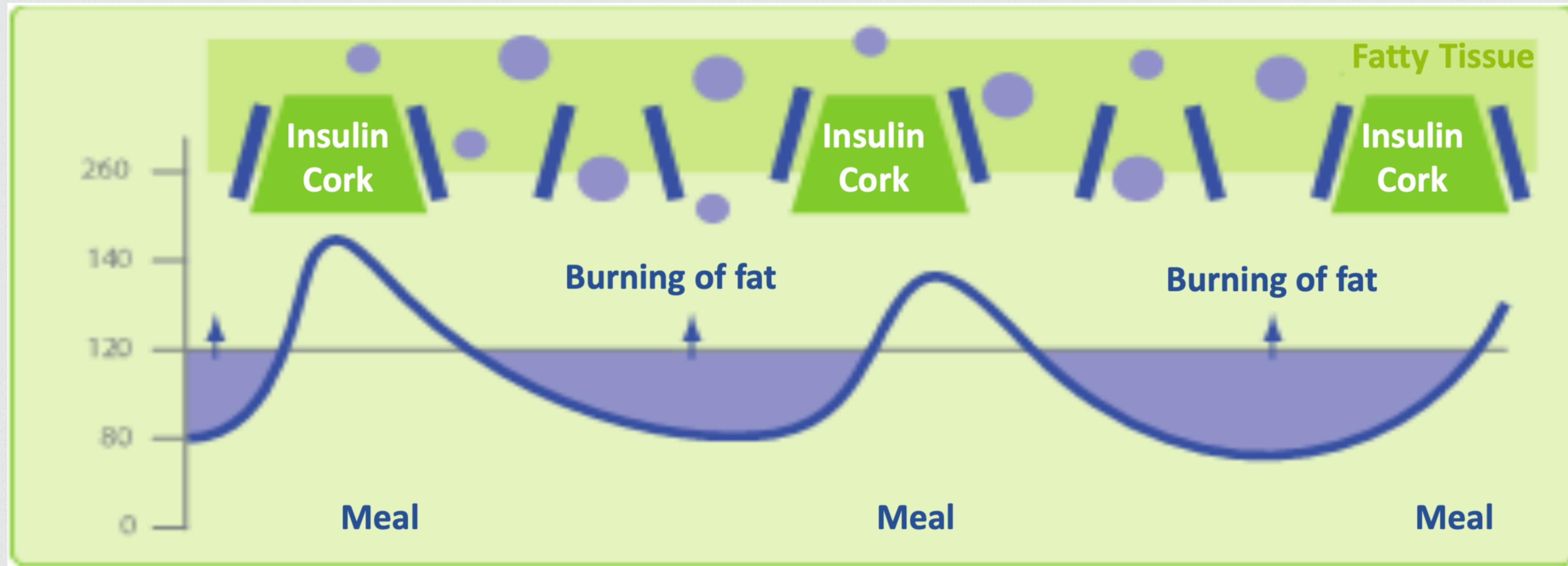
Blood Sugar Levels

6 MEALS PER DAY

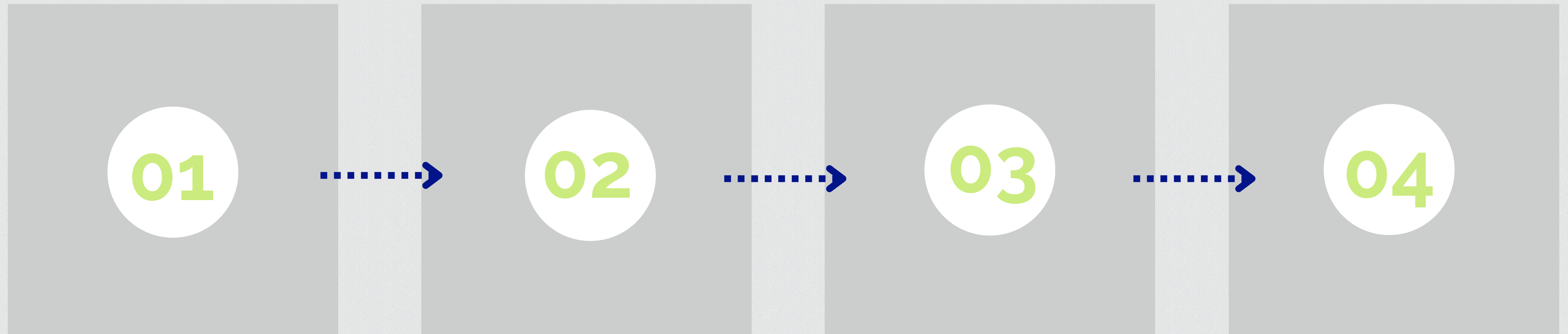


Blood Sugar Levels

3 MEALS PER DAY



4 Phases



4 Phases

01

Preparation phase.
Duration: 2 days

4 Phases

02

Strict phase.
Duration: at least 14 days

4 Phases

03

Relaxed phase.
Duration: weeks up to months

4 Phases

04

Maintenance phase.
Duration: ongoing

What Does the Meal Plan Look Like?

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

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

SUGGESTION #3

DINNER

130g Meat
120g Vegetables
Fruit
Bread

5h


DINNER

2ct. Eggs
120g Veg / Lettuce
Fruit
Bread

5h

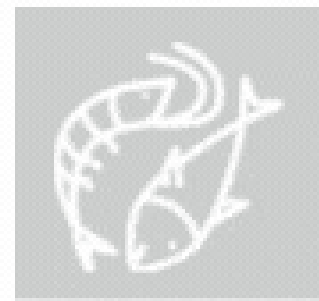

DINNER

130g Poultry
120g Veg / Lettuce
Fruit
Bread

FINISHED BY 9PM AT THE LATEST

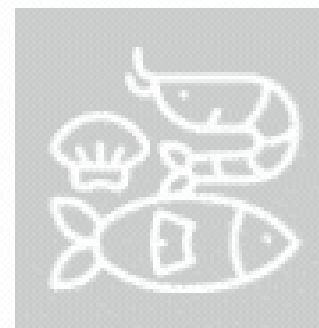
Personal Food List

PROTEIN



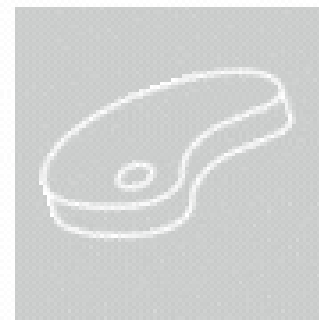
FISH & SEAFOOD

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



SEAFOOD

Oysters, Scallop, Jumbo Shrimp, Squid, Octopus



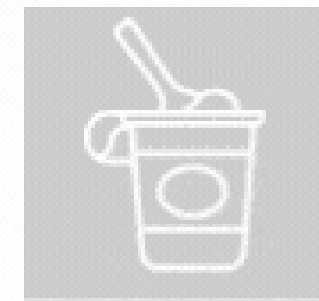
MEAT

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



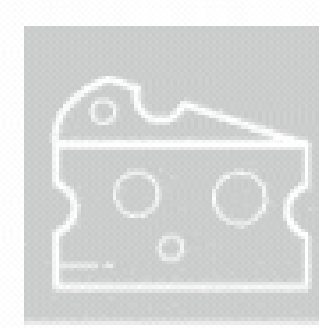
POULTRY

Chicken Breast, Turkey Breast



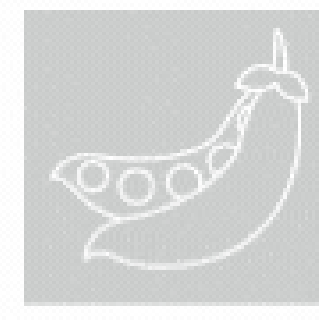
YOGURT

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



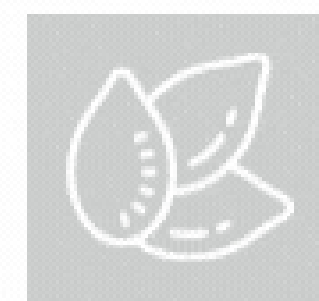
CHEESE

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

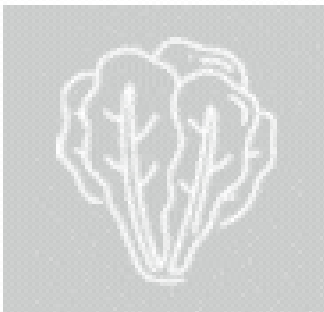
Personal Food List

CARBOHYDRATES



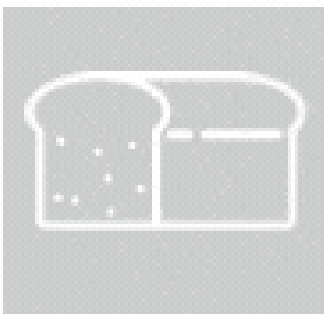
VEGETABLES

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



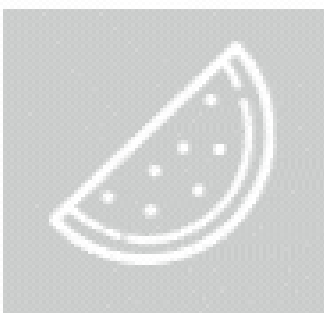
VEGETABLES / LETTUCE

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 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.

Curious to Learn More?

Let's discuss the flow of consultations, accountability check-ins and pricing.

Outline of Nutritional Consultations

01

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

Outline of Nutritional Consultations

02

Second
Appointment

- Meet over zoom.
- 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****

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

Outline of Nutritional Consultations

03

Third
Appointment

- Meet over zoom.
- Evaluate results.
- Review Phase 3.

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

Outline of Nutritional Consultations

04

Fourth
Appointment

- This is broken down into 12 weeks of accountability check-ins.
- Schedule meetings on an as needed basis.

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

Outline of Nutritional Consultations

05

Fifth
Appointment

- This is the 12 week mark.
- Meet over zoom.
- Evaluate Results.
- Evaluate change in all 4 pillars and adjust protocol as needed.

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

Outline of Nutritional Consultations

06

Sixth
Appointment

- This is broken down into 12 more weeks of accountability check-ins.
- Schedule meetings on an as needed basis.

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

Outline of Nutritional Consultations

07

Seventh
Appointment

- This is the 24 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!

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

What is included and what does the program cost?



Blood Work



Six months of personalized coaching.



Complete Custom Nutrition Plan from MB Doctors in Germany



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



Bioelectrical Impedance Scale



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

Thanks for your attention! Any questions?

FEEL FREE TO CONTACT ME

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