

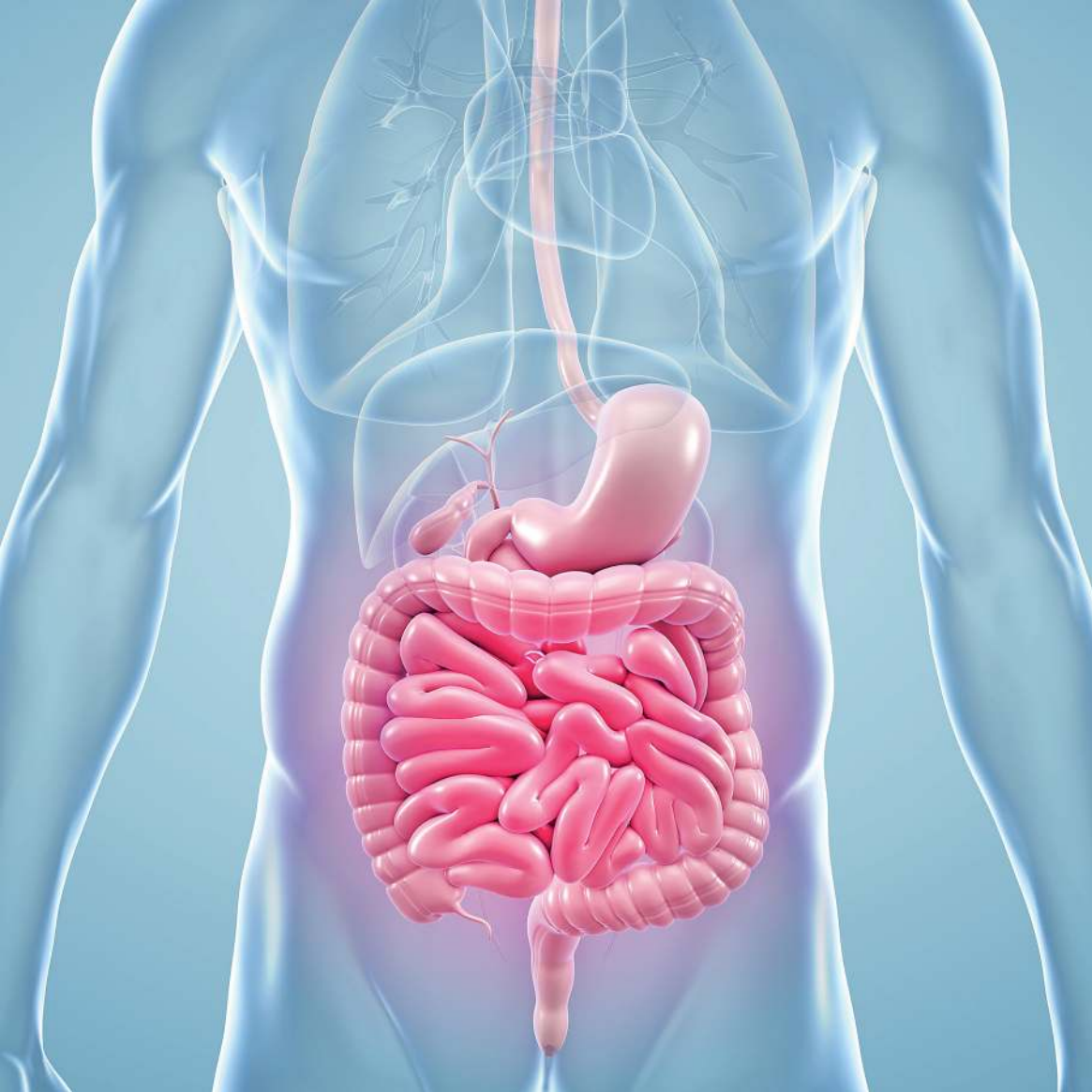
WITH EASE TO MORE
VITALITY AND QUALITY OF LIFE



RESET
YOUR **BODY**

YOUR TAILOR-MADE
NUTRITION PROGRAM

www.metabolic-balance.com



HOW DO YOU RESET YOUR METABOLISM?

More and more people today are prioritizing their health and making proper nutrition an essential part of their life.

Are you ready to reset your metabolism with healthy nutrition and experience a new quality of life?

Balancing your metabolism can keep you away from diet-related metabolic disorders; it helps to manage your weight more efficiently and supports your overall health, wellbeing and vitality.

Metabolism is vital for all bodily functions since it affects all biochemical processes in the body.



DO YOU WANT TO IMPROVE YOUR QUALITY OF LIFE?

With Metabolic Balance, you can:

- Promote and maintain an improved quality of life
- Improve your vitality and performance
- Increase your resistance to stress in both personal and professional areas of your life
- Detox your body
- Manage your weight efficiently
- Stay fit into your senior years.





36 BLOOD VALUES

36 analyzed blood values and parameters are a good starting point.

They provide precise information on:

- Your health status
- Potential metabolic disorders
- Deficiencies in vital substances and associated metabolism blockages.

The blood analysis, combined with your personal data and food preferences, are the basis of your personalized Metabolic Balance nutrition plan.

Thus, we can select the appropriate food items to optimally match each participant's nutritional requirements and therefore best support his or her metabolic equilibrium.

BLOOD SUPPLIES THE BODY WITH OXYGEN AND NUTRIENTS.

As it flows throughout the entire body, your blood may reveal signs of disease from all parts of the body.

Our blood values help us determine which nutrients are well supplied and the ones that may be deficient.

Blood also shows how well the organs are working and if there is any inflammation or potential risks of disease.

Determining blood values is increasingly used in the modern improvement of obesity, diabetes, hypertension and many other diseases.

Comprehensive blood tests offer a major advantage to our health since they reveal potential weaknesses and deficiencies in the body. As a result, we can adjust our nutrition accordingly, and if necessary, consult a doctor for more in-depth analyses.










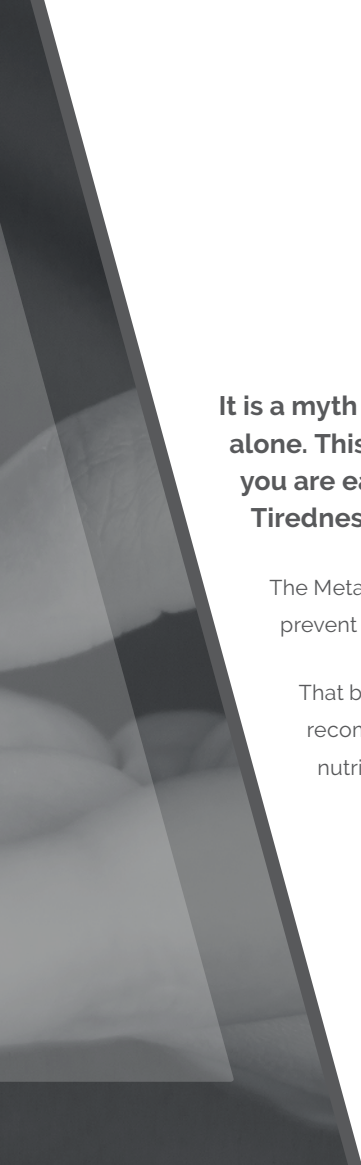
**FEELING TIRED?
EXHAUSTED?
BURNT OUT?
ARE YOU OVERWEIGHT?**



DIABETES MELLITUS

Currently, more than 425 million adults worldwide are affected by diabetes. This is 1 in 11 people. At the same time, 12 % of the global health expenditure is spent on diabetes. For example, \$ 727 billion had been spent in 2017.

Type 2 diabetes is purely based on a poor life-style and claims more than 90% of diabetics today. The remaining fall into Type 1, which is an auto-immune disorder.



It is a myth to believe that Type 2 diabetes is based on genes alone. This information is now obsolete. Start to look at what you are eating and stop ignoring the pleas from your body. Tiredness and fatigue will soon be a distant memory.

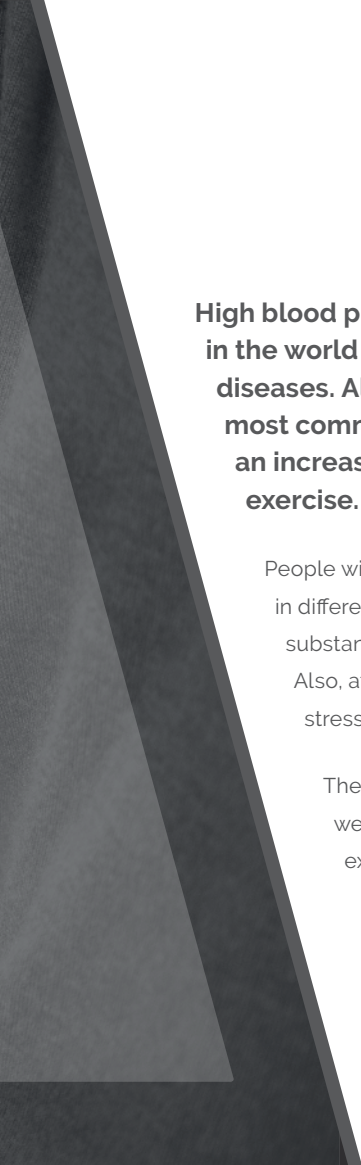
The Metabolic Balance program can help you change your lifestyle and prevent the risk of diabetes or pre-diabetes.

That being said, when diabetes is already diagnosed, we strongly recommend seeking the appropriate medical advice and medical nutritional support by a doctor.

HYPERTENSION



Nearly one quarter of the world population suffers from hypertension. In Canada, about 7.5 million people have high blood pressure. That's almost 1 in 5 Canadians!



High blood pressure is one of the most common health risks in the world and also a major risk factor for cardiovascular diseases. Although genetics play a factor to some extent, the most common cause of hypertension in today's society is an increase in body weight, along with stress and a lack of exercise.

People with high blood pressure may benefit from Metabolic Balance in different ways. For instance, a customized nutrition plan high in vital substances can reduce weight in a healthy way with long-term results. Also, at the same time, Metabolic Balance may strengthen resistance to stress.

The best prerequisites to avoid hypertension are a healthy diet, weight loss, physical activity as well as avoiding tobacco and excessive alcohol consumption.


OBESITY

A grayscale photograph of a female doctor in a white lab coat with a stethoscope, sitting at a desk and talking to a female patient. The patient is wearing a striped shirt and jeans. They are both looking at a tablet held by the doctor. The background is a bright, out-of-focus indoor space.

Obesity and being overweight are not only plaguing adults, but are also affecting children as well. In fact, about 20% of children in Canada are already overweight when they begin school.

According to the World Health Organization (WHO), more than 640 million people already suffer from obesity by now. That is 1 in 8 people, or more than 12% of the world's adult population!

Obesity and being overweight are also major risk factors for a number of chronic diseases, such as diabetes, cardiovascular diseases and even cancer.



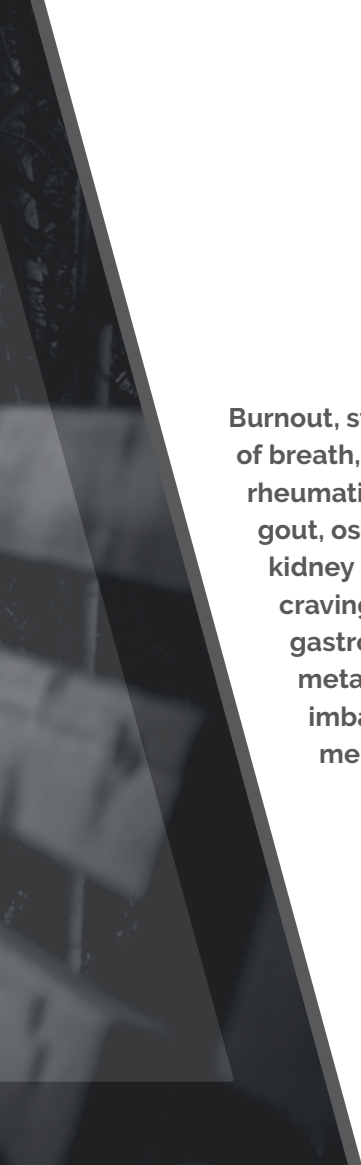
Obesity is often caused from a combination of your dietary habits, lifestyle and genetic factors as well. Whereas human genetic makeup has not changed significantly over the last centuries, the living environment characterized by an overabundance of food and a reduction in physical activity has changed dramatically.

Obesity is another common disease of affluent Western countries and is considered a major risk factor for possible health complications, such as hypertension, associated cardiovascular diseases, as well as diabetes and joint problems. However, a healthy nutrition and lifestyle may prevent obesity.

Metabolic Balance provides a personalized nutrition plan that works in a sustainable and gentle way that not only manages your weight loss efficiently, but also may stop other possible health complications in their tracks. In turn, you will gain quality of life and vitality!

A black and white photograph of a person sitting on a wooden bench by a body of water. The person is leaning forward with their head buried in their hand, suggesting a state of distress, contemplation, or sadness. The background shows a calm body of water with a few distant boats and a shoreline with trees. The overall mood is somber and reflective.

OTHER SYMPTOMS



Burnout, stress, depression, lethargy, exhaustion, shortness of breath, a weakened immune system, migraines, rheumatic complaints, arthritis and joint complaints, gout, osteoporosis, liver and gallbladder problems, kidney stones and gallstones, uncontrolled food cravings, nutritional allergies and food intolerances, gastrointestinal complaints, heartburn, sugar metabolism and lipid metabolism problems, hormonal imbalances, skin problems, sleep disturbances, menopausal symptoms, loss of libido, infertility...

METABOLIC CYCLES AND STAGES OF LIFE

Nutrition for Seniors

As we get older, the body mass composition substantially changes. For example, the lean body mass decreases and the body fat percentage steadily increases. The loss of muscle mass and muscle power can then negatively affect your mobility, agility and balance, which results in an increased risk of falling and bone resorption.

Due to the frequency and consequences of nutritional deficiencies and malnutrition in the elderly, preventive measures make a lot of sense.

A potential nutritional approach should aim at maintaining and improving the quality of life in the senior population. The earlier your nutritional problems are identified and addressed with the right approach, the more likely you are to age well as a result. The Metabolic Balance program may be helpful in the prevention of malnutrition and nutritional disorders.

Desire to Have Children

Obesity and the resulting hormonal imbalances are increasingly being labeled a common of infertility in both women and men. Nutrition has a significant influence on the fertility of men and women. In addition to proteins and carbohydrates, optimal supplies of micronutrients, like vitamin C and magnesium, are important as well.

A well-balanced Metabolic Balance diet high in vital substances may help with weight loss and hormonal balance, which is a basic prerequisite to conceive.

Menopause and Weight Gain

Not always are malnutrition and lack of exercise the cause of weight problems during menopause. It is often due to hormonal imbalances.

A solid foundation for managing menopause, with or without hormone replacement therapy, is a well-balanced and healthy nutrition.

This is where a Metabolic Balance nutrition plan can make a big impact. One of the major challenges in menopause is that the body requires less energy. However, the need for essential nutrients and vital substances increases.



Ask your physician or Coach
INQUIRE
TODAY
for Metabolic Balance today!

YOUR NUTRITION PLAN - A GOOD PLAN

At Metabolic Balance, your initial health status, including previous medical history, blood analysis and current medication, if applicable, are also taken into account.

In addition, you will choose certain food preferences and avoid particular foods as well.

This is what makes the Metabolic Balance program so unique!

The four phases and easy-to-use rules help you to successfully implement the plan and therefore achieve your goals.



HIGHLY INDIVIDUALIZED

... with your health parameters

The detailed investigation of the participant's medical history with personal details on diseases and medication, combined with the blood analysis, are the prerequisites for a sound metabolic and nutrition plan. The plan further considers food preferences and dislikes as well as the participant's origin and cultural background.

... personalized coaching

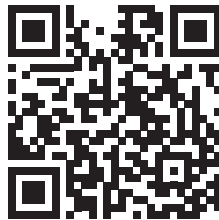
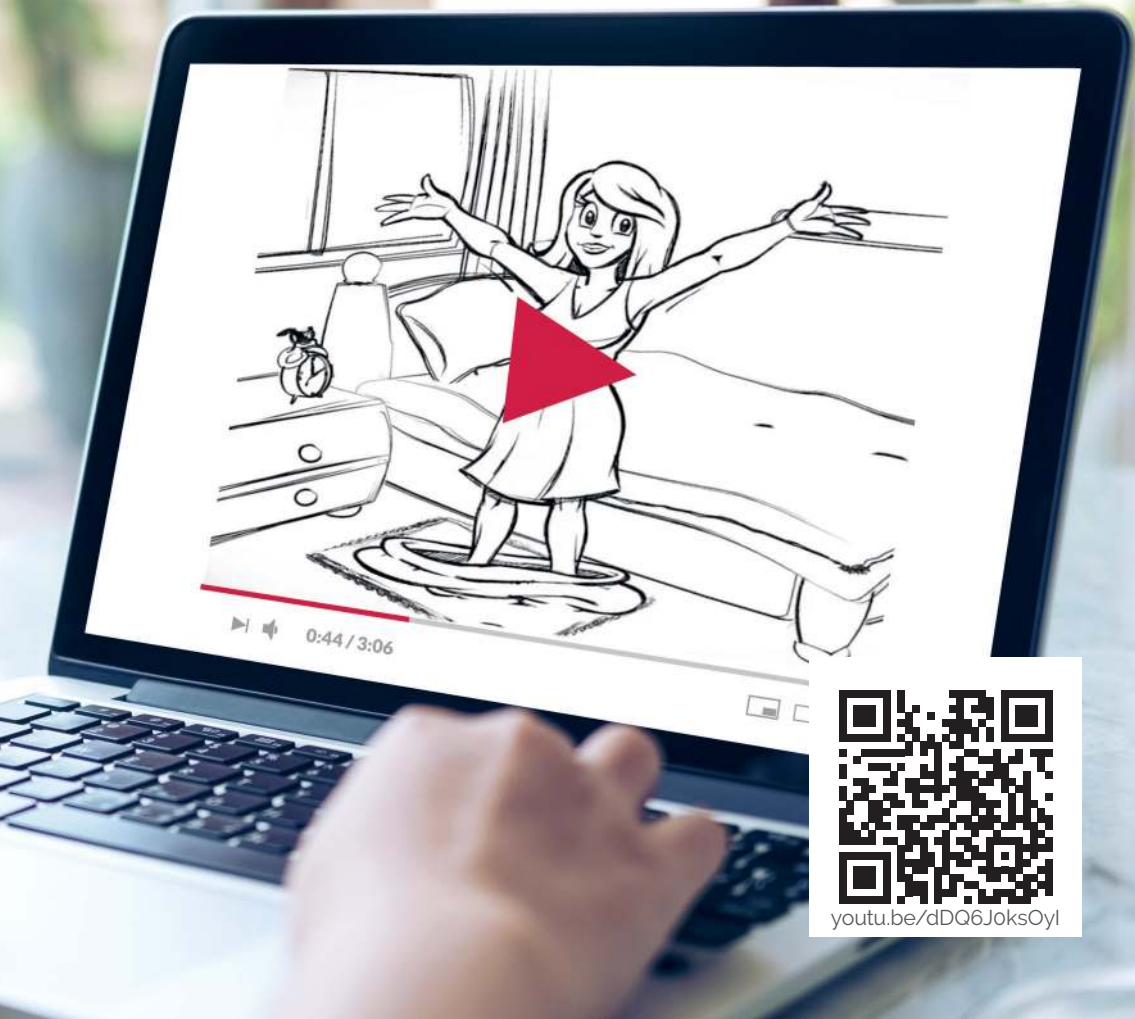
Changing your nutrition and lifestyle is a process that is not going to happen overnight and presents many challenges to overcome. You are not alone on your journey! We give you support with personal and customized assistance every step of the way. Experienced physicians, nutrition professionals and therapists – all well trained with this method – are happy to offer advice they can. As a result, the nutrition plan combined with continuous professional assistance, offers support, security and a real chance of success – for everyone!



**3 MINUTES &
6 SECONDS,
THAT CAN
CHANGE YOUR
LIFE IN A
POSITIVE WAY!**

Visit us on YouTube

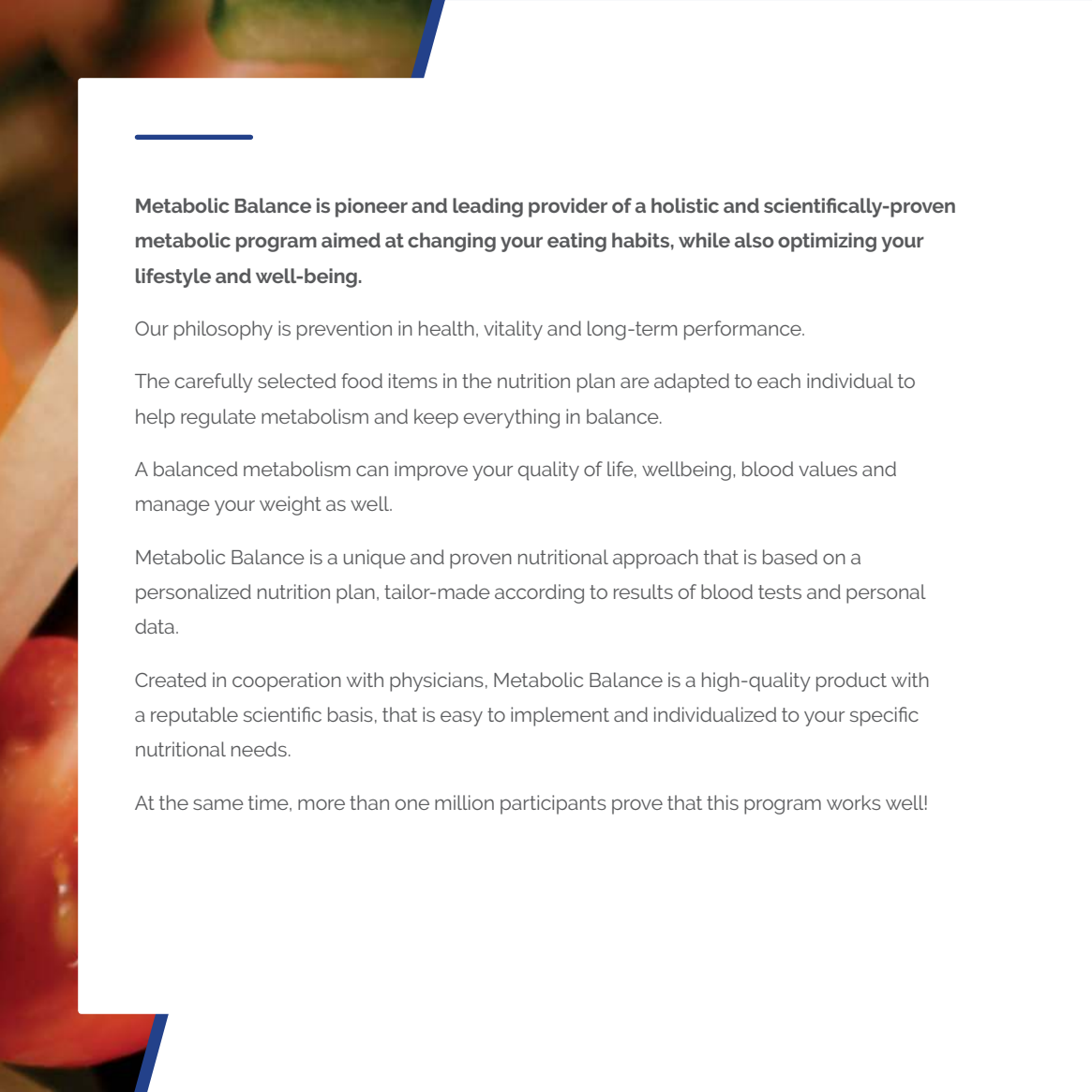
under the heading "Metabolic Balance - How it works"
and see for yourself!



youtu.be/dDQ6JoksOyl



METABOLIC BALANCE - SIMPLY INDIVIDUAL



Metabolic Balance is pioneer and leading provider of a holistic and scientifically-proven metabolic program aimed at changing your eating habits, while also optimizing your lifestyle and well-being.

Our philosophy is prevention in health, vitality and long-term performance.

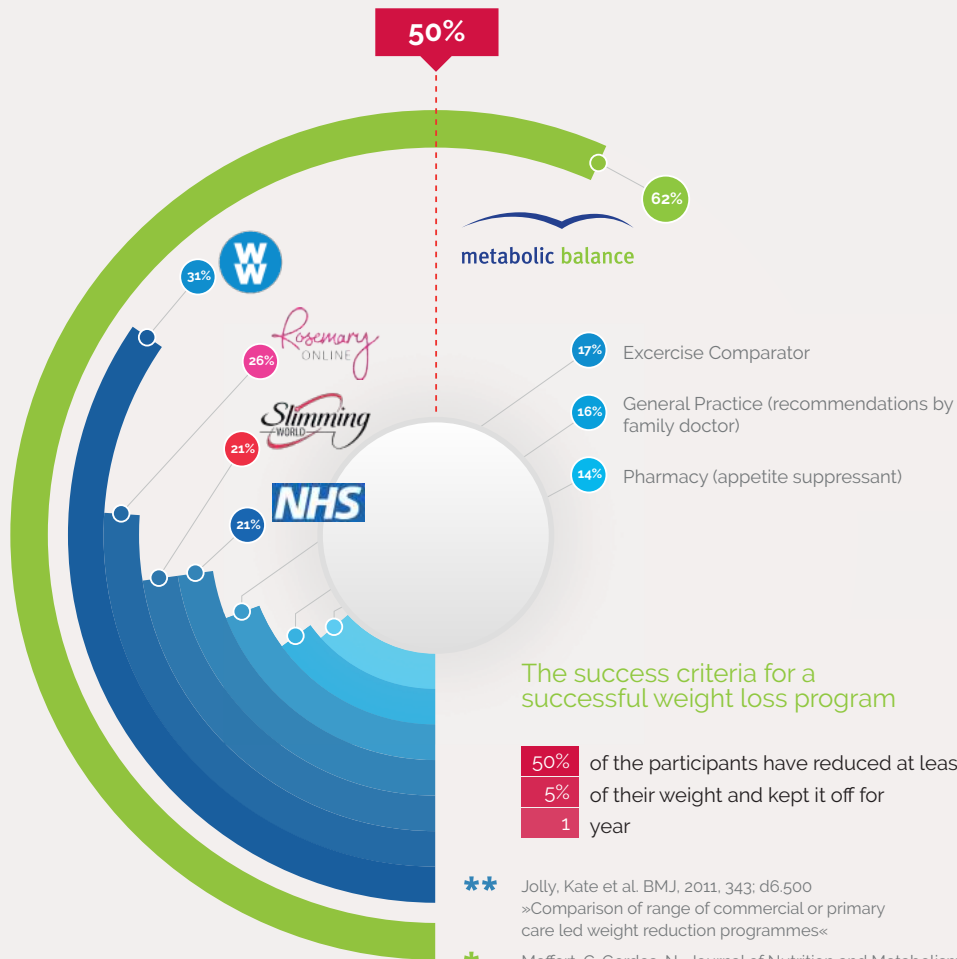
The carefully selected food items in the nutrition plan are adapted to each individual to help regulate metabolism and keep everything in balance.

A balanced metabolism can improve your quality of life, wellbeing, blood values and manage your weight as well.

Metabolic Balance is a unique and proven nutritional approach that is based on a personalized nutrition plan, tailor-made according to results of blood tests and personal data.

Created in cooperation with physicians, Metabolic Balance is a high-quality product with a reputable scientific basis, that is easy to implement and individualized to your specific nutritional needs.

At the same time, more than one million participants prove that this program works well!



Jolly, Kate et al. BMJ. 2011, 343; d6.500
»Comparison of range of commercial or primary care led weight reduction programmes«



Meffert, C. Gerdes, N., Journal of Nutrition and Metabolism, 2010 »Program Adherence and Effectiveness of a Commercial Nutrition Program: The Metabolic Balance Study«

STUDIES AND SCIENTIFIC EVALUATION

Metabolic Balance puts a special emphasis on the scientific basis of the method, as well as the scientific evaluation of the nutrition concept.

In a study published in the British Medical Journal, eight diet and metabolic programs were compared with each other. Only Metabolic Balance reached the criteria required for the long-term success of such a program. Here are the results:

» 50% of the participants of this survey must have reduced at least 5% of their initial weight and kept it for one year. «

With Metabolic Balance, 62.5% of the participants have actually fulfilled this requirement. 31.1% have even reduced their weight by more than 10% and also kept it off for one year.

PARTICIPANTS' SUCCESS STORIES



At the beginning I had to get used to this new way of eating. Once I saw the first results reflecting from my image in the mirror, it became clear how much it made sense to pursue.



Today I weigh around 93 kg and have sensational blood values. I am still able to maintain my weight without difficulty, even though I am not keeping 100% to my plan. I just try to stick to most of the 8 principles.



I didn't just succeed in maintaining my desired body weight with Metabolic Balance, but I also quit smoking at the same time. Furthermore, I am more aware of the required amount of food for my body and I have even stopped binge eating.



TESTIMONIALS FROM MEDICAL PRACTICES

(Physicians and Therapists)

After more than 3,000 nutritional consultations with clients following this method, I am convinced that this is and remains the most sustainable method! Above all, it works with normal, fresh food and quick and easy recipes. It is also practical and totally feasible! The support provided by the Metabolic Balance team is fantastic. As a result, people who strive to sustainably improve their quality of life are in good hands here. - *Nutritional scientist*



I have been practicing as a medical doctor for over 35 years in both modern and traditional medicine. After trying many nutritional programs, I found MB as the most scientific and successful method for my clients. It is an essential part in combination with other daily medical care for my patients suffering from related metabolic disorders.

- *Acupuncturist & TCM doctor*



START NOW AND ASK YOUR PHYSICIAN OR COACH

Make your health a priority! And don't postpone it for later! Go ahead and consult your doctor or Coach about the Metabolic Balance nutrition concept today!

The sooner you start, the sooner you will reach improved wellbeing, while also preventing diseases and sustainably improving your quality of life.

So, the right time has come and that time is now!

Let us help you start a new life today.



Your Re-Boot for Body, Mind & Spirit

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