

How does the metabolic balance® program work?

What is metabolic balance®?

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. It is backed by over 25 years of scientific study and is managed by dedicated physicians and nutritional scientists.

The foundation of the program is metabolic balance's unique capability to develop a truly personalized nutrition plan based upon 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.

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.

You are accompanied through the four phases of your program by a certified metabolic balance® coach. Your personal coach guides you toward reaching your ideal weight, avoid yo-yo dieting and helps you to embrace the amazing realization of a new healthy lifestyle and a true awareness of well-being. It is safe, healthy economical and simple has all the elements needed for you to succeed. Metabolic balance® has served over half a million participants so far and looks forward to serving you.



The metabolic balance® creed comes from ancient wisdom:

"Let thy food be thy medicine and thy medicine be thy food" - Hippocrates (460-377 BC)

Why metabolic balance® works!

Your personalized all-natural nutrition plan balances your personal "body chemistry" with the right *"food chemistry"*. The research, over 25 years worth, goes to the root cause of how and why a person stores and releases energy and fat. It's base assumption is that your body is capable of producing (on it own) the hormones and enzymes that are needed to function. In order to function, a body requires "building material" in the form of proteins, carbohydrates and nutrients that are obtained from the foods you eat. Your plan concentrates on the exact foods that possess the essential, vital nutrients your body most needs. Based on this in-depth scientific and innovative understanding, metabolic balance® develops your personalized nutrition plan to naturally balance your hormones, enzymes and your bio-chemistry. There is no artificial manipulation of your biochemistry by the usage of injections, shakes, pills or specialized foods. Metabolic balance® is the right way to "diet". In fact, it is not a diet at all - but rather a hormone balancing program that helps you to naturally lose weight and keep it off!



Why metabolic balance® is successful!

While there are several reasons, here are four reasons why it works so well.

1. Your program is 100% personalized and actively supports your unique bio-chemistry and nutritional needs. Just as no two people are exactly alike, no two nutrition plans are exactly alike. Don't settle for a one

diet fits all approach. You are unique and a personalized nutrition program must reflect this fact and be designed just for you!

2. The prescribed foods on your nutrition plan are uniquely designed to affect positive healthy changes while naturally diminishing your food cravings and hunger spells. Hence, you do not suffer from hungry as you do with diets, and food cravings become a thing of the past. You re-establish your natural and healthy sense of hunger.

3. Success breeds success! You start losing fat and weight rather quickly. Average weight loss experienced is 3 to 6 pounds per week. Achieving favorable results fuels and inspires your sense of "well being", your energy, commitment and your inner, "I can do it attitude!" New healthy habits are learned and appreciated, while old harmful habits are left behind and with time, forgotten. A new lifestyle emerges that feels great, and allows you to maintain your ideal weight with no yo-yo dieting.

4. You are not alone! You are accompanied by a qualified nutritional therapist and/or other expert practitioners referred to as, metabolic balance® personal Coaches. Your personal coach is there to support, teach, guide, encourage, and motivate you along the road to reaching your goal. Personal coaching is a substantial part of your success, and the coach team is an integral part of every metabolic balance® program. With your coach's instruction you begin to understand how different foods work to balance your metabolism and which foods hinder your progress. This knowledge is invaluable for reaching and maintaining a healthy, slim and vitalized lifestyle for the rest of your life!

How does metabolic balance® help you to achieve your ideal weight?

With your personalized nutrition plan you supply your body with all the vital and healthy nutrients it needs. Food is not selected according to calorie content or by percentage of fat, protein or carbohydrates. The criteria for food selection is the effect a specific food has on your hormonal system.

Through this method a healthy and naturally balanced insulin production is promoted. Insulin is the "internal key" to your body's weight management system, and has a substantial effect on other hormonal and enzyme production. Your personalized nutrition plan allows your blood sugar and insulin to increase at a much slower rate (rather than surging); thereby, allowing you to avoid hunger and food cravings for a longer period of time. Subsequently, more fat can be burned during the space between your three daily meals and specifically while you sleep! By following your nutrition plan and a set simple rules, you begin to strengthen and balance your entire hormonal system and to naturally manage your weight. You can experience rapid weight reduction, generally losing from 3 to 6 pounds of fat per week. By participating in your own personalized metabolic balance nutrition program, you are making a choice for increased health, vitality and quality of life - all at the same time.



What health improvements may I experience by following the metabolic balance® program?

In 2010, a year-long scientific study was concluded on the metabolic balance® system and was recently published in the Journal of Nutrition and Metabolism (Volume 2010, Article ID 197656). The study revealed that, "Relevant blood parameters as well as HRQOL improved significantly". In other words, the participant's blood chemistry values and their Health Related Quality of Life (HRQOL) showed significant improvement!



Good news is that with a purpose filled and healthy adjustment toward a balanced all-natural diet, coupled with appropriate exercise, most diseases and illness in modern civilization could be largely reduced or possibly even eliminated! Metabolic balance® proves this truth time and time again. Thousands of participants have reported their physician reducing prescribed medicines or eliminating them all together. By restoring yourself to a balanced all-natural nutrition, you cause a "natural restoration" in your body to occur. By restoring nutritional balance you recreate your body's natural equilibrium. Simultaneously, you promote a fitter, more energetic you, that has regained control and able to manage the negative effects of the stresses and strains of modern day life. You will find that you sleep better and your physical and psychological well-being will improve and your immune system will be much stronger. You will notice that you feel healthier, happier, look youngernot just to yourself but also to others!

The **bad news is**, Natural Food has become a rarity on our dinner plates. When you realize the health issues we face with our contemporary artificially enhanced and packaged foods diets, you start to understand why over 54% of Canada is over-weight and metabolic diseases are on the rise. We are being super-sized to death with processed food! More often than not, consuming these "designer" convenient foods are the cause of today's malnutrition and goes hand in hand with modern lifestyle illnesses such as obesity, diabetes type II, hypertension, imbalanced and high cholesterol, inflammation, fatigue, skin disorders, insomnia,.... just to name a few.

These health issues do not need to be your problem, the choice for good health and weight loss is yours.....call your metabolic balance® coach today!

When would I participate in my own metabolic balance® program?

You should participate:

If your weight situation calls for a permanent solution and you want to lose weight in a safe and healthy manner. Whether you need to lose 300 lbs or only 10 lbs metabolic balance® will be your best long term solution.

If you suffer from health problems due to excess weight resulting in illnesses such as: Type 2 Diabetes; Rheumatism; Migraines; Insulin Resistance; High Blood Pressure; Fatigue; High Cholesterol; Imbalanced Cholesterol; Osteoporosis; Allergies; Skin Disorders, etc.

If you want to experience renewed energy, vitality and be slim, fit and healthy, regardless of your age. Maintaining a healthy balanced life-style is key to preventing disease and strengthening your immune system.

If you have tried "diets" with limited success. Now it is time to get your hormones in balance and achieve the long term results that have eluded you with other programs. Metabolic balance® designs from your unique biochemistry and health data your personalized nutritional plan. Don't settle for a one diet fits all approach. You are unique and your nutrition program should reflect this fact and be designed just for you!

May I participate in the program if my interest is to strengthen my metabolism?

Yes, your personal coach will take your purpose for participation into consideration when gathering your data for developing your personalized nutrition plan. Speak candidly with your coach regarding your true goals and desires.

How can I participate in the program metabolic balance®?

By contacting Yoga Source and booking a free 15 minute consultation with Christine Moran. Christine will gladly walk you through the steps needed for participation.

Disclaimer:

The metabolic balance® program does not replace your usual consultations with your medical practitioner. Especially in relation to any symptoms or illnesses requiring medical supervision.