

Win the weight battle – restore your balance!



Do diets leave you feeling deprived and depressed?

Is your weight a constant stress on your body and your mind?

Are you constantly struggling to keep your energy and emotional levels up?

If you answered yes to any of these questions then you could be in the middle of a battle against your body and your weight. Now could be the perfect time to restore balance to your weight and your life and tip the scales in your favour.

***Tip the scales in your favour
with the Metabolic Balance®
4-step programme...***



*“The mind’s first step to self-awareness must be through the body.”
George Sheehan (American physician, author and running enthusiast.)*

And the Metabolic Balance® programme has been designed to do just that – give you the awareness to help you restore balance to your body and your life.

Managing your weight and having a healthy lifestyle doesn’t have to be a painful struggle. It can be liberating and a chance to start afresh. Metabolic Balance® shows you how to give your body everything it needs to be and feel at its best.

It’s really very simple. The programme’s 4-step group structure, blood analysis, food plan and email support will give you all the tools you need to restore balance to your body and your life. Please ask at reception for more details.

Metabolic Balance ® is...

- A unique individualised food plan calculated on your own blood test results.
- An empowering, educative four-step plan over three months.
- A food plan that controls your appetite naturally.
- An anti-inflammatory eating plan that encourages your body to use fat for energy rather than carbohydrates and glucose.
- A holistic, sustainable and optimal eating plan that balances your hormones naturally.
- A food plan to help you manage your weight with real food without the use of synthetic powders, shakes or pills.



Is Metabolic Balance ® just another fad diet?

In 2010, a 12-month scientific study was conducted on the Metabolic Balance ® programme and was recently published in the *Journal of Nutrition and Metabolism*. 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!

Metabolic Balance ® is suitable for anyone wanting to:

- Achieve healthy and sustainable weight management
- Balance their endocrine (hormonal) system
- Optimise their energy levels
- Support their ability to adapt to lifestyle pressures
- Balance and promote a healthy nervous system
- Promote healthy skin and hair
- Support optimum fertility



How does Metabolic Balance ® work?

- Seven one-hour group sessions over a three month period
- A full blood haematology and chemistry test at a private laboratory in Guildford
- Personalised nutrition plan
- Recipes and fact sheets for you to take away after each session
- Online support group

How much does the Metabolic Balance ® Programme cost?

- £495 for the complete programme. Flexible payment options are available; terms and conditions apply.