

Metabolic Balance®

If you want a structured dietary programme that tells you what you can and can't eat according to your blood test results then this is for you. It even gives you options!

What is Metabolic Balance®?

It is a diet for healthy weight management developed by doctors and nutritionists in Germany.

What makes Metabolic Balance® different?

It is a diet based on your own individual metabolic profile. It uses blood analysis to generate an eating plan tailor-made for you according to your metabolic profile.

It is not to be confused with the Blood Type Diet. It is based on analysis of your blood, not blood type.

It is a four-phase programme incorporating a healthy balanced diet. You eat three meals per day, choosing the foods you want to eat from your personal foods list based on your blood test. You get all you need from your supermarket.

How does Metabolic Balance® work?

- It helps balance your hormones and overall health by regulating the amount of insulin you produce. It is therefore ideal for menstrual problems or to help support you through the menopause.
- It promotes fat burning and weight loss.
- It can help all kinds of health problems:

Type 2 Diabetes

Migraines

Insulin Resistance

Fatigue

High Cholesterol

Hormone issues

