

WHAT PEOPLE SAY ABOUT METABOLIC BALANCE®

"What a change in a couple of months, I have my life back and I'm feeling fantastic, all natural." Christine, QLD

"metabolic balance® is like no other program I have done..I strongly recommend this program it will change your health and your life! I have recommended this program to friends and work colleagues, we now support each other at work! " Rosemary, QLD

"I tried just about every diet out there and it was always the same results. With metabolic balance® it was different almost straight away. No hunger, no dodgy shakes, just delicious healthy food perfect for me. I'm loving the real me emerging" Liz, NSW

"metabolic balance® has really been life-changing and made me feel good about myself" Gaylene, QLD

"I love losing the weight but the best bit is my aches and pain are gone. It was so easy to do too" Tracy, WA



... simply individual

YOUR LOCAL
METABOLIC BALANCE®
PRACTITIONER

Stasia Petralia

Home Visits - I come to you!
Ellen Grove / Forest Lake / Brisbane &
Surrounding Suburbs

Skype / Online
Available Australia Wide

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*Disclaimer:
metabolic balance® does not provide or replace medical care or advice. Every weight loss program carries certain risks. Consult with your physician prior to beginning any weight loss program. Certain health conditions may prevent you from participating. Individual results may vary and no specific medical benefits are claimed for this program. Results cannot be guaranteed.
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metabolic balance
Australia and New Zealand
By Stasia Petralia 



**YOUR
HEALTH
SOLUTION**

HealingNaturallyWithStasia.com.au

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YOUR PERSONALIZED ALL-NATURAL WEIGHT LOSS PROGRAM

What is metabolic balance®?

metabolic balance® is the original and all natural nutritional program developed in Germany by doctors and nutritionists. It is a science-based holistic nutritional analysis for long term weight loss and vibrant health.

At metabolic balance® we believe that given the correct healthy nutrients, each person is able to produce their ideal balance of hormones and enzymes to achieve a healthy and balanced metabolism.

We believe that every person can thrive and be well from a balanced diet of natural foods, individually selected to match their body chemistry, which together with professional support ensures optimal well being.

Is metabolic balance® right for me?

Are you overweight or obese? Do you struggle to lose weight or maintain a healthy weight? Are you gradually developing or suffering from metabolic related diseases? Are you confused about what you should be eating? Would you love to understand the exact foods that would be ideal for you?

If you answered Yes to just one of these questions, than metabolic balance® may be the perfect solution for you.

As a fully supported program, your practitioner will guide you through the metabolic balance® program:

- The initial nutritional preparation and detoxification phase
- The strict conversion phase in which you enjoy exclusively selected food
- The relaxed goal focused phase where additional foods are incorporated into your diet
- The final health maintenance phase where the eight golden rules are followed for ongoing health and wellbeing

How does it work?

- Scientific analysis based on 35 blood values and your health profile
- Personalised nutrition plan devised to suit your biochemistry with the right food chemistry
- One-to-one support from your metabolic balance® practitioner
- Delivers amazing results* - fat is released, energy is increased, overall wellness improved
- Able to cater to your ethnic background and fine tune to conform to Kosher, Muslim or Ovo-lacto vegetarian

YOUR NUTRITION PLAN...
TAILORED FOR YOU

... simply individual