



What is Metabolic Balance®?



Metabolic Balance® is a nutritional program developed by doctors and nutrition scientists in Germany for weight management and well-being. The foundation of the program is your personal nutrition plan developed from your current lab data and health information. Metabolic Balance® helps you adjust your current daily eating habits by following a healthy, completely balanced and tailored dietary plan that fits your individual profile. It's a personalised 4-stage programme has all the elements for you to succeed to resolve your personal weight issues long-term so you can achieve and maintain optimum health and well-being.

Why Metabolic Balance® works!



Your Metabolic Balance® nutrition plan balances your "body chemistry" with the right "food chemistry" for you. Your plan will teach you the exact foods that will work to nourish you to wellness. You will eat all the essential and vital nutrients found in fresh wholesome foods with your plan concentrating particularly on the nutrients, vitamins, and minerals your body needs to re-balance your metabolism.

Why Metabolic Balance® is successful!



Your Metabolic Balance® plan is all about you and your own personal health and physical situation. Health is not a one size fits all approach! A personalised and tailored approach ensures you know precisely what works for you and how to support your health now and into the future. Your nutrition plan aims to support your healthy metabolism and the management of your weight. To achieve this with the minimum of problems and within a manageable time span, you are accompanied by a qualified practitioner who has undergone the specialised metabolic balance® training programme to become a

licensed metabolic balance® Practitioner. Your personalised plan plus personalised support is your recipe for success!

How does Metabolic Balance® help you achieve your optimal weight?

By following your individual nutrition plan, your body is supplied with all the vital and healthy nutrients it needs. Food is selected purely on the effect of the specific foods on your hormonal system. It is not about calories or the percentage of fat, protein, and carbohydrates. Therefore, your body is able to realise a healthy metabolism and natural insulin secretion. With the help of new and simple rules for preparing food and establishing a new dietary regime you achieve long term and on-going weight management and hormonal balance.



What kind of health improvements can I expect with Metabolic Balance®*?



You can expect the transformation and rejuvenation of your body to a fabulous, healthy, and balanced state! Particularly in combination with appropriate exercise, Metabolic Balance® may help you improve many symptoms and dis-ease and reduce your risk of common ailments in the long-term. By restoring nutritional balance, you enhance your body's natural equilibrium and health.

Simultaneously, you promote a fitter, more energetic you, that has regained control and are 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.

You will feel healthier, happier, and more vital and fresh.

Is Metabolic Balance® for me?

If you answer yes to any one of the following statements, then doing the Metabolic Balance® program may be perfect for you.

- If your health and weight call for a permanent solution and you want to finally lose/gain weight in a safe and healthy way?
- If you are prepared to make significant healthy changes to your daily food choices and lifestyle?
- You already suffer from health problems due to excess weight and/or poor eating habits and have poor health or illnesses such as: *type 2 diabetes; rheumatism; migraines; insulin resistance; high blood pressure; fatigue; body aches and pains, high cholesterol; osteoporosis; allergies and skin disorders.*
- If you would love to have renewed energy, be fit and healthy, regardless of your age!

Are you ready to start your Metabolic Balance® health journey today?

Stasia Petralia is a Qualified Metabolic Balance® Practitioner and Naturopath who services the Brisbane, Ipswich, Logan and surrounding suburb areas by performing consults in the comfort of your own home through home visits. She can also consult you online through Skype or Phone Australia and New Zealand wide.

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***Disclaimer:** metabolic balance® is not a medically supervised program. The metabolic balance® plan and system is designed to help healthy individuals lose weight and achieve a healthier lifestyle. It is a recommended dietary program only and in no way represents medical treatment or medical advice. The program does not constitute a medical product or service, and does not diagnose or treat any medical condition or disease. It does not accommodate for physical or medical conditions, food allergies or the taking of any prescription drugs. All medical conditions and your current health status should be discussed with your physician prior to beginning this, or any other, weight loss program. The degree of success is dependent on the level of adherence to the program.