

SMART CHOICE

Value / Art / Ideas / Goodliving

“ I lost 17kg, 15.5cm on my waist, 11cm on my hips and 4cm on my thighs with the metabolic-balance program. I am extremely happy with the results and have reached and exceeded my weight goal objectives in a short span of time with no starvation and no hunger pangs. The program has improved my skin, my hair and I feel and look 10 years younger. I feel more energized and healthy and would happily recommend this program to anyone.” **Mr A. Mohindra**

metabolic balance

holistic metabolic programme

With Shelina Mediratta



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POWERED BY: DTB KCB



Everyone who wants to shed extra pounds is looking for the easiest way to lose weight. But what if you found a weight loss program that not only offered fast, easy weight loss but also provided you with optimal health? As a certified **Metabolic Balance®** coach, I can guide you through this innovative, scientifically-based program and partner with you as you create a new slimmer, healthier lifestyle that will be long lasting. It's time to stop telling yourself, "I can't lose weight." **Metabolic Balance®** has helped over 900,000 people achieve their weight loss goals, and it can help you too!

What is Metabolic Balance®?

Developed in Europe by physicians and nutritionists, **Metabolic Balance®** is an all-natural nutrition program that results in successful long-term weight management. Backed by over 25 years of research, the program not only helps you lose weight but also balances your hormones, strengthens your immune system, and optimizes your overall health. In fact, **Metabolic Balance®** is not a diet at all but rather a hormone-balancing program which helps you shed pounds naturally and keep them off. For more information go to www.metabolic-balance.com.

A Nutrition Plan as Unique as You Are.

Metabolic Balance® provides you with a personalized nutrition plan based upon a careful analysis of your unique blood values, medical history, and personal likes and dislikes. The program works with your own bio-chemistry and the root causes of how and why you store and release energy and fat. Your plan becomes your personal roadmap, guiding you as you select the best natural foods to eat in order to create the biochemical changes needed to reach your desired weight and health goals.

Metabolic Balance® works by promoting healthy and naturally-balanced insulin production. Insulin is the internal key to your body's weight management system, and it has a substantial effect on other hormone and enzyme production. Your personalized nutrition plan allows your blood sugar and insulin to increase at a much slower rate so you avoid hunger and food cravings for longer periods of time. This allows more fat to be burned between meals and even while you sleep.

An Easy-to Follow, Economical 100% Natural Program!

Here's the best news of all: **Metabolic Balance®** is 100% natural! There are no injections, pills, shakes, or costly foods to buy. You don't need to keep track of "points" or count calories, and you can find all the nutritious foods on your personalized plan at your local grocery store or local market. **Metabolic Balance®** is safe, healthy, and economical, and it sets you up for success. With **Metabolic Balance®**, your food cravings will become a thing of the past as you re-establish your natural, healthy sense of hunger.

Partnering With You For Success

Personal coaching is critical to weight loss success, and I will be there to support, guide, and motivate you along the way. I will be your partner as you make permanent changes and create a new awareness of your own well-being. As we work together, you will begin to understand how certain foods work to balance your metabolism while other foods hinder your progress. This invaluable knowledge is essential in helping you reach and maintain a healthy, slim, and revitalized lifestyle. Because you will be changing your attitude about eating as well as your eating habits, the changes you see in yourself will be permanent. You will no longer be a slave to yo-yo dieting or costly and complicated plans that don't work.

Special Health Considerations

Metabolic Balance® is an ideal choice if you suffer from specific health problems such as:

- Diabetes or Insulin resistance
- High Blood Pressure
- High or Imbalanced Cholesterol
- Osteoporosis
- Heart Disease or High Cholesterol
- Skin Problems
- Allergies
- Thyroid disorder

It's Not Just About the Weight.

When you choose the Metabolic Balance® program, you are making a choice for better health, vitality and an improved quality of life. With your new, slimmer self will come increased self-confidence and a whole new way of being in the world. No matter how much weight you need to lose, the comprehensive metabolic balance program is your best solution for long-term results.

The choice for good health and weight loss is yours to make! Call me to learn how this personalized, natural weight loss system can work for you. It's a one-time investment for a life-time of good health.

Why You Should Participate in Metabolic Balance® Personalized Nutrition Roadmap.

- You have tried “diets” with limited success. Now it is time to get your body's systems in balance and achieve the long-term results that have eluded you with other programs.
- You have a **strong desire** to want and experience renewed energy, vitality and be lighter, fit and healthy whatever your age.
- You desire a **permanent solution** to your weight challenge. You have been struggling with your weight gain whether it is twenty or a hundred pounds. You have reached the point where your top priority is to deal with this problem once and for all.
- Your doctor is talking to you about **potential health problems** due to excess weight.

Testimonials

“I lost 10kg and 7 inches on my waist, 3 inches on hips and 4.3 inches on my thighs on the metabolic-balance program” S.Kontos

“I lost 7.2kg and 3 inches on my waist, 1.5 inches on my hips and 2 inches on my thighs on the metabolic-balance program in 4 and a half weeks” Mr.S.Chandaria



Metabolic Balance® designs your personalized nutritional plan. Don't settle for a one diet fits all approach. You are unique and your nutrition program should be also.