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Magazine



INSIDE:

metabolic balance
holistic metabolic programme
with Shelina Mediratta

*Review
Mercedes-Benz
GLE Coupe*

*60-Second
Health Checks
(part 2)*



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metabolic balance

holistic metabolic programme



Shelina Mediratta

What is Metabolic Balance®? It's a diet for healthy weight management which, was developed by doctors and nutritionists in Germany. It's well established in Germany, Switzerland, Austria, UK America and was introduced to the UK in 2008.

What makes Metabolic Balance® different? It's a Tailor Made Diet Especially for you! Metabolic Balance® uses blood analysis to generate an eating plan designed especially for you. But it is not to be confused with the Blood Type Diet, because it's not based on your blood type; it's based on an analysis of your own blood.

It is not a fad diet – Metabolic Balance® is nutritionally sound and uses real food without any

Testimonial 1:

My Metabolic Balance journey has inspired not only new mothers but a lot of women who thought it was impossible to loose the weight and inches.

During my pregnancy I had put on approximately 30kg and believed it would shed off through nursing. My eating habits did not change and to my horror I just pilled on the extra kilograms. Before I started the Metabolic-balance Journey I was very close to 90kg and had complete hormonal imbalance. This in itself led to various other complications.

I have always had weight issues and have followed various diet program. I started my journey on this program in March 2015. After the detox days the program was so simple and easy to follow. In fact, the 14 days strict phase became second nature to me. By December 2015, I lost 30kg in weight, 20cm from my wait, 22cm from my hips and 13cm around my Thighs. From a UK size 16 I can now comfortably fit into a size 10. My energy and confidence levels have risen immensely.

A big thank you to my mentor Shelina Mediratta for all her guidance on sight and remotely as well."

Priyal Dodhia 33 years

gimmicky or expensive meal replacements. You eat three nutritious meals every day and choose the foods for your meals from your personal food list. With the help of the right foods and a few simple rules you establish a new regime that enables you to achieve and maintain your perfect weight.

How does Metabolic Balance® work? The program promotes hormone balance primarily by regulating the amount of insulin your body produces. Fat burning and weight loss occur almost as a side effect of restored hormone balance. Metabolic Balance has helped people suffering from all kinds of health problems including: Type 2 diabetes; rheumatism; insulin resistance, high blood pressure, fatigue, high cholesterol, thyroid disorders, menopausal symptoms, osteoporosis, allergies, skin disorders etc. Other improvements that have been reported include increased energy, better sleep and an increased feeling of wellbeing.

Testimonial 2:

"Since I have been on the metabolic-balance program, I have lost a tremendous 25kg and achieved significant cm loss on my waist, thighs and hips in a short space of time. My energy levels have increased, my health and general well being has become so much better - no more aches and pains! It has improved my life in many ways and the great thing is that the weight does not come back! My coach, Shelina Mediratta, has always been there to support me and guide me through my individualized plan, which is easy to follow and gives me the structure and discipline I always needed to keep me on track. The metabolic-balance program has been a success for me beyond anything I have experienced with other diets and way beyond anything I expected."

Mr. R. Shah



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