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# SMART CHOICE


Value / Art / Ideas / Goodliving




**metabolic balance**  
holistic metabolic programme

**ONE ON ONE**  
WITH SHELINA MEDIRATTA

Hypnotherapy workshops  
With Aruna Sokhi



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# ONE ON ONE

## With Shelina Mediratta

### What is metabolic balance?

metabolic balance® is an innovative all-natural nutrition program that brings balance to your hormones, optimizes your health, and leads to a new invigorating lifestyle resulting in successful long term weight management. It is backed by over 25 years of scientific study and is managed by dedicated physicians and nutritional scientists.

### What makes metabolic balance® different?

Metabolic balance® is 100% natural! There are no prescribed injections, pills, shakes, or proprietary foods. Nor, as with some diets, are you required to keep “points” or count calories. Your local grocery store and farmers market can easily provide all the wholesome nutrient rich foods listed on your personalized nutrition plan. You are accompanied through the four phases of your program by a certified metabolic balance® coach. It is safe; healthy economical and simple has all the elements needed for you to succeed. Metabolic balance® has served over half a million participants so far and looks forward to serving you.

### How does metabolic balance® work?

Our personalized all-natural nutrition plan balances your personal “body chemistry” with the right “food chemistry”. The research, over 25 years worth, goes to the root cause of how and why a person stores and releases energy and fat. It’s base assumption is that your body is capable of producing (on its own) the hormones and enzymes that are needed to function. In order to function, a body requires “building material” in the form of proteins,



carbohydrates and nutrients that are obtained from the foods you eat. Your plan concentrates on the exact foods that possess the essential, vital nutrients your body most needs. Based on this in-depth scientific and innovative understanding, metabolic balance® develops your personalized nutrition plan to naturally balance your hormones, enzymes and your bio-chemistry. There is no artificial manipulation of your biochemistry by the usage of injections, shakes, pills or specialized foods. Metabolic balance® is the right way to “diet”. In fact, it is not a diet at all - but rather a hormone balancing program that helps you to naturally lose weight and keep it off!

### How is the metabolic balance® program prescribed?

Your coach will compile your medical history and request blood testing by providing forms and instructions on how to do so. All blood results and data are gathered and analyzed at the metabolic balance® Institute where your personalized nutrition plan will be developed. Your plan is delivered to you - and together with your Coach you go over the steps required for reaching your

ideal weight.

### What are the four phases and how long are they?

There are four phases:

**Phase 1** – The Preparation phase – Starts detoxification process and is key in preparing your metabolism for the next adjustment phases. Phase 1 is two days long.

**Phase 2** – The Strict Adjustment phase - Requires a minimum of 14 days. During this period your metabolism will “switch on” and start adjusting toward a more balanced metabolism. You will lose several pounds and start to feel a renewed energy and increased vitality! This phase lays the foundation for your body’s new bio-rhythm and bio-chemistry leading to sustainable weight loss. You will be supported and closely monitored by your personal coach. You will have the option to remain on this phase until you have reached your desired goal.

**Phase 3** – The Relaxed Adjustment phase - Allows you to start integrating additional foods into your daily meal plan. Your body’s new heightened sense of nutrition will allow you to instinctively know which foods are right for you and which are not. You may also enjoy on occasion a “cheat” meal or two, savor a glass of wine or a special treat. More importantly you will learn how to handle these special moments in a healthy manner. Your personal coach will continue to support you and monitor your progress.

**Phase 4** – The Maintenance phase - Is the final phase and participants can stay on this phase for the rest of their lives. Maintaining your ideal weight is simplified by following a set of nutrition rules that you have already become accustomed and have come to appreciate. You can enjoy your newly discovered lifestyle to the fullest and possess the knowledge of how to maintain a healthy,

invigorating and happy metabolic balance® way of living!  
Your success is our success!

**May I also participate in the metabolic balance® program without coaching?**

No. In order to participate you must have the support and guidance of a certified metabolic balance® Coach. They have the specialized knowledge and experience to help you overcome obstacles and will prove to be a vital element in reaching your ideal weight.

**I am on the move all day. Can I still participate?**

Whether at the office or on the road, your personal metabolic balance® nutrition plan is very versatile. You can easily plan and organize your busy day along with your three daily meals. Your personal coach will help you in your planning and offer proven, practical tips throughout your program.

**Do I always have to eat as I was recommended in the strict adjustment phase?**

No. Once your metabolism has adjusted and you have reached your desired weight, you will graduate into phase 3 and then 4, the relaxed and the maintenance phase. If at any point you find yourself relapsing you simply revert to the strict adjustment phase to get yourself back into balance.

May I participate in the metabolic balance® program if I want to improve my metabolism but not lose weight?

Yes! This will be taken into consideration during the development of your personal nutrition plan and adjustments made accordingly. Your health, fitness and vitality will benefit significantly. Your desires and goals should be discussed with your metabolic balance® Coach in your free consultation. He/she will be happy to assist you.

**Ultimately, what is the result of following a personalized metabolic balance® plan?**

With your personalized plan you have all the tools necessary to lose unwanted fat, optimize your health and maintain your ideal weight. It is your personal road map for enduring and sustainable long term success; essentially, metabolic balance® becomes a positive influencing lifestyle.

**Who is not allowed to participate in the metabolic balance® program?**

Pregnant women and nursing mothers cannot participate in the program. Patients with severe renal or hepatic insufficiency are also excluded from participation. If you are under medical treatment because of your weight, or if you are taking physician prescribed medications for an illness, you should first consult with your doctor about participation in metabolic balance®. If weight reduction is inadvisable due to illness or trauma, your doctor should decide on your participation in metabolic balance®. In such cases always consult with your physician prior to beginning a weight loss program.

**What is the cost of the metabolic balance® program?**

Kshs.35,000/- which includes 7 consultations and your complete program.