

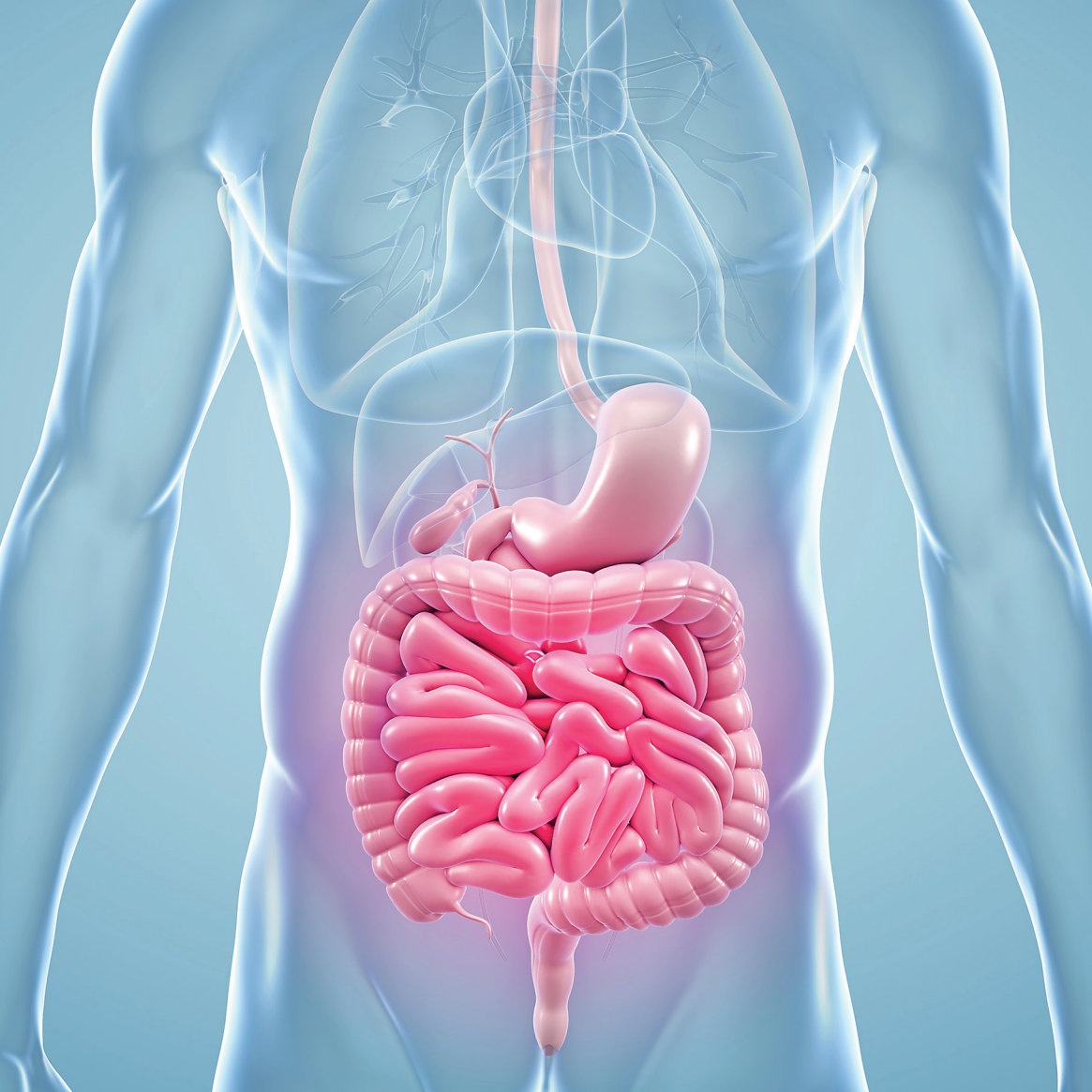
THE EASY WAY TO  
BETTER HEALTH AND VITALITY



RESET  
YOUR **BODY**

YOUR INDIVIDUALIZED  
**NUTRITION PROGRAMME**

[www.metabolic-balance.com](http://www.metabolic-balance.com)



# HOW TO RESET YOUR BODY AND SUPERCHARGE YOUR LIFE?

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**Health and proper nutrition are becoming the central purpose of life for more and more people.**

Are you ready to change your metabolism towards a healthy nutrition and experience a better quality of life?

Rebalancing your hormones and metabolism can positively influence your overall health and reduce risk of chronic disease. Wise food choices support weight control, enhanced health and well-being.

Upregulate your metabolism and feel the vitality of optimised body function that affects all biochemical processes in the body.

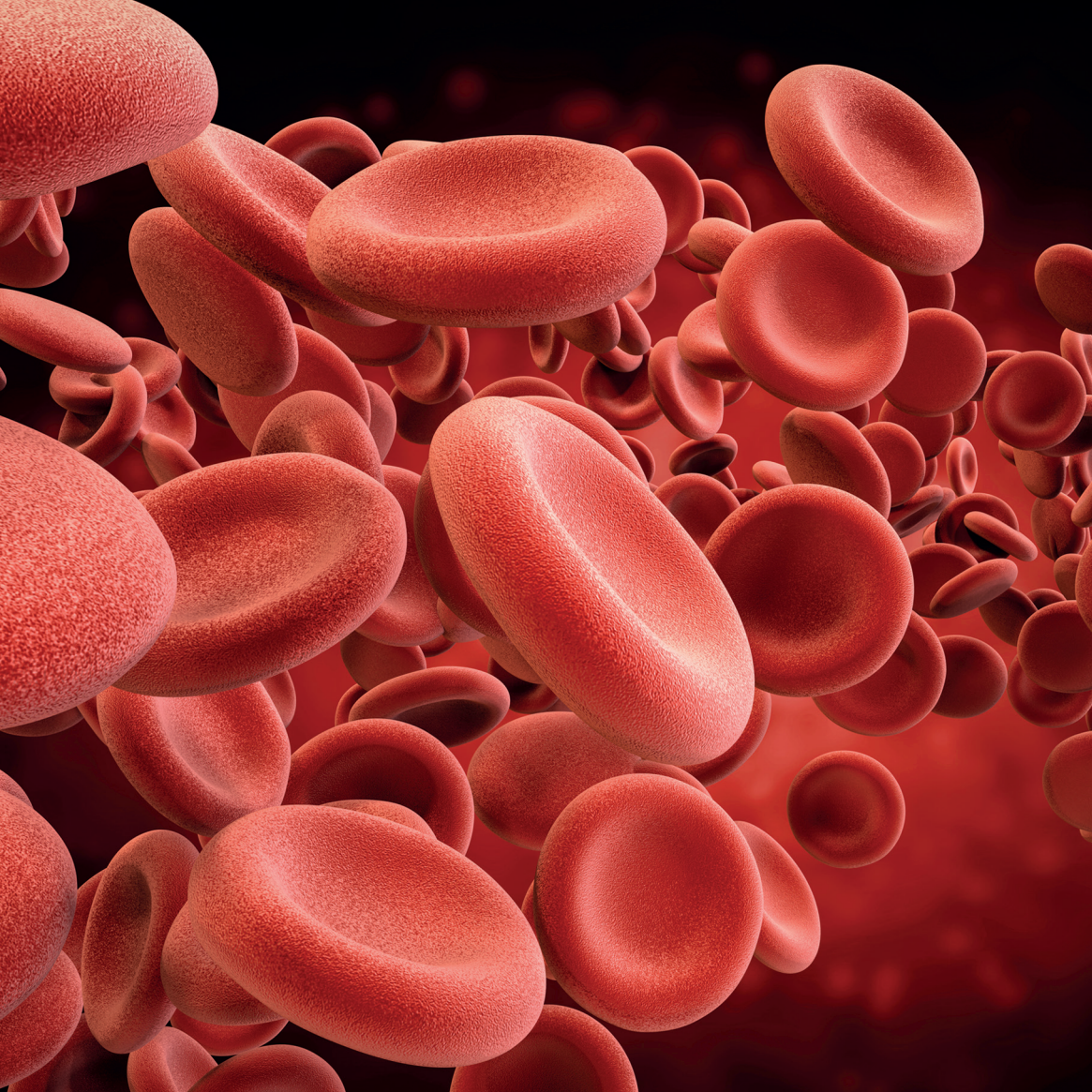


# DO YOU STRIVE TO IMPROVE YOUR QUALITY OF LIFE?

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## **With Metabolic Balance, you can:**

- support and maintain your physical and mental well-being
- improve your vitality and zest for life
- improve energy and stress resistance in the workplace and in daily life
- overcome anxiety and low mood
- detox your body and maintain your weight healthily
- stay fit into old age.





# 36 BLOOD VALUES

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**36 analysed blood values and parameters  
providing precise information on:**

- your health
- your metabolism
- any deficiencies in key elements associated with metabolic dysfunction.

Your blood report combined with your personal data and your food list is the basis of your Metabolic Balance nutrition plan.

This enables us to select exactly the right foods that match your nutritional requirements – giving your body the best possible metabolic balance.

# BLOOD SUPPLIES THE BODY WITH OXYGEN AND NUTRIENTS.

**Blood replenishes organs and tissues throughout the body; it can also carry inflammatory markers and transmit signs of disease.**

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Based on your blood values, we analyse which nutrients are deficient and how this may impact your system. The blood analysis provides insights to the health of your organs and potential risks for disease.

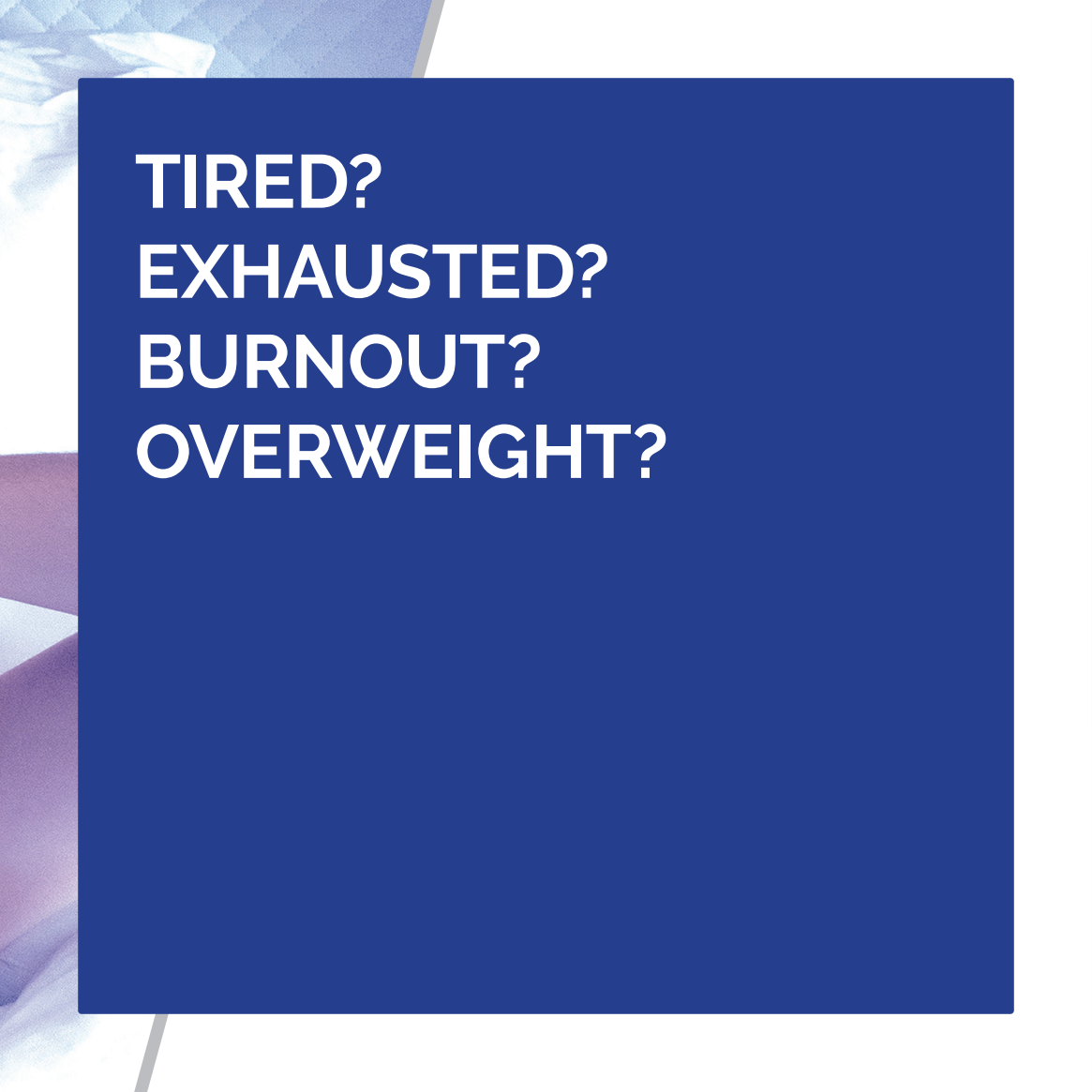
Blood has long been the most reliable method to identify & treat obesity, diabetes, hypertension and many other health conditions. Our advantage is our deep understanding to potential weakness and deficiencies.

Your blood results and personal data allow us the insight to create your tailor-made nutrition plan and whenever a medical risk is detected we recommend you to consult with your Doctor/ Physician.











**TIRED?  
EXHAUSTED?  
BURNOUT?  
OVERWEIGHT?**



# DIABETES MELLITUS

Currently more than 425 million people worldwide are affected by diabetes. 12% of the global health expenditure is related to diabetes (\$ 727 billion in 2017). India currently represents 49% of the World's diabetes burden.

Type 2 diabetes can arise from poor lifestyle choices and accounts for 90% of the diabetics today. The remaining 10% are Type 1, which is an auto-immune disorder.



**It is a myth that Type 2 diabetes is based on genes alone. This information is now obsolete. Start to look at what you are eating and stop ignoring the pleas from your body. Tiredness and fatigue will soon be a distant memory.**

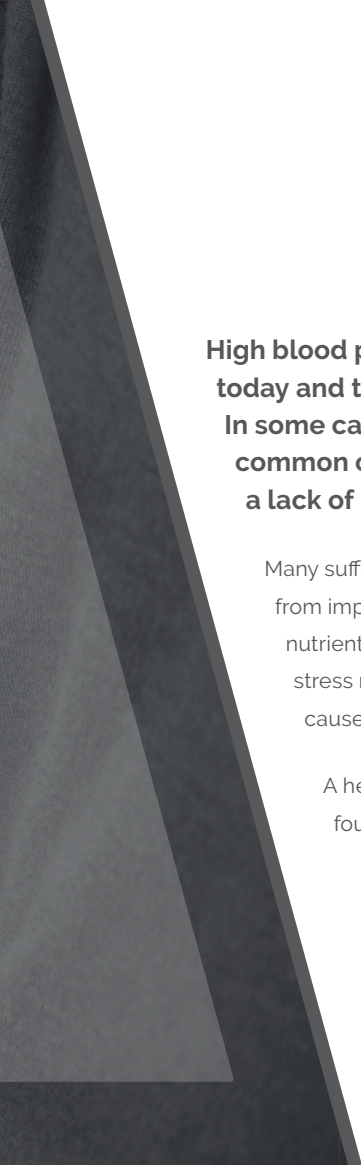
Metabolic Balance has helped diabetics to reduce their medication and balance nutrient deficiencies by carefully selecting foods that are optimally matched to their needs.

A professional nutritional metabolic plan is widely recognised as a highly effective and lasting treatment method. This is why we strongly recommend that diabetics receive professional assistance and support.

# HYPERTENSION



Nearly one quarter of the world population suffers from hypertension. Recent reseaches show that 207 million people in India suffer from Hypertension. 1 in 5 young adults in India has high blood pressure.



**High blood pressure is one of the most frequent health risks today and the major risk factor for cardiovascular diseases. In some cases it may be of genetic origin, however the most common cause is an increase in body weight combined with a lack of physical exercise and heightened stress levels.**

Many suffering from high blood pressure today have benefited enormously from improving their diet. An individual and adapted meal plan, filled with nutrients, supplies the necessary vital substances to the cells, improves stress resistance and overcomes weight issues and fluid retention caused by poor metabolism.

A healthy nutrition plan and an improved lifestyle is an essential foundation to normalise high blood pressure.

# OBESITY

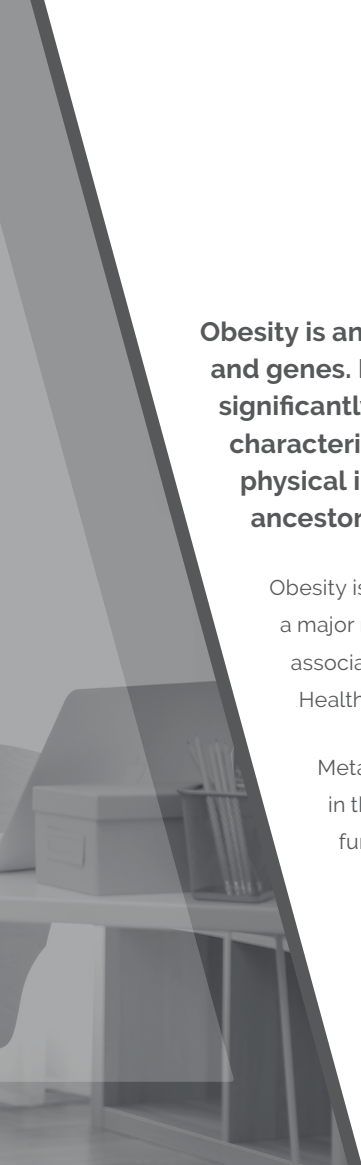


According to the WHO, more than 640 million people suffer from obesity today. In India alone, more than 135 million are affected by obesity.

Excess weight and obesity amongst children has reached an unprecedented level. With 14.4 million, India has the second highest number of obese children in the world.

Weight problems and obesity are major risk factors for a number of chronic diseases like diabetes, cardiovascular diseases and cancer.





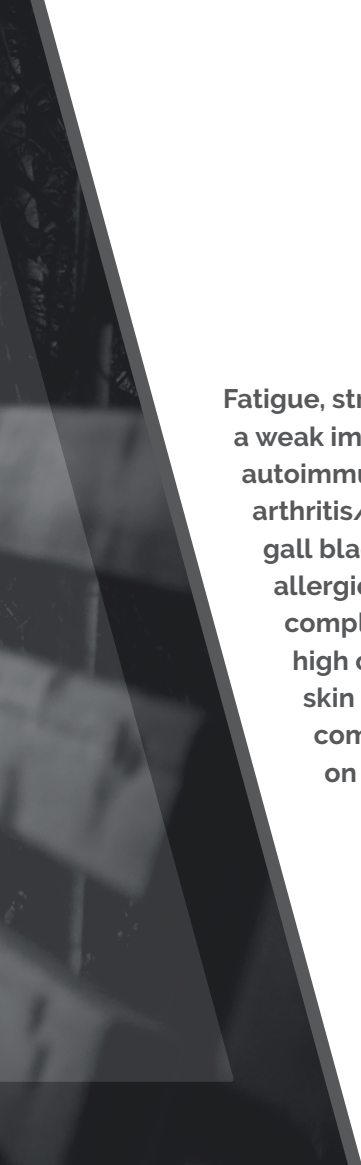
**Obesity is an interaction of changes in dietary habits, lifestyle and genes. Human genetic characteristics have not changed significantly in centuries. However, our living environment characterised by an overabundance of poor quality food and physical inactivity has shifted considerably from what our ancestors experienced.**

Obesity is a disease widespread in modern societies. It's considered a major risk factor for secondary diseases such as hypertension and associated cardiovascular diseases, as well as diabetes and joint issues. Healthy nutrition may effectively prevent obesity.

Metabolic Balance provides a personalised nutrition plan which, in the long term aims to support healthy digestion and immune function leading to an improved quality of life and vitality.

A black and white photograph of a person sitting on a wooden bench by a body of water. The person is leaning forward with their head resting on their hand, appearing to be in deep thought or distress. The background shows a calm body of water with some distant structures and trees. The overall mood is somber and reflective.

**OTHER SYMPTOMS**



**Fatigue, stress, anxiety, depression, lethargy and exhaustion, a weak immune system susceptible to infections, autoimmune conditions, migraine, rheumatic complaints, arthritis/joint complaints, gout, osteoporosis, liver and gall bladder complaints, kidney stones and gallstones, allergies and food intolerances, gastrointestinal complaints, acidity, low blood sugar, insulin resistance, high cholesterol, hormonal imbalances (PCOS/ PCOD), skin problems, sleep disturbances, menopausal complaints, loss of libido, infertility and the list goes on ...**

# METABOLIC CYCLES AND STAGES OF LIFE

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## **Nutrition for Elderly Individuals**

Our body mass composition typically changes with age, i.e. lean muscle decreases whilst body fat percentage increases. As we lose muscle mass and strength, our mobility, agility and balance is impacted leading to an increased risk of falls and fractures.

Ageing can impact digestion and lead to poor absorption of nutrients. Lower nutrient levels may further increase risk of age-related health conditions.

A nutritional health approach should aim at protecting and improving quality of life as we age. The earlier your nutritional shortcomings are identified and rectified the more likely you are to age well. The Metabolic Balance programme may be helpful in the prevention of nutrition-related disorders and as part of an anti-ageing strategy.

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### **Planning to Conceive Healthily**

Obesity and stress are believed to be a common underlying cause of infertility and difficulties in conception. Nutrition plays a significant role in rebalancing and supporting a healthy menstrual cycle and may improve the health of both would-be parents. An optimal supply of micronutrients is vital, together with essential proteins, healthy carbohydrates and fats.

A well-balanced meal plan rich in vital nutrients together with the principles of Metabolic Balance may naturally reduce weight and rebalance hormones, which is a basic prerequisite for pregnancy.

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### **Menopause and Weight Increase**

Weight problems during menopause experienced by so many women are often related to hormonal changes and imbalances.

Holistic well-balanced dietary choices form a solid foundation to help you combat these issues and support your body during hormonal fluctuations.

A Metabolic Balance nutrition plan may directly benefit you by providing essential nutrients and vital substances that are often lacking during this stage of life.

metabolic balance



RESET  
YOUR BODY

[www.metabolic-balance.com](http://www.metabolic-balance.com)

Ask your Certified Metabolic Balance Coach  
**ASK  
TODAY**  
about Metabolic Balance.

# A NUTRITION PLAN - FOR YOU

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**With Metabolic Balance, your initial health status including medical history, blood analysis and current medication are examined in detail.**

In addition, food preferences and dislikes are taken into consideration.

This personalised approach distinguishes Metabolic Balance from other methods and diets.

Four phases and easy-to-manage rules lead to a successful health outcome.





# HIGHLY INDIVIDUALISED

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## **...according to your health parameters**

Our detailed analysis of your medical history, current health, body measurements and medications, combined with your blood results, are the prerequisites for a truly effective metabolic and nutrition plan. We also take into account your food preferences and cultural background when generating your personal plan.

## **... personalised coaching**

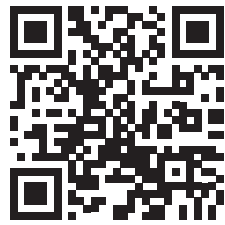
Changing your nutrition and lifestyle is a health JOURNEY. Along the way you are accompanied by the expertise of your practitioner who is backed by our team of specialists. This new start is exciting and we ensure that you are supported in your transformation to a healthier YOU. Our Metabolic Balance coaches are experienced nutritionists, naturopaths & doctors - all well trained in this method. Your nutrition plan, combined with professional assistance, gives genuine support, security and a real chance of success – for everyone.

# 3 MINUTES & 6 SECONDS, CAN ULTIMATELY CHANGE YOUR LIFE!

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**Visit us on YouTube:**

"Metabolic Balance - How it works",  
and take a look.



[youtu.be/p1H7LUmulJM](https://youtu.be/p1H7LUmulJM)

A close-up photograph of a vibrant, fresh salad. The ingredients include bright orange segments of citrus fruit, light-colored chickpeas, sliced cucumbers, and red cherry tomatoes. The background is softly blurred, emphasizing the textures and colors of the foreground ingredients.

**METABOLIC BALANCE -  
SIMPLY INDIVIDUAL**

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**Metabolic Balance is the pioneer and leading provider of this holistic, medically and scientifically founded dietary programme, which will change your perspective on how to supercharge your health and well-being.**

Our philosophy is to help you – as an individual – gain long-term sustainable health, vitality and happiness.

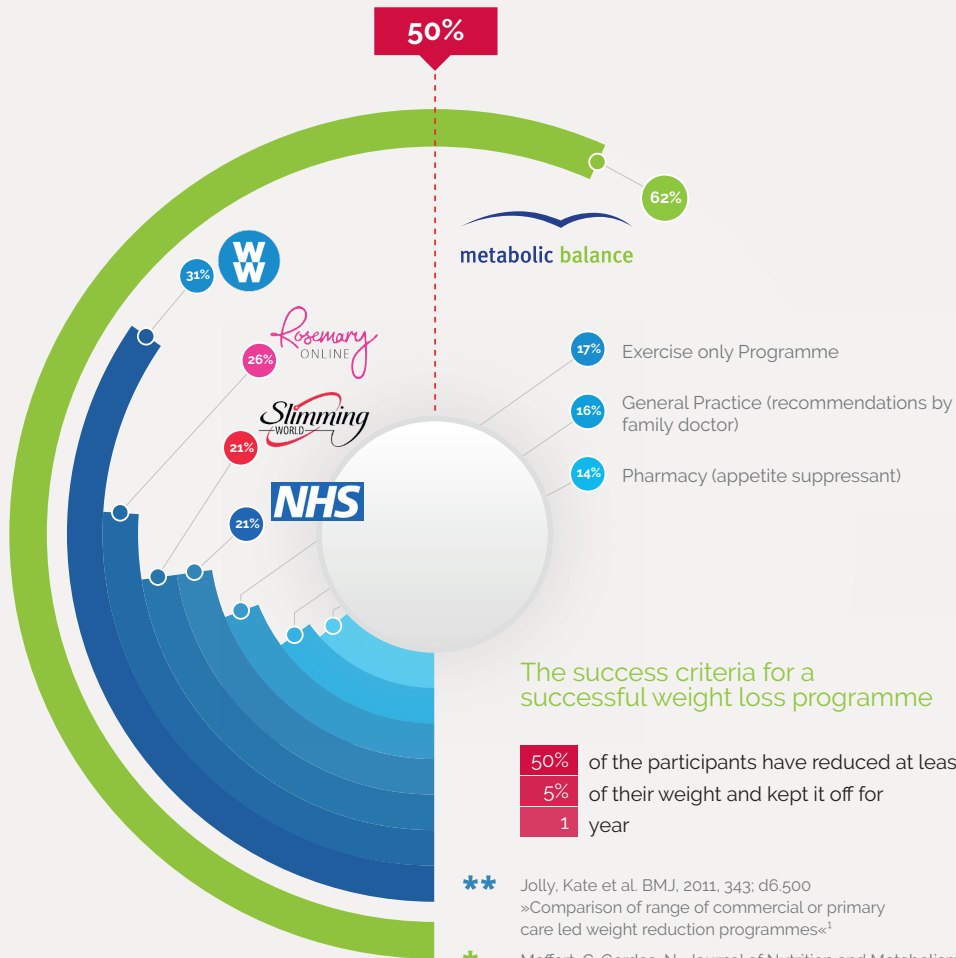
Food that is perfectly matched to your needs will regulate your metabolism and help you keep a healthy balance in life.

A balanced metabolism can improve your quality of life, well-being, blood values and aid in weight management.

Metabolic Balance is a unique and proven nutritional approach that is based on a personalised nutrition plan. It is 100% tailor-made for YOU, because it's based on the results of your blood test and important health data.

In collaboration with physicians, this is a high-quality product with a reputable scientific basis, individually customised to your needs – and it's easy to implement too.

More than one million people have proven that this programme works very efficiently and sustainably.



\*\* Jolly, Kate et al. BMJ, 2011, 343; d6.500  
 »Comparison of range of commercial or primary care led weight reduction programmes«<sup>1</sup>

\* Meffert, C. Gerdes, N., Journal of Nutrition and Metabolism, 2010 »Program Adherence and Effectiveness of a Commercial Nutrition Program: The Metabolic Balance Study«<sup>2</sup>

# STUDIES AND SCIENTIFIC EVALUATION

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Metabolic Balance puts special emphasis on the scientific basis of the method as well as the scientific evaluation of the nutrition concept.

A study published in the British Medical Journal<sup>1</sup> compared eight health and metabolic improvement programmes. Metabolic Balance was the only programme to achieve the criteria that are necessary for long-term success:

**» 50% of the participants in this survey had to reduce their weight by 5% or more – and maintain that weight for one year. «**

62.5% of people using Metabolic Balance<sup>2</sup> achieved this. 31.1% lost more than 10% weight and sustained this for at least 12 months!

# PARTICIPANTS' SUCCESS STORIES



Initially, I had to get used to this new way of eating. But when I saw the first results in the mirror, I knew it really made sense – and that I just HAD to continue with it.



Today I weigh around 93 kg and have sensational blood values. I'm still able to maintain my weight without difficulty, even though I am not sticking 100% to my plan – instead I just try to comply with most of the 8 principles.



Not only did I succeed in achieving my weight goal on Metabolic Balance, BUT, unbelievably, I also gave up smoking forever! All my cravings have gone and over-eating and snacking are a distant memory!





# TESTIMONIALS FROM MEDICAL PRACTICES

(Physicians and Therapists)

Having counselled more than 3,000 clients with this programme, I am convinced that this always was, is and will remain the most sustainable method. Above all, it works with regular, fresh food and quick and easy recipes – practical and easily managed! The support provided by the Metabolic Balance team is great. The people who are striving to sustainably improve their health are in good, competent hands here. - *Nutritional scientist*



I have been practising as a medical doctor for over 35 years in both modern and traditional medicine. After trying many nutritional programmes, I found that MB was the most scientific and successful method for my patients. It is an essential element in combination with other daily medical care approaches for my patients who suffer from metabolic disorders. - *Acupuncturist & TCM doctor*



# START NOW AND ASK YOUR PHYSICIAN OR COACH

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Do not postpone your health until later. Ask your doctor, naturopath or nutritionist about the Metabolic Balance nutrition concept TODAY!

The sooner you start the reboot, the sooner you will strengthen your health and well-being, prevent illness and sustainably improve your quality of life.

The right time isn't somewhere along the line – it's right now!

Let us help you start a new, healthier life today.



## Your Re-Boot for Body, Mind & Spirit

For more information please contact:



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