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## **What is Metabolic Balance® ?**

Metabolic Balance® is a nutrition program that is based on creating stable levels of hormones and nutrients in your body, so that you feel healthy and energized and you don't feel hungry between meals. The program involves a holistic approach that balances your metabolism so that you can achieve and maintain your ideal body weight, and feel healthier overall.

The strength of the Metabolic Balance® program is with the personalized nutrition recommendations that are based on blood tests and the individual's medical history. This increases the likelihood of specific nutritional needs being met, which may not occur when following a standard diet plan.

Metabolic Balance® is based on two main concepts. Every person's body has the ability to:

- 1) Produce the hormones and enzymes necessary for a healthy metabolism. Of course, we have to supply our bodies with adequate nutrients in our diet.
- 2) Develop an appetite for foods containing the nutrients it needs. The trick is to learn to make healthy choices based on internal signals and avoid external stimuli.



## **The history and background information about Metabolic Balance®**

The Metabolic Balance® program is a sophisticated nutrition system based on the results of each patient's blood test results and unique health profile. It was founded by Dr. Wolf Funfack and originated in 2002 in Isen, Germany. Today, Metabolic Balance® has become a global company which is present in more than 35 countries. More than half a million people practice the program worldwide.

“Metabolic Balance® is the accumulation of over 25 years of academic research and development. The program has been developed and is managed by a team of respected doctors, nutritionists and IT programming specialists. Metabolic Balance® has recently undergone a comprehensive scientific study and the results have been published in the Journal of Nutrition and Metabolism. (Volume 2010, Article ID 197656) The study demonstrates the success of the Metabolic Balance® system and documents that, “Adherence to the program brought significant improvements to participant's lab values, weight adjustment and greatly assisted their shift to a remarkably better health related quality of life.” “ (From [Metabolic Balance® web page](#))

## How can Dr. Barreto help you using Metabolic Balance®?



[Dr. Barreto](#) is a certified Metabolic Balance® coach. His role is to support, teach, guide, encourage, and motivate you along the road to reaching your goal. Personal coaching is a substantial part of your success, and the coach team is an integral part of every Metabolic Balance® program. With Dr. Barreto's instruction you begin to understand how different foods work to balance your metabolism and which foods hinder your progress. This knowledge is invaluable for reaching and maintaining a healthy and vitalized lifestyle for the rest of your life!

## What happens in a Metabolic Balance® program with Dr. Barreto?

Dr. Barreto's Metabolic Balance® program is as follows, with some variations according for every case:

**Consultation #1:** An initial evaluation is made, where Dr. Barreto measures your body composition, height and weight and together you look at your current lifestyle and diet. You will also discuss the suitability of the program for you. If you decide to go ahead with the treatment, Dr. Barreto will order a blood test (through the Trainor Lab downtown in the Medical Arts Building). The fee of \$750 (+GST) is due at this time. This fee covers the entire cost of the program, including the blood test, personalized diet plan and all 5 follow up consultations.

At this point, your personalized nutrition plan is developed according to the results of your dietary likes and dislikes, physical exam and blood test.

**Consultation #2:** Plan presentation

At this point, you will begin a strict phase where you adjust your metabolism according to your personalized plan. During this time, you are restricted to the foods on your list while your metabolism is trained and optimised for peak performance. This phase lasts 14 days and is a balanced program of foods including proteins, vegetables, starches, and fruits. This is not a calorie counting or a deprivation diet. It is a retraining of how and when to eat the right foods for YOU.

**Consultation #3:** Follow up for the strict phase (2 weeks later)



At this point, you will continue the strict phase making adjustments according to Dr. Barreto's recommendations in Consultation #3.

**Consultation #4:** Start the relaxed phase (2 weeks later)

In this phase, the food list is expanded a bit and oils are re-introduced into the diet. You are also allowed one deviation or "cheat" meal per week to build some flexibility into the program.



**Consultation #5:** Follow up for the relaxed phase (3 weeks later)

At this point, you will continue the relaxed phase making adjustments according to Dr. Barreto's recommendations in Consultation #5. This is the phase you stay in until you reach your own personal goals. During this time you have an extended list of foods and can introduce any other foods while monitoring your body's reaction.

**Consultation #6:** Start the maintenance phase

This is the maintenance phase which begins when you have reached your own personal goals. Many people may choose to follow the principles of Metabolic Balance<sup>®</sup> for life, recognising the health benefits of doing so.

Each consultation is approximately 45-60 minutes long.

Approximate duration of entire process is 3 months, after which the nutritional plan can be followed independently for life.

### **How is the Metabolic Balance<sup>®</sup> personalized nutrition program developed?**

The nutritional scientists and physicians at the Metabolic Balance<sup>®</sup> Institute in Germany review the results of your physical exam, blood test and food preference list and create a personalized nutrition program for you. They consider a food's chemistry, glycemic load and micro-nutrients to identify exactly those foods which are nutritionally best for your body's cells and healthy hormonal production.

Your personalized nutrition plan is not a fad diet and there are no expensive meal replacements. You will eat three nutritious meals a day and choose foods from your personal food list, all of which are available from local supermarkets. The goal is for you to supply your body with all the vital and healthy nutrients it needs.

The personalized nutritional plan not only tells you what your body needs but you also will learn which foods are not good for you and should be avoided. The plan has certain guidelines that essentially help you manage your eating habits. For example, snacking is strongly discouraged. The overall effect is weight loss and increased energy and vitality, as your food cravings and hunger spells diminish naturally.

### **The cost of the Metabolic Balance® program**

The program has a total cost of \$750 + Tax (GST) = \$787.50.

This fee covers the entire cost of the program, including the initial consultation, the blood test, personalized diet plan and all 5 follow up consultations.

Please note that this fee does not include homeopathic/ acupuncture treatments or homeopathic remedies.

### **What are some benefits of a Metabolic Balance® program?**

- Improvements in energy levels
- Weight loss (where losing weight has been difficult in the past)
- Improved digestion
- Improved cholesterol levels
- Stable blood sugar levels
- A reduction in blood pressure
- Elimination of uncomfortable menopausal symptoms
- Alleviation of inflammatory joint problems
- Much improved skin condition
- Stronger bones
- Improved moods and lifting of depression
- Better sleep

The goal of the plan is to optimise your metabolism as well as help you make wiser, healthier decisions about your diet now and in the future.

Please note that if you have any serious illness, the Metabolic Balance® program should only be begun in consultation with your family physician.

Metabolic Balance® is not suitable during pregnancy or breastfeeding. It is also not suitable for people with renal disease or those taking neuroleptic medication.

### **What are some of the benefits of the Metabolic Balance® program?**

- It is a personalized plan designed to suit each individual.
- It encourages awareness of psychological factors involved in eating and weight management.

- Personal consultations with Dr. Barreto will provide encouragement, support and feedback, which increase the chance of success.
- It does not eliminate entire food groups.
- It encourages the intake of a wide variety of fresh and unprocessed foods.
- It helps with management of blood glucose levels.
- Patients feel energetic and healthier, without pills, shakes, injections, cravings, or hunger.
- It teaches great eating habits.

<http://www.drbarretointegralhealth.com>

<http://www.metabolic-balance.com/ca>

