

# Metabolic Balance® - weight loss, nutrition program

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metabolic balance ® is a metabolic program for weight management - developed by doctors and nutritionists. With his help, they make your current diet to a healthy, perfectly balanced and individually tailored to your needs for food profile. The foundation is your personal nutrition plan that is created based on your current lab data and information on your health. It leads in four phases to the success and lets you

Your personal weight problems solved permanently. Their health and encourage preventive holistic. How does metabolic balance ® work? Your individual diet plan boosts your personal "body chemistry" with the best to you "Food Chemistry" into a new metabolic balance. They feed not only with all the healthy and for you the necessary nutrients and minerals, normal food, you eat but also only that your body needs to einzuregulieren your destabilized metabolism. Their plan takes so on your own personal, physical situation and is therefore also relates only to you and your data.

Why does metabolic balance ® work? Your diet plan has the support of your healthy metabolism and help control your weight goal. In order to achieve this as smoothly as possible and in a time-limits, you are accompanied by specially trained and certified caregivers. Whether a doctor, healer or dietitian - you will find the suitable for your metabolic balance ® maintainer here  
What causes the weight loss achieved metabolic balance ®?

Through your individual nutrition plan, you put your body all necessary and healthy nutrients. Food is not selected according to calorie content or percentage of fat, protein and carbohydrates. Selection criterion is only the effect of food on your hormonal balance. This encourage you to promote healthy metabolism and natural insulin secretion. With the new, simple rules for food preparation and recording, you regulate your weight gently and sustainably and strengthen your overall hormonal balance.

What health improvements can I achieve with metabolic balance ®? The permanent conversion of the body to the right healthy and balanced diet prevents, especially in combination with appropriate exercise, the long-known civilization diseases. The restoration of the natural nutritional balance causes the restoration of your natural body (equal) weight.

At the same time develop your performance and improve concentration and your overall energy level. They sleep better, your physical and mental strength to rise - do you feel overall healthier, more vital and fresh and it is visible from it. Because they break down body fat to spare but by muscle and connective tissue metabolic balance ®, ie Her skin is taut and smooth.

When should I take part in the metabolic balance ® Program? Participation in the program is meaningful to you and valuable

If your weight situation calls for a permanent solution and you finally want to lose weight healthy. If there are already health problems related to being overweight, or a malnutrition. This can for example Diseases such as diabetes II, rheumatism, chronic migraine, lipid disorders, hypertension, etc. be If you want to be no matter what age level, energetic, powerful and fit.

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