

# Healthy Living: Metabolic Balance© - More than Twice as Successful for Permanent Weight Loss than its Nearest Competitor

By Dr. Veronica Collings, DC

Says who? The German governmental agency responsible for the nutritional wellbeing of that country, the German Nutrition Society (DGE) studied the results of the top weight loss programs and found Dr. Funfack's Metabolic Balance to be 62.5% successful at **keeping weight off greater than one year**, compared to its nearest competitor, Weight Watchers, which weighed in at only 31% success.

That was enough to get me on a plane to Los Angeles to meet the developer of this program that boasts over 650,000 participants in Europe. I spent three days at a conference with both the European and newly forming American Metabolic Balance team to learn just how this success is made possible. I am happy to say that I am now one out of about 50 coaches in the US trained to deliver this program to patients, their families, friends and anyone who is being threatened by the **deadly quartet of overweight, high blood pressure, high triglycerides and diabetes**. I was happy to learn that I was joined in this endeavor by Pennsylvania University graduates, Drs. Michael and Veruschka Torosian, MDs, with their practice in Wayne. They, too, intend to use Metabolic Balance to improve the lives of their patients.

What makes this program so different that I had to sit through such intense training for 3 days to learn how to apply it when I already have years and years of nutritional experience? It was developed by German medical doctor, Dr. Wolf Funfack, and his team of physicians and nutritional scientists. This sophisticated program is based on more than 20 years of their clinical research and personal experience.

The program is **uniquely designed for your body chemistry, using 34 blood**



**values** that scientifically determine exactly what foods your body needs. Improper nutrition can cause metabolic and hormonal imbalances which can result in weight gain and other disorders. Each person needs a unique combination of nutrients to achieve and maintain a balanced metabolism. Fulfilling those nutritional needs and eliminating the excess is what leads to natural, sustainable weight loss. **No pills, no shakes, no injections**, just wholesome natural foods that include balanced carbs and protein. These result in no hunger and no cravings.

Dr. Diane Shwarzbein, endocrinologist and author of four books on this subject, **proposed** years ago that sick people can't lose weight. Dr. Funfack **proves it** by developing a program that first focuses on restoring health. Healthy weight is then a by-product.

The program is structured and easy to follow because it includes personal coaching sessions and a road map to lasting success. It is an innovative four-phase program that takes you from detoxification to stabilization of your perfect weight and permanent

strategies for maintaining your success. Of course, as your metabolic balance improves problems of improper nutrition can resolve. Remember, if you've been struggling unsuccessfully with weight loss programs that give you temporary results, at best, maybe your focus needs to be at restoring your metabolic balance first. This premise has already been proven in Europe with over 650,000 participants; I hope to bring these great results to the United States as part of the US Metabolic Balance Team. To find out more about Metabolic Balance, visit the web site at [www.metabolic-balance.com/us](http://www.metabolic-balance.com/us) or call my office for the schedule of introductory lectures at 610.828.9634.

**Editor's Note:** Here's the cover insert to Dr. Funfack's book, *Metabolic Balance Your Personalized Nutrition Roadmap*: "Metabolic Balance© is not a standardized diet plan, but rather a holistic approach to putting your body's metabolism into a healthy balance and reaching your perfect body weight. Insulin, the pancreatic hormone, plays a central role in this process. It opens the door to your body's cells, allowing blood sugar to enter them and supply the body with energy. Being overweight has a strong effect on the delicate balance between blood sugar and insulin levels and is thus the root of many common illnesses and disorders. Healthy nutrition, as recommended by Metabolic Balance©, will stabilize your bodies insulin level, maintain a natural feeling of fullness after a meal and balance your body's metabolism. The cornerstone of Metabolic Balance© is a personalized nutrition roadmap based on your body's metabolic levels."