

Analysis for the Coach

Client Information Ivan Kezurer

Analysis created: 21/02/2024		Client-ID-No.: 1936154	
Title:	Mr		
First Name:	Ivan		
Last Name:	Kezurer		
Gender:	male		
Address:	2 Holden Court		
Town / State / Postcode	AUS-6062 Norranda		
e-mail:	kezurer@gmail.com		
Phone:	0438696061		
Profession:	Self Employed/Drycleaning		

Date of Birth (DOB):	25/01/1966	Height:	182 cm
Starting Weight:	96 kg	Navel:	107 cm
Target Weight:	78 kg	Hips:	113 cm
BMI (Body Mass Index)	29	Upper Thigh:	66 cm

Remarks:	-
----------	---

Personal information regarding your individual health and nutrition profile

Eating Habits	Meat: seldom, Milk and yogurt: none from Cow's Milk, Meat: no pork, Seafood: none, Poultry: none
Dislikes	Cantaloupe, Watermelon
Medication	-
Illnesses / Allergies	Allergy to Seafood, Digestive disorders, Sleep disturbances / Insomnia, Gastric complaints/disorders

Analysis for the Coach

Meal Plan

Client: Ivan Kezurer

Breakfast 220 g Yogurt, Fruit	Breakfast 40 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit	Breakfast 220 ml Milk Products, 60 g Starch, Fruit
Lunch 150 g Fish, 150 g Vegetable, Fruit, Bread	Lunch 105 g Tofu, 150 g Salad, Fruit, Bread	Lunch 95 g Pulses, 150 g Vegetable, Fruit, Bread
Dinner 160 g Meat, 160 g Salad, Bread	Dinner 115 g Cheese, 160 g Vegetable, Bread	Dinner 160 g Fish, 160 g Vegetable, Bread

Water: 3 ¼ litres per day	Bread 0 - 5 slices per day
Fruits: 2 kinds per day	Eggs: 1 - 4 piece(s) per week

Nutritional Analysis

- ▶ The lab results suggest your client may suffer from an underactive thyroid. Please have your client contact their GP.

Analysis for the Coach

Personal Food Lists

Client: Ivan Kezurer

Personal Food List - Phase 2

Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Flake, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt
Nuts	Almonds
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Roast Beef, Veal
Cheese	Goat Cream Cheese (Chèvre)
Pulses	Black Beans, Chickpeas, Flageolet Beans, Red Lentils
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 4 eggs per week.

Vegetable	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Spring Onions, Turnip, Turnip, White & brown mushrooms
Salad	Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (50 g), Blueberries (110 g), Mango (170 g), Papaya (180 g), Peach (1)

Analysis for the Coach

Additional Information about the Nutrition Plan

Water	We recommend that you drink 3 ¼ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
Eggs	Eat a minimum of 1 eggs and a maximum of 4 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
Vegetables	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
Herbs and Spices	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil.
Bread	Do not to exceed your limit of 5 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
Fruits	Eat a medium-sized, tart apple every day. In addition to your apple, you may eat one additional fruit daily from your fruit list where fruit is indicated on your meal plan. Only one type and serving of fruit may be eaten per meal and fruit should be enjoyed within your meal hour. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!
Coffee and Tea	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.
Alcohol, Soft Drinks and Fruit Juices	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.

Analysis for the Coach

Vitamins	Please be aware that your body may have increased nutrient requirements during it's nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.
Seeds and Nuts	<p>You can eat the seed mix plain or prepared. Suggestions for preparation:</p> <ul style="list-style-type: none"> ➤ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables ➤ soak the seeds over night in a little bit of water; in the morning eat one teaspoon first, then mix the rest with your vegetables; you may also purée the soaked seeds ➤ sprinkle the seeds over the vegetables and bake in the oven ➤ purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie

Personal recommendation for the client based on his / her profile

- Please remember to slowly and thoroughly chew your food.





































Extended personal food list: Phase 3

Fish	Anchovy (fresh), Bream, Eel, Flathead, Hoki/ Blue Grenadier, Mackerel, Redfish Filet, White-bait
Cheese	Goat Cheese
Sprouts	<p>Soy Sprouts, Sunflower Sprouts</p> <p>From now on you have sprouts on your food list. In your plan they count as vegetables. Please do not eat sprouts raw; but instead blanch them briefly in boiling water before consuming.</p>
Fruit	Prunes (dried) (50 g)
Fats / Oils	Ghee (for hot vegetables)

Analysis for the Coach

Collected blood values

Client: Ivan Kezurer

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	144.00	g/L	130.00		180.00
RBC	4.89	10 ¹² /l	5.50		6.50
Haematocrit (PCV)	0.44	Ratio	0.40		0.55
MCV	89.00	fl	80.00		99.00
MCH	29.40	pg	27.00		32.00
White Cell Count	6.80	10 ⁹ /l	2.50		18.00
Neutrophils %	3.70	10 ⁹ /l	1.50		9.00
Lymphocytes %	2.10	10 ⁹ /l	1.00		6.50
Monocytes %	0.70	10 ⁹ /l	0.02		3.00
Eosinophils %	0.30	10 ⁹ /l	0.00		2.00
Platelets	260.00	10 ⁹ /l	70.00		700.00
Sodium	143.00	mmol/L	136.00		146.00
Potassium	4.20	mmol/L	3.50		5.20
Urea	7.50	mmol/L	2.50		8.00
Creatinine	103.00	μmol/L	40.00		85.00
Urate	0.52	mmol/L	0.20		0.45
Glucose	5.10	mmol/L	3.00		5.40
Calcium	2.27	mmol/L	2.10		2.55
Total Protein	68.00	g/L	60.00		82.00
Alk. Phos	52.00	U/l	30.00		120.00
Bilirubin	11.00	μmol/l	2.50		25.00
GGTP	14.00	U/l	0.00		50.00
AST	23.00	U/l	0.00		41.00
ALT	19.00	U/l	0.00		41.00
LD	180.00	U/l	50.00		280.00
Total Cholesterol	5.30	mmol/L	1.40		5.00
HDL Cholesterol	1.00	mmol/L	1.00		2.50
LDL Cholesterol	3.60	mmol/L	0.00		2.50
Triglycerides	1.50	mmol/L	0.00		1.50
Creatine Kinase	107.00	U/l	0.00		161.00
Iron	12.00	μmol/l	10.00		27.00
Amylase	48.00	U/l	0.00		111.00
C-Reactive Protein	3.53	mg/l	0.00		3.00
TSH	6.56	mIU/l	0.50		5.00
Lipase	40.00	IU/l	0.00		300.00
LDL/HDL Ratio	3.60	kA	0.35		4.00

Shopping Helper Phase 2 for Ivan Kezurer

Breakfast	Breakfast	Breakfast
220 g Yogurt, Fruit	40 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit	220 ml Milk Products, 60 g Starch, Fruit
Lunch	Lunch	Lunch
150 g Fish, 150 g Vegetable, Fruit, Bread	105 g Tofu, 150 g Salad, Fruit, Bread	95 g Pulses, 150 g Vegetable, Fruit, Bread
Dinner	Dinner	Dinner
160 g Meat, 160 g Salad, Bread	115 g Cheese, 160 g Vegetable, Bread	160 g Fish, 160 g Vegetable, Bread

Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Flake, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt
Nuts	Almonds
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Roast Beef, Veal
Cheese	Goat Cream Cheese (Chèvre)
Pulses	Black Beans, Chickpeas, Flageolet Beans, Red Lentils
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 4 eggs per week.
Vegetable	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Spring Onions, Turnip, Turnip, White & brown mushrooms
Salad	Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (50 g), Blueberries (110 g), Mango (170 g), Papaya (180 g), Peach (1)

Shopping Helper Phase 3 for Ivan Kezurer

Breakfast	Breakfast	Breakfast
220 g Yogurt, Fruit	40 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit	220 ml Milk Products, 60 g Starch, Fruit
Lunch	Lunch	Lunch
150 g Fish, 150 g Vegetable, Fruit, Bread	105 g Tofu, 150 g Salad, Fruit, Bread	95 g Pulses, 150 g Vegetable, Fruit, Bread
Dinner	Dinner	Dinner
160 g Meat, 160 g Salad, Bread	115 g Cheese, 160 g Vegetable, Bread	160 g Fish, 160 g Vegetable, Bread

Fish	Anchovy (fresh), Barramundi, Blue-eyed trevalla, Bream, Bream, Cod, Eel, Flake, Flathead, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mackerel, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Redfish Filet, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whitebait, Whiting, Yelloweye Mullet
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt
Nuts	Almonds
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Roast Beef, Veal
Cheese	Goat Cheese, Goat Cream Cheese (Chèvre)
Pulses	Black Beans, Chickpeas, Flageolet Beans, Red Lentils
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Sprouts	Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 4 eggs per week.
Vegetable	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Spring Onions, Turnip, Turnip, White & brown mushrooms
Salad	Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (50 g), Blueberries (110 g), Mango (170 g), Papaya (180 g), Peach (1), Prunes (dried) (50 g)
Fats / Oils	Ghee (for hot vegetables)

Personal Message from Your Coach for Ivan Kezurer

Dear Ivan

I am so pleased that you have started your health journey with Metabolic Balance. It's an amazing program and I'm really looking forward to supporting you over the coming weeks and months.

Firstly, please do ensure that you have informed your doctor that you are taking part in Metabolic Balance and provided him/her with a copy of your blood results if necessary.

Once you have completed your Metabolic Balance Program and coaching, you will have learned the skills necessary to put yourself through your plan again whenever you feel the need to reset your metabolic health. Your Metabolic Balance Program can be used for your entire life.

I would recommend doing phase 1, no more than twice a year. You will find you can move between the other phases easily once you understand the process.

Please download the Metabolic Balance app to your phone, it is a two-step process to sync your plan into the app as outlined in your plan.

At the beginning, you will see that you can only access phases 1 and 2. As you progress through the program, I shall be able to release the next phases at the right time.

There is a video on the Metabolic Balance Facebook page that talks you through the app: the link is found inside my own private FB group.

There is also a Metabolic Balance Recipe Facebook group that has wonderful ideas from other clients. The link is inside my private FB group.

If you have questions outside of your scheduled consults with me, please text or email me. I always aim to reply to text and email messages within 24 hours.

A couple of tips...

- There is no strenuous exercise recommended in the first 2-3 weeks of Metabolic Balance. But this does not mean a "couch potato" couple of weeks! Normal movement and activity are encouraged and important as your body begins to rest and reset.
- Take some time each day to notice the changes that are happening. Little things to watch for are changes to your everyday mood, improvements with your skin, fewer body aches and pains, feeling clear-headed and able to concentrate easier.
- Remember that everything about Metabolic Balance makes a difference to your health i.e., all the rules make a difference. So, the closer you stick to all the rules, especially in the first 2-4 weeks, the better your results will be.
- Please note that it is important that you tell me how things are going with you. This is a personalised program and so sometimes I need to personalise the plan even further for you.
- Enjoy your health journey with Cherish Natural Health. It is a lifelong knowledge of good health and great quality of life and vitality.

I look forward to supporting you in your health journey.

Your Naturopath and Health Coach

Jodie Studley.

Personal Message from Your Coach for Ivan Kezurer

Your Metabolic Balance Coach:

Jodie Studley
Staveley Place
Innaloo, Perth, 6018