

# Metabolic Balance

## Your Personal Weight Loss & Hormonal Balance Blueprint

Find Out What Your Own Body Requires

- Which Foods are optimal for you and your metabolism
- How you should best combine your foods
- How much you should specifically eat
- When is the best time for you to eat
- How you should prepare your meals for optimal results
- What additional supplements might you need to complement your food intake
- What lifestyle actions are suitable for you and your metabolic health

### WHO WILL BENEFIT FROM BALANCED METABOLIC HEALTH?

The test is suitable Men and Women for Metabolic Health Concerns and Current Health Issues:

- Stubborn Weight and Obesity
- Diabetes & Insulin Resistance
- Cardiovascular Health Disease & Risks
- Gut Issues & Digestive Conditions
- Peri/Menopause and Hormonal Imbalances
- Cognitive Function and Early Intervention
- Inflammation and Body and Joint Pain
- Body Organ Function - thyroid, liver, kidney, gut, bowel, brain, pancreas, blood imbalances and nutrient deficiencies.
- Medications are taken into consideration, and I welcome your GP's support.

### YOUR PROGRAM INCLUDES

- 14 Weeks Naturopathic Support
- 1:1 Initial Comprehensive Health Assessment
- Private Blood Pathology
- 1:1 Consultation Report Delivery
- 5 extra consultations spanning your 14 weeks [equals to 7 consults in total]
- Health Coaching and supportive self-paced Educational Material
- Private Face Book group for additional coaching and support
- Private Metabolic Balance Recipe Group
- Templates, e-books, videos, recipes guides
- Access to Me via email and Messenger
- Weekly Accountability Access
- VIP client access to online health store plus 10% discount on all products and prescriptions.
- Bonuses. As they become available.
- Optional: VIP upgrade to your Emotional Dynamics personal break through package to beat the self-sabotage and emotional blocks.

Valued at \$1897.00 paid in full

Payment plan of \$897 deposit and 2 payments of \$520 total \$1937

**Cherish Natural Health**



# The Blood Requirements

The Metabolic Balance plan generation requires every client to complete a blood draw for the **essential 35 blood parameters**. This may be either completed privately or through your GP.

Haemoglobin	Total protein
RBC	Alk. Phos
Haematocrit	Bilirubin
MCV	GGTP
MCH	AST
White cell count	ALT
Neutrophils	LD
Lymphocytes	Total cholesterol
Monocytes	HDL cholesterol
Eosinophils	LDL cholesterol
Platelets	Triglycerides
Sodium	Creatine Kinase
Potassium	Serum Iron
Urea	Amylase
Creatinine	C-reactive protein
Urate/Uric acid	TSH
Glucose (fasting)	Lipase
Calcium	

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## ADDITIONAL MARKERS:

- Vitamin D << please do
  - HbA1c
  - Active B12
  - Serum Folate
  - Serum Magnesium
  - Serum Zinc
- Insulin (fasting)  
HOMA-IR score

Please Note: that if any of the essential blood markers are missing then your plan cannot be created and you will need them taken to be able to move forward.

Those marked in black are the non-negotiable pathology required to generate your personal Metabolic Balance Plan

Those marked in red are additional and support the nutritional evaluation that comes with your professional practitioner.

