



I truly appreciate the transformative power of Metabolic Balance® and the incredible impact it has had on my clients' lives. This scientifically proven personalized nutrition program uses detailed blood analysis to create individualized meal plans tailored to each client's unique needs.

Since being established in 2002 Metabolic Balance has emphasized principles like balanced whole meals without removing whole food groups, supporting gut health, staying hydrated, increasing nutrient levels, decreasing pain and inflammation and balancing key hormones that support weight loss.

The process begins with a simple blood analysis, offering a comprehensive understanding of each individual's overall health, including nutrient insufficiencies or imbalances. Using this data, alongside the client's health history, an individualized meal plan is designed to identify the ideal foods that help restore the body to optimal health.

I've witnessed clients experience significant transformations—reduced pain and inflammation, improved sleep, fewer migraines (with some reducing by over 90%), normalized cycles, and, of course, sustainable weight loss. Many clients lose 10-12 pounds within the first few weeks simply by eating balanced meals rich in the nutrients their bodies need. These results are not only remarkable but also life-changing. For example, one client shared that she once felt housebound due to severe stomach issues. Just months into her plan, she was confidently hiking with her family for hours at a time.

What sets Metabolic Balance apart is its proactive, holistic approach. Rather than simply diagnosing deficiencies, it pinpoints the specific nutrients your body requires and identifies the best food sources to support long-term

health. These are everyday foods you can find at your local grocery store, and the meals are straightforward to prepare, even for those with busy schedules.

Lately, my clients have been sharing how much they enjoy their meals and how their cravings for sugar or mid-afternoon energy slumps have disappeared. Even when surrounded by tempting treats, they find themselves naturally choosing moderation without feeling like they've undone any progress. This underscores the power of balanced hormones and mindful eating.

By treating food as medicine, this program empowers clients to take control of their health in a sustainable, enjoyable way. This isn't a crash diet. The plans are designed for long-term success without relying on pills, shakes, or giving up desserts.

Each plan is uniquely tailored to meet individual dietary needs, ensuring the body gets all the nutrients it needs to thrive. Instead of wondering what to eat to feel amazing, your personal data guides us in creating a clear and effective plan, making the transformation process much easier.

When hormones and cravings are balanced, weight loss happens naturally, and clients feel empowered in their food choices. This is why I love being a Metabolic Balance coach—helping clients achieve energized health and discover a vibrant version of themselves.

If you're ready to transform your health or know someone who could benefit from this program, I'd love to help. Feel free to reach out to me at support@kristinfriesen.com, my website at www.kristinfriesen.com or book in for a [complimentary 30 minute nutrition consultation](#), I can't wait to meet you!

Kristin