

Metabolic Balance: Connect to Your True Good Health | SF Bay Area Womans Journal

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When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.

- Ancient Proverb

Metabolic Balance offers all it says it will do, loose weight and be healthier. But it goes beyond that. Metabolic Balance can balance your life.

Metabolic Balance is an individualized 4-phase meal plan based on each person's own uniqueness. Beyond blood type, the metabolic balance® program considers over 30 blood values, what foods that one cannot or will not eat, allergies, medications, and health history.

The result is a personal meal plan is comprised of a large assortment of beautiful foods from the 4-basic food groups. Metabolic Balance advocates eating fresh foods, whole foods, and organic foods. Foods are not over-processed, or have unrecognizable additives. There is no fasting, packaged meals, shakes, powers, pills, or injections.

The Center for Disease Control warns about the rise in chronic diseases in the US. Approximately one in every six adults has high cholesterol. People with high total cholesterol have approximately twice the risk of heart disease as people with optimal levels.

Thirty-three percent of adults in the US are obese. Obesity-related conditions include some of the leading causes of death include heart disease, stroke, high blood pressure, sleep apnea, type 2 diabetes, and certain types of cancer.

These chronic diseases are diet & life-style related. Doctors advise weight loss and lower cholesterol.

But what works, medications, low-fat foods, weight-loss schemes, skipping meals?

Metabolic Balance: The Path to Health Starts with Taking Control of Life

Many feel that there is no time to sit down to a well-planned meal at the expense of personal health. In reality, eating and drinking are foremost among basic human needs. Food and meals should take priority.

Metabolic Balance allows the body to find it's own balance. The correct foods naturally detoxify the body. The focus turns to reflection; a knowing of oneself. Concentration is better. No longer distracted by ads and fads. It is easier to trust what is good to eat. Self-confidence comes from within.

Confidence spreads to other parts of life, to values, and meaning. Finding inner resources to face

problems at hand.

Metabolic Balance Offers Mindfulness

The program begins with a gentle cleanse, a preparation to the new way of eating. It takes commitment. By the second week the metabolism is on it's way to changing away from a dependency on insulin spikes created by high carbohydrate foods, multiple snacks during the day. Hunger pains are replaced by calmness and renewed vitality. Frantic nibbling or eating while working is replaced by meals that nourish the body.

Focus turns toward preparation, taste, and joy of eating food that taste great, feel good while improving your health.

“Metabolic Balance was the Best Investment of My life!”

Many women experience clearness of mind, improved sleep, less joint pain, and hormones coming into balance. One women summarizes her experience:

I love MB so much, I am staying on it the rest of my life. It stabilized my hormones. I lost all the bulges I gained during menopause. My headaches are gone; I sleep better and I love the food I eat.

A study recently published in the Journal of Nutrition and Metabolism proves that the metabolism program Metabolic Balance® is an extremely effective program for weight loss which also has a positive effect on both health and personal quality of life. Find out more [here](#).

I offer a 12-week coaching package for Metabolic Balance. Package includes blood tests, individualized meal plan, 4 private consultations and 12 group coaching sessions. There is an introductory rate if you register before Dec. 31, 2011. To learn more go to [MetabolicBalanceCalifornia](#).

Myra Nissen, CCH, RSHom(NA), is a [board certified homeopath](#) (US & Canada) with a practice in Walnut Creek, CA. To learn more about Myra, check out her bio below, read her articles in the [Myra Nissen SF BAWJ Author Library](#) and visit her [Look Book!](#)

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