



# THE HEALTH EQUATION

## **Metabolic Balance® Nutritional Programme:**

### **Level 1**

### **The Level 1 package is open to UK based and International Patients**

The Metabolic Balance® Individualised Nutritional Programme Level 1 at The Health Equation works in the following way:

All New Patients will need to book a separate 60 - minute Diagnostic Consultation, which is payable separately. Current patients of The Health Equation can arrange a short consultation or have their data collected during a routine consultation, as we already know your medical history.

Once you are accepted onto the programme:

- We will explain the arrangements to have the blood samples taken, usually at TDL as this needs to be a fasting sample - first thing in the morning having avoided food for 12 hours). The blood parameters consist of a haematology/biochemistry profile (rather like you would get in an annual health check), with some specialised hormonal markers, to determine metabolism. We have now enhanced

the blood test to a 1MBR to include HbA1C (the gold standard 3 month blood glucose marker) and VitD25OH.

- The results from the blood tests and the patient data, are entered into the MB software programme and an individualised nutritional programme produced.
- Once we have the programme back from Germany, the patient will be contacted to make their 1<sup>st</sup> follow up consultation.
- Please note that once the initial blood results are received the turn-around time to produce an individual Metabolic Balance ® programme is approximately 48 hours (excluding weekends), unless the blood parameters are abnormal when it can take longer.
- The patient has a lengthy 1<sup>st</sup> follow up consultation to discuss their individual nutritional programme and the logistics of its implementation, this can last up to 60 minutes.
- The patient will also receive a Comprehensive Functional Blood Analysis Report, this gives a detailed breakdown of what all the blood parameters mean and the possible effects on a functional level on your physiology
- **THE PATIENT** then needs to notify our office of when they intend to start their programme, which will be marked on their records and to start to arrange the follow up support consultations, which last 30 minutes.

- 1 week after starting your programme they have the 2<sup>nd</sup> follow up consultation
- 1 week later the 3<sup>rd</sup> follow up consultation
- 2 weeks later the 4<sup>th</sup> follow consultation
- 4 weeks later the 5<sup>th</sup> follow up consultation
- 4 weeks later the 6<sup>th</sup> follow up consultation
- Follow up consultations 2 to 6 can be in person or by skype/facetime or telephone.
- Additional ad hoc email and telephone support during this 3-month period is included in the package price (a fair usage policy applies)
- Between 3-6 months after the completion of the programme a follow up blood test is offered, repeating the 1 MBR profile.
- We have now enhanced the programme to include an additional 7<sup>th</sup> follow up consultation around 6 months after the start of the programme. This helps people keep on track, we discuss your progress, any challenges and the results of the follow up blood tests, to decide if any additional support is needed or medical referral appropriate.
- The Metabolic Balance® Nutritional Programme Level 1 is essentially a 6-month programme of continued nutritional support. Some patients may opt for additional support after the initial 6-month period, at an additional charge.

- For international patients, consultations for the Level 1 package can be carried out by Skype/facetime. However they all need to initial Diagnostic Consultation in London and to have the blood tests carried out at TD (our testing lab) in London for analysis. This ensures that the blood parameters used are accurate, essential for producing the bespoke programme.
- . The cost of the individual components of the package would add up to over £2,000 therefore we are pleased to be able to offer our Metabolic Balance ® programme as a package price
- Please see our current package prices at
- <https://www.thehealthequation.co.uk/fees/>
- Metabolic Balance ® UK does not allow any Metabolic Balance ® coaches to provide individual programmes that are not part of a proper package (at least 3 months) with proper support. Therefore we are unable to run the blood tests and produce a programme without the proper support programme.