



THE HEALTH EQUATION

Metabolic Balance® Nutritional Programme:

Level 2

The Level 2 package is open to UK based Patients ONLY

The Metabolic Balance® Individualised Nutritional Programme Level 2 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 1st 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 1st 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 2nd follow up consultation
- 1 week later the 3rd follow up consultation
- 2 weeks later the 4th follow consultation
- 4 weeks later the 5th follow up consultation
- 4 weeks later the 6th 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 7th 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 2 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 the Level 2 programme, we are pleased to offer in addition:**
- 4 x 30 minute hands on Osteopathy and or Breathing re-Education via the Capnotrainer, depending on your clinical situation. The neurological control of your gut is via the parasympathetic nervous system (the relaxation part of your autonomic nervous system), breathing behaviour and diaphragmatic control is critical for gut function.
- An assessment with our exercise specialist, based in London, with an individually designed exercise programme with digital videos/photos.
- Follow up exercise consultation.
- Additional ad hoc email and telephone support during the programme is included in the package price (fair usage policy applies).
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- . The cost of the individual components of the Level 2 package would add up to over £3,000 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.