

Metabolic Balance ®




metabolic balance




THE HEALTH EQUATION

The Health Equation

White Horse Cottage, Alton Barnes, Marlborough,
Wiltshire, SN8 4LB

The Charterhouse Clinic, 98 Crawford Street,
London, W1H 2HL

+44 (0) 20 7631 1414

info@thehealthequation.co.uk

www.thehealthequation.co.uk

The Health Equation offers the Metabolic Balance ® Individualised Nutritional Programme



Mr. Gerry Gajadharsingh DO

Osteopath, Diagnostic Consultant-Complementary Medicine

Metabolic Balance® Nutritional Coach and Lecturer for Metabolic Balance ® UK

The Health Equation is a private health clinic in London where we take the time to carefully assess you, so we can get to the root cause of any problems you may have. We provide an open environment, where you can discuss your health in detail and learn more about your individual needs and treatment options.

By combining both conventional and complementary medicine, we consider our patients' as a whole; taking into consideration your body, mind, energy level, memory, diet, routine and posture. An initial consultation at our private health clinic in London will allow us to create a thorough picture of your health and lifestyle and provides a unique diagnosis alongside a treatment plan that's specific to you and your needs. Our core values are Caring, Partnership and Excellence; our aim is that these values underpin all that we do at The Health Equation.

What is Metabolic Balance

This bespoke nutritional programme, was devised in Germany by Dr Wolf Funfack. It uses up to date nutritional science, with an individualised approach to nutrition, based on the patient's blood parameters and follows a concept of eating 3 meals a day, no snacking between meals, good quality protein, dietary fat and low glycaemic load carbohydrates with each meal. We offer it to select patients to optimise their metabolism for a variety of clinical reasons including weight management.

"I started Metabolic Balance with Gerry Gajadharsingh at The Health Equation with the main aim of improving my overall health. Within 3 weeks, I was already seeing positive effects – losing weight, acquiring a leaner build, an improvement in my skin condition and generally, I was feeling much better. The diet is simple to follow once started, allowing me to enjoy food to the full, and I would highly recommend it to anybody. At 47, I have never felt more energetic and in such overall good health."

Ms. Celine Lynch, London

Metabolic Balance ® Individualised Nutritional Programme

Diagnostic Consultation 60 minutes

All new patients to The Health Equation will need to have a 60-minute Diagnostic Consultation to ensure that the Metabolic Balance ® programme is right for them, or if another type of intervention for their health problem is more appropriate. Current patients of The Health Equation simply attend for a short consultation for Mr. Gajadharsingh to collect the data and arrange the fasting blood test so that their Individualised MB ® programme can be produced. **The cost of the Diagnostic Consultation is NOT included in the programme and is payable separately.**

How the programme is produced

A fasting blood sample will be arranged to obtain specific blood parameters, the blood profile is 1 MBR, the results and the data collected from the Diagnostic Consultation are then entered into the MB ® software and an individualised nutritional programme is produced. The turnaround time from blood test to programme production is usually within 2 working days.

How it works (for Level 2 and 3)

A 60-minute follow up consultation is then arranged for Mr. Gajadharsingh to present the programme to the patient.

The patient then determines when they will actually start the programme under Mr. Gajadharsingh's guidance, depending on their own particular circumstances.

Phase 1 lasts for 2 days, essentially a detox/cleanse, this is generic for most patients who are given a number of choices of breakfast, lunch and dinner, focused on low GL carbohydrates.

Phase 2, the strict phase, lasts for 14 days, this is individualised and involves a meal plan for breakfast, lunch and dinner and a specific food list that goes with each meal. No alcohol is allowed and no additional fat initially during this phase, if on a weight loss programme. Minimal exercise is suggested at this stage.

Phase 3, the relaxed phase, lasts for the remainder of the 6-month programme, an increasing variety of foods are introduced into the programme. Increasing levels of exercise are suggested at this stage.

At the end of the 6 months the vast majority of patients will have learned which foods optimize their metabolism and carry on with their new way of eating.

A follow up blood test is offered at 6 months on completion of the programme.

The patient has six additional 30-minute follow up consultations during this 6-month period for continued support to help them keep on track with the programme. These consultations can either be in person or via Zoom.

Ad hoc email and telephone support during the 6-month programme is provided if necessary (a fair usage policy applies).

Level 1, 2 and Level 3 Metabolic Balance ® Programmes

Level 1 MB Programme (UK based patients only)

Level 1 is essentially a modified 3-month basic programme of support, which includes the 1 MBR blood test, Functional Blood Analysis, MB plan from Germany, a 60 minute 1st follow up consultation and 3 additional short consultations at week 2, week 4 and week 12 (at the end of the programme). It is suitable for patients who have previously had a MB programme, understand the principles and want an up to date programme or for patients who think they can follow the plan with minimal support and don't need the follow up blood test etc.

Level 2 MB Programme (UK and International patients)

Level 2 is the bespoke 6-month programme of continued support, described on page 3 of this brochure. Follow up consultations for the Level 2 programme can be carried out by phone conference or Zoom.

Level 3 MB Programme (UK based patients only)

This is the Level 2 programme but with the additions:

- 4 x 30-minute hands on Osteopathy or Breathing Re- Education via the Capnotrainer, depending on your clinical needs.
- An assessment with our exercise specialist, based in London, with an individually designed exercise programme with digital photos/videos.
- Follow up exercise consultation.

For further information, including current prices go to

<https://www.thehealthequation.co.uk/nutritional-programmes/>

<https://www.thehealthequation.co.uk/consultation-treatment-fees/>



You can also download "The Health Equation- A Way of Life", available from iTunes, Gerry's iBook containing 30,000 words of text and 10 HD videos focusing on nutrition and lifestyle.

<https://itunes.apple.com/gb/book/health-equation-way- life/id871262937?mt=11>

Please call us on +44 (0) 20 7631 1414 or email info@thehealthequation.co.uk for further information