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Metabolic Balance® Flow Chart

A) Initial 1-hour appointment

Collecting your personal data, including height, weight, measurements, food sensitivities, food preferences and dislikes, medications. You receive your lab requisition form.

B) Once you have completed the **comprehensive lab test**, your blood values are sent to the metabolic balance® headquarters in Germany where your **personalized food-program** is developed.

C) At the start of the 12-week period of the program, you will receive a **1-hour office visit** (with instructions on how to start your MB® Program, 2-day Cleanse, and Strict Adjustment phase) and then **eight 30-minutes individual coaching sessions** (1st, 2nd, 3rd, 4th, 6th, 8th, 10th, and 12th week of the program).

D) If you live outside the Bay Area, long distance coaching by telephone or Skype is available. Call for details.

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