

## Metabolic balance to go



Dr. med. Wolf Funfack  
**Metabolic Balance for  
Newcomers**

[metabolic balance Zum  
Einsteigen]  
The basics of metabolic  
readjustments

Südwest  
92 pages  
Format 10,0 x 15,5 cm  
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With ca. 35 colour photographs

**Dr. med. Wolf Funfack** was a resident specialist in internal medicine and nutrition until he passed in 2013. He had almost 30 years experience with various diet programs, the limited success of which led him to devise a completely new method. Together with his wife and a nutritional technician, Dr. Funfack developed the metabolic balance® program in 2001.

[www.metabolic-balance.com](http://www.metabolic-balance.com)

More and more people are realising that imbalances in their metabolic processes can be the cause of a feeling of malaise or of becoming overweight. A nutrition readjustment according to metabolic balance® will result in a rebalancing of these processes. Hormonal regulation is improved, which in turn better regulates metabolism and helps extra weight melt away. This compact introductory work offers a descriptive and understandable entry into the metabolic balance® program. Complex relationships are explained in detail, and concrete hints and practical instructions for following the metabolic balance® program are provided.

- The perfect introduction to this sensational program for metabolism
- With many practical tips for every day life, and recipes for on-the-go
- All the important information about the most successful metabolic program worldwide, with over 300,000 participants
- Over 800,000 copies sold of the metabolic balance® series, now completely revised according to the latest scientific findings