

metabolic **balance**

Reset & Renew Program Guide



LifeSHIFT
WELLNESS



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Meet Your Practitioner & Coach

Hello & Welcome!

Hi, my name is Josephine Camilleri and I am a Certified Holistic Nutritionist, Stress Resiliency Practitioner, Workplace Wellness Program Provider and the Founder of LifeSHIFT Wellness.

I take a "whole person", scientific and individualized approach to wellness, while creating a partnership with each client that is supportive, genuine and caring, so no one feels they are making changes to their health on their own.

My mission is to guide and empower those ready to change the trajectory of their health and achieve real, sustainable results that have them feeling and looking great at any age! My primary focus is metabolic health, gut, liver & thyroid health and healthy weight loss, all of which are foundational to optimal health..

While my practice is open to everyone, I have a special interest in supporting those over 50, to help them make the necessary changes for longevity and optimal health. Through the Metabolic Reset & Renew Program, and my 6 Pillars of Health, I help people reset their metabolism, lose weight (especially the belly fat) in a healthy sustainable way, reduce inflammation, restore mental focus and reignite their energy, so they can reclaim their health, age with vitality and become a healthier version of themselves now and for life!

The LifeSHIFT Method is based on my philosophy of Eat Well. Think Well. Live Well. which you can learn more about on the next page. The focus is on root cause resolution by supporting the body and brain with the right foods, feeding the mind good thoughts and creating healthy lifestyle habits so the body, as a whole, can reset and return to balance.

For many years my personal health journey was like a roller coaster ride. I was juggling a stressful corporate career, family obligations and caring of my mom at home as her dementia progressed, and at the time I thought I could handle it all - no problem. So, when my body started to "whisper" symptoms I didn't listen....and then it started to yell at me and I had to listen. The complete physical and emotional burnout I experienced after my caregiving journey, forced me to re-examine my life and make different choices. I learned so much as I struggled to reclaim my health, and it led me to my current passion for guiding and empowering others to take proactive steps and create sustainable healthy habits.

We all need a team of practitioners to keep us healthy, and LifeSHIFT Wellness wants to be part of your care team, so annual family doctor visits, rather than regular hospital visits. are all you will need as you age vibrantly and in good health!

I look forward to connecting with you soon!

Josephine ♡

The Eat Well. Think Well. Live Well. Philosophy



The LifeSHIFT Method of Wellbeing Encompasses 6 Pillars of Health.

This method encompasses 6 Pillars of Health: nutrition, digestion, hydration, sleep, movement and emotional resiliency. These 6 Pillars are interconnected, and each element plays a vital role in weight loss.

Nutrition & Digestion

What you eat directly fuels your body and mind, and a diet rich in whole, nutrient-dense foods supports everything from energy levels to mental well-being. But nutrition doesn't stop at what we eat—it's also about what we can absorb.

A healthy gut is essential for extracting the nutrients from our food, and ensuring we get the most out of every bite. A healthy digestive system really is the gateway to overall well-being.

Hydration

Staying well-hydrated is more than just quenching your thirst; it's about supporting every system and organ in your body. Proper hydration prevents hunger and unnecessary snacking which is a slippery slope to insulin resistance and weight gain. Proper hydration also boosts your metabolism so you can burn fat even at rest.

Sleep

Good sleep is the foundation for a productive day, better mood, better food choices, fewer cravings and overall resilience.

Sleep is the time when your body resets, repairs and renews for the next day. Never underestimate the importance of a regular bedtime (preferably by 10pm or 11pm), and quality, deep sleep.

Movement

Moving your body is imperative as you age for muscle retention, strength, balance, flexibility and cardio health. It is important to move every day for these reasons, however spending countless hours on a treadmill trying to lose weight is not the answer.

Emotional Resiliency

Stress can significantly impact both your mind and body, often leading to weight gain. Stress raises your cortisol and insulin for increased fat storage; it also impacts your digestion, metabolism, sleep and how well you manage and respond to life's every day challenges.

Stress slows down your metabolism and your digestion, leading to fewer calories being burned for energy. This can result in an accumulation of unused calories, which are then stored as fat. Your body also burns fewer calories at rest, making it easier to gain weight even if diet and activity levels remain the same.

The Big Picture

Each of the 6 Pillars supports the other, creating a cycle of positive health. When one area thrives, it uplifts the others, leading to a healthier, more resilient you. When you eat well and think well, you will live well - it's that simple!

Metabolic Health & Weight Loss



Metabolic health refers to how well your cells work to transform the food you eat into energy, and that energy, in turn, powers every single cell in your body. This is why the eating and lifestyle habits you create are critical to your metabolic health, especially as you age. As your metabolism slows, it can lead to increased fat accumulation and a higher risk of metabolic dysfunction, which is a root cause of many age-related health issues.

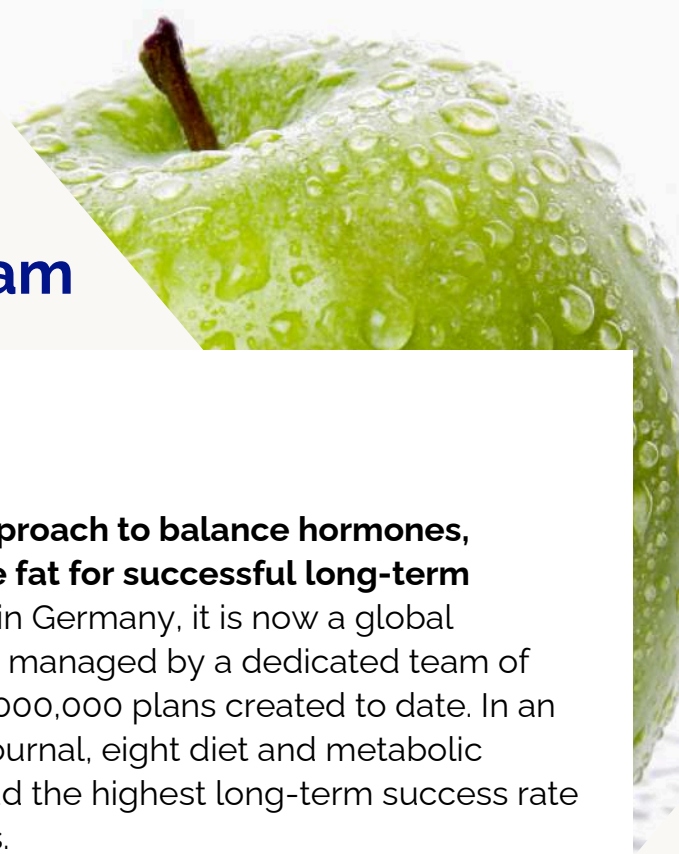
The reality is weight loss after fifty is not a simple calories-in, calories-out equation; it has more to do with the interconnected mechanisms of your metabolic health, including your metabolic rate, hormones and level of inflammation, which when imbalanced can lead to fat storage and many age-related health issues.

Insulin and GLP-1 are two hormones that, when imbalanced, becomes a major driver of metabolic dysfunction and weight gain, especially at middle age. Recognizing and addressing insulin resistance and boosting GLP-1 with a metabolically balanced nutrition plan, proper hydration, adequate sleep, movement and stress resiliency strategies are key to weight loss and overall health.

Curious to understand some of the signs and symptoms of metabolic dysfunction?

As we age we all have some degree of metabolic dysfunction, and how we manage it is what impacts our longevity and ability to age vibrantly. Below you will find some of the more common symptoms:

- Excess belly fat
- High blood sugar (HbA1C levels)
- High blood pressure
- High cholesterol
- Low HDL levels/ high density LDL
- Fatigue/tired most of the time
- Obesity
- Non-alcoholic fatty liver disease
- Anxiety & depression
- Poor mental focus/brain fog
- Insulin resistance
- Hormonal imbalances
- Low drive for intimacy
- Afternoon or late night cravings
- Poor sleep
- Night sweats and/or hot flashes
- Digestive issues - gas, bloating, GERD
- Inflammation & joint pain



The Metabolic Balance Program

What Is The Metabolic Balance Program?

The Metabolic Balance Program is an innovative approach to balance hormones, reduce inflammation, reset metabolism and release fat for successful long-term health. Designed over 20+ years by Dr. Wolf Funfack in Germany, it is now a global program offered in over 35 countries. The program is managed by a dedicated team of physicians and nutritional scientists with more than 1,000,000 plans created to date. In an independent study published in the British Medical Journal, eight diet and metabolic programs were evaluated, and Metabolic Balance had the highest long-term success rate of any of these programs, including Weight Watchers.

What Makes The Metabolic Balance Program Unique?

This proprietary, scientific method combines your health conditions, symptoms, known food intolerances and blood chemistry with food chemistry to create a completely personalized nutrition plan. There are four phases to the program and your nutritionist plays an important role in guiding you through the process, and supporting you every step of the way. Research shows that high levels of support and accountability in the beginning while new habits are being created are key components to successfully achieving and maintaining health goals in the long term.

The LifeSHIFT Method & Metabolic Balance

LifeSHIFT Wellness Inc. brings overall well-being to the Metabolic Balance Program so you can experience a truly unique mind and body reset! The LifeSHIFT Method addresses the 6 key Pillars of Health - nutrition, hydration, digestion, sleep, movement and stress/emotional resiliency. Bringing your body back into physical balance by eating healthy whole foods and metabolically balanced meals, along with adequate sleep, regular exercise and proper hydration can help the body better manage chronic stress. Couple this with strategies to help you alleviate the worry, frustration and even anxiety that can arise during stressful situations, and you are well on your way to better overall health!

The Foundation Of The Nutrition Plan



The foundation of the program is Metabolic Balance's unique capability to develop a **truly personalized nutrition plan based on food chemistry combined with an in-depth analysis of your unique blood values**, medical history and personal likes and dislikes.



For 2 weeks your personalized nutrition plan acts as your "Food prescription", indicating the wide range of natural foods you should eat in order to orchestrate the biochemical changes needed To reset your body in order to reach your realistic weight and health goals. After the initial 2 weeks your food list expands even more.



In as little as 16 days you can see changes in your body and your energy, and in 3-6 months you can improve your long-term physical and mental wellbeing. an independent study published in the British Medical Journal evaluated eight highly regarded diet and metabolic programs, with Metabolic Balance having the highest long-term success rate for life-long health benefits and weight management.



The right foods In the right quantities at the right times helps the body to burn fat and rebalance.



You have the choice between a Weight Loss or Weight Maintenance, and for the few who qualify there is a Body Building Program.



Metabolic balance® is 100% natural! There are no pills, shakes or proprietary foods. Your Nutritionist may recommend supplements to optimize your health, but these are always optional.

The Metabolic Reset & Renew Program Can Support:



HEALTHY WEIGHT LOSS AND SUSTAINABLE LONG-TERM WEIGHT MANAGEMENT



POST-OZEMPIC LONG TERM WEIGHT MANAGEMENT



REDUCED RISK OF TYPE 2 DIABETES



IMPROVED PHYSICAL AND MENTAL ENERGY THROUGHOUT THE DAY AND BETTER SLEEP AT NIGHT



DIGESTIVE, MICROBIOME AND BOWEL HEALTH



HORMONAL BALANCE - MENOPAUSE/ANDROPAUSE SYMPTOMS, LIBIDO, LEPTIN RESISTANCE, INSULIN RESISTANCE



IMMUNE FUNCTION AND AUTOIMMUNE CONDITIONS



PAIN MANAGEMENT & REDUCED INFLAMMATION



POLYCYSTIC OVARIAN SYNDROM AND FERTILITY



BLOOD PRESSURE & CHOLESTEROL MANAGEMENT



REDUCED RISK OF CHRONIC DISEASES LIKE HEART DISEASE



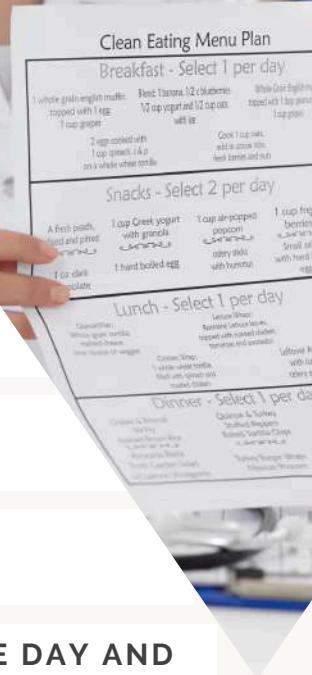
A RESET AFTER CHEMOTHERAPY



MENTAL HEALTH & WELLBEING



OVERALL OPTIMIZATION OF HEALTH & LONGEVITY



4 Phases: How Does It Work?

P1

PREPARATION PHASE

Duration: 2 Days

Light Eating/Mild Cleanse.

P2

RESET PHASE

Duration: 14 days

Your food prescription will include a wide variety of delicious whole foods to reset your body. There is no strenuous exercise or alcohol for these two weeks, but you can enjoy walking, stretching and light movement as well as having tea and coffee. Anything is doable for two weeks and your body will welcome the break and reward you with many health benefits. This is the most important phase of the plan and your body will be working hard internally during your metabolic reset.

P3

RELAXED PHASE 2 OR FLEXIBLE RESET PHASE

Duration: Weeks to months - you decide based on your achievements.

Your body will continue to reset with your whole foods nutrition plan. Depending on your goals, you have the choice to stay in a Relaxed Phase 2 with a treat meal, or enter Flexible Phase 3 which has you adding more healthy foods back into your meals, as well as a weekly treat meal. Exercise returns, and so does alcohol if that is what you desire. Learn what foods throw your body off balance and causes weight gain, or other uncomfortable symptoms like low energy or digestive issues, and what foods have a positive impact on your physical and mental wellbeing.

P4

LIFE LONG MAINTENANCE PHASE

Duration: Ongoing

By the time you reach this phase, you have learned what to eat, what foods agree and disagree with you, how to eat and when to eat for optimal health. You've also learned new lifestyle and eating habits that set your body up for success. You now have a plan that is sustainable for the rest of your life. You decide what foods you wish to eat, how many treat meals to have and the best part is you will always have a plan and know how to keep yourself on track!



Sample 2-Week Meal Plan*

This may look like an ordinary healthy nutrition plan, but every food meets a nutritional need for this client to facilitate their reset and every plan is different.

SUGGESTION #1	BREAKFAST Cheese Veg (optional) Fruit Coffee/Tea 5H	BREAKFAST Yogurt Blueberries Coffee/Tea 5H	BREAKFAST Almond Butter Rye Bread Fruit Coffee/Tea 5H
	LUNCH Eggs Starch Fruit Rye Bread Coffee/Tea 5H	LUNCH Chicken Breast Veg/Lettuce Fruit Rye Bread Coffee/Tea 5H	LUNCH Legumes (beans, lentils chickpeas, in soup or as a salad) Veg/Lettuce Fruit Coffee/Tea 5H
	DINNER Salmon Veg/Lettuce Fruit Rye Bread FINISHED BY 8 PM	DINNER Beef Veg/Lettuce Fruit Rye Bread FINISHED BY 8 PM	DINNER Turkey Breast Veg/Lettuce Rye Bread FINISHED BY 8 PM

- YOUR FOOD PLAN WILL HAVE DIFFERENT OPTIONS AND PORTION SIZES BASED ON BODY COMPOSITION AND GOALS. FOR THE FIRST TWO WEEKS YOUR FOOD SELECTIONS WILL VARY FROM WHAT IS SHOWN HERE BUT THERE IS ALWAYS A WIDE VARIETY OF DELICIOUS, WHOLE FOODS ON EVERY PLAN. TWO CUPS OF COFFEE/TEA ARE PERMITTED (EACH PERSON'S REQUIREMENTS EVALUATED INDIVIDUALLY). 100% RYE SOURDOUGH BREAD OR RYE CRACKERS ARE INCLUDED, BUT ARE OPTIONAL WITH EVERY PLAN (EXCEPT THOSE WITH CELIAC OR SEVERE GLUTEN INTOLERANCES AN ALTERNATIVES WILL BE RECOMMENDED).. EVERY PERSON MAY NOT GET THE OPTION TO EAT FRUIT AT EVERY MEAL..

Sample Personal Food List

PROTEIN EXAMPLES



FISH & SEAFOOD

Haddock, Halibut, Herring, Monkfish, Perch, Trout, Tuna, Wild Pacific Salmon. Oysters, Scallop, Jumbo Shrimp, Squid, Octopus



MEAT

Beef Fillet, Ham, Pork Fillet, Lamb Fillet, Veal



POULTRY

Chicken Breast, Turkey Breast



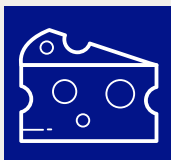
GAME MEAT

Duck, Bison, Venison, Rabbit



YOGURT

Buffalo Yogurt, Natural Cow's Milk Yogurt, Soy Yogurt



CHEESE

American Swiss, Buffalo Mozzarella, Cottage Cheese, Feta Cheese, Goat Cream Cheese (Chevre), Ricotta



LEGUMES

Chickpeas, Kidney Beans, Red Lentils, Edamame Beans, White Beans

Sample Personal Food List

CARBOHYDRATE EXAMPLES



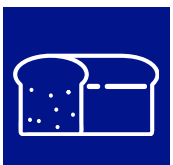
VEGETABLES

Artichokes, Avocado, Spinach, Cauliflower, Broccoli, Button Mushrooms, Chicory, Napa Cabbage, Cherry Tomatoes, Fennel, Spring Onions, Carrots, Pumpkin, Swiss Chard, Morels (fresh or dried), Green Olives, Green/Red Bell Pepper, Brussels Sprouts, Sorrel, Sauerkraut, Green Asparagus, Celery, Turnips, Green Cabbage, Zucchini, Cucumber



LETTUCES

Leafy Lettuce, Frisee Lettuce, Purple Leaf Lettuce, Dandelion Leaves, Radicchio, Romaine, Arugula.



BREAD/CRACKERS

100% Rye Sourdough Bread, 100% Wholegrain Rye Bread, 100% Rye Crackers.

For gluten sensitivity/celiac alternatives can be recommended.



STARCHES

Potato, Rice or Oats or perhaps none in Phase 2, but introduced in 2 weeks



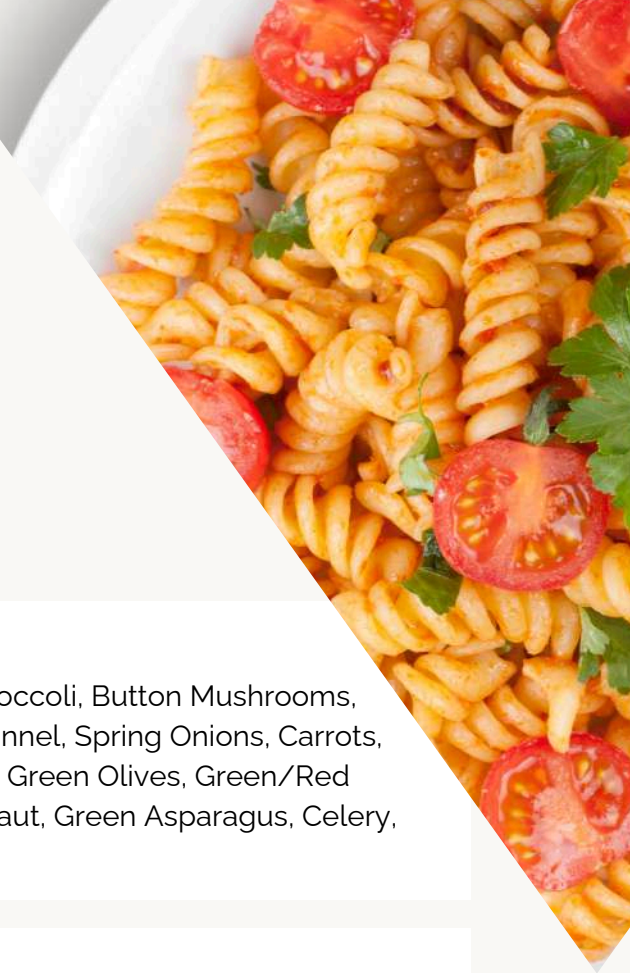
NUTS & SEEDS

Almonds, Sunflower Seeds and/or Pumpkin Seeds



FRUITS

Apple (everyday), Blackberries, Mango, Papaya, Peach, Blueberries, Cantaloupe



Outline of Our Time Together

I'm With You Every Step Of The Way...

COMPLIMENTARY CONSULTATION CALL

It all starts with a 30-minute call. By reading everything in this guide you already have a good handle on what it is all about, and you already know if you'd like to move forward. This is a chance to answer any lingering questions, discuss your health goals and ensure you qualify for the program. Once you join, you will be sent your Welcome Gift and Welcome Guide including your LifeLabs bloodwork requisition so you can get started!

SECOND VIRTUAL APPOINTMENT- INTAKE MEETING/ BEGIN HABIT CHANGES

We will review your intake form; discuss what improvements you'd like to track; talk about food intolerances and dislikes, as well as the 6 Pillars of Health and how you can start to prepare now for the start of the program. In the meantime, you will have already completed your bloodwork, and then all the information is submitted to Germany for review by our doctor and for your plan creation.

THIRD VIRTUAL APPOINTMENT - YOUR PLAN REVIEW

We will review Phase 1 & 2 of your plan together in great detail and I will ask you to pick your start date, where your calendar can be relatively clear of social events that require you to eat out. If you have one event that you just can't miss we can work around the occasion.

FOURTH VIRTUAL APPOINTMENT - PRIOR TO YOUR START DATE

Once you've selected your official start date we will meet again to ensure you are clear on your plan, have all your questions answered and review a few meal ideas for your first two weeks. Preparation is key to success -so we will make sure you are set up and ready to go! We will be in FREQUENT COMMUNICATION DURING THE FIRST 16 DAYS of your reset.

FIFTH VIRTUAL APPOINTMENT - PHASE 3 REVIEW

We will celebrate your successes in Phase 1 & 2 and discuss remaining in the flexible reset phase with a treat meal or moving to Phase 3 and all the foods you can now put back in your plan. We will also discuss how to make the best food choices so you continue to achieve your goals. This phase is still part of your weight loss and reset period, but we start weaving the plan into your everyday life for long-term sustainability. We also discuss additional habit changes for you to consider in an effort to create lasting change for your new approach to nutrition.

ONGOING SUPPORT & COMMUNICATION

Through the duration of the 16-weeks you can reach out by text, email or a scheduled call to discuss any questions, get clarity about additional foods, plateaus or work through any obstacles, triggers or self-sabotaging behaviours that might be impeding your success.

Outline of Our Time Together

WELLNESS EMAILS & ACCOUNTABILITY CHECK-INS BEGIN

I will send you informative weekly wellness emails based on the 6 Pillars of Health. These emails will provide education and empowerment, as well as a recipe, guide or checklist depending on the weekly topic. We will stay connected with weekly check-ins for 12-weeks where you will send your metrics from your Renpho scale (gifted to you at the start of the program). After the 12-week mark check-ins are optional as you start to make this more of your everyday life and enter the Maintenance Phase.

OPTIONAL SIXTH VIRTUAL MEETING: SUPPLEMENT REVIEW & RECOMMENDATIONS

If requested, suggestions for targetted supplementation can be made to help the body manage a condition or to optimize health. This is not a requirement of the program, but rather a valuable bonus, if interested.

SEVENTH VIRTUAL APPOINTMENT: 6-WEEK PERSONAL CHECK-IN

During this virtual meeting we celebrate your successes and look at how far you've come in a short period of time! We can discuss your progress, any challenges and make any adjustments to your plan at this time. As well, we will review the 6 Pillars of Health and continue to habit-stack lifestyle changes for overall wellbeing.

EIGHTH VIRTUAL APPOINTMENT - 3-MONTH PERSONAL CHECK-IN & PHASE 4 REVIEW

We will celebrate your successes and where you are on your health journey and how best to move into Phase 4 when you are ready. This meeting marks the beginning of your journey to thrive independently. Over the last three months you have implemented valuable practices that can now guide you in maintaining a sustainable, balanced life - tools and knowledge that will last you a lifetime! Check-ins now become optional, but you will continue to receive the Wellness emails until the six month mark for continued education..

NINETH VIRTUAL APPOINTMENT - FINAL PERSONAL CHECK-IN MEETING

We will discuss your successful transition to Phase 4 and I will make sure you're set up or long-term success. You will receive an invitation for a 6-month review if this is something you feel is needed.

THE 8 EASY HABITS FOR SUCCESS

As part of the program we ask that you create these healthy habits:

EAT 3 MEALS / DAY

- 1 Eat exactly three meals a day to balance your blood sugar and improve your ability to burn fat. Snacking is not part of this plan. Your meal plan will be designed to keep you feeling full until your next meal. This will always remain an important rule for long-term success.

SPACE 5 HOURS BETWEEN MEALS

- 2 After each meal, take a break of preferably 5 hours before starting your next meal. This allows blood sugar values to return to normal and helps to burn fat while the body is not digesting food.

NO MEAL LASTS LONGER THAN 1 HOUR

- 3 To prevent grazing any single meal shouldn't last longer than 60 minutes. If it is an event or dinner out, then take a break for 15 minutes and resume with a few bites of protein.

BEGIN EACH MEAL WITH PROTEIN

- 4 Always begin each meal with one or two bites of protein. This slows down the rise in blood sugar for the rest of the meal.

EAT ONLY ONE TYPE OF PROTEIN AT EACH MEAL

- 5 Eat only one type of protein per meal. For each of your three meals choose a protein from a different protein group.

DON'T EAT AFTER 9PM

- 6 If possible, do not eat after 9 pm at the latest. This gives your body time to digest your meal before the important work of detoxifying begins while you sleep. If you're a shift worker we can work with you to adjust the plan.

DRINK YOUR WATER

- 7 Over the course of the day, ensure that you drink the amount of water that has been calculated for your body in your plan. Water is imperative to weight loss, mental clarity and energy.

AN APPLE A DAY KEEPS THE DOCTOR AWAY

- 8 Always eat a raw, steamed or baked apple daily. All other fruit is optional.





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8 Reasons To Invest In Your Health



1

Your doctor has recommended you lose weight for health reasons, concerning bloodwork results or prior to surgery.

2

You want to try a natural approach to a health issue such as weight loss, pre-diabetes, high cholesterol, high blood pressure, poor energy (or any of the concerns listed previously) before starting a medication and you know supplements alone aren't the answer.

3

You're in your 50s and 60s and feeling stuck, unable to move the needle on your weight, health, sleep and energy levels no matter what you try. You're frustrated with the lack of results and wondering what now?

4

You've already tried every "diet" and have relied on willpower to try and make changes, but it is never worked for your body in the long-run. You are eager to learn what foods are right for your body, so you can make the sustainable changes you desire.

5

You don't need to lose weight, but you are ready to do a full body reset and improve your cellular health, energy levels, mental focus, sleep and overall well-being.

6

You want to get crystal clear on what you need to do to get healthy because there is just too much contradictory nutrition advice out there.

7

You simply don't want to feel "this way" anymore. You are ready to start creating a new, sustainable way of eating and lifestyle in order to feel better. You know your chances of success are greater with the highly personalized support available in this program.

8

You refuse to believe the stereotypes about aging, and you want to optimize your health, knowing now is the time to create a plan to age with vitality and stay healthy for yourself and your loved ones.



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Are You Ready To Start?

ASK YOURSELF THESE QUESTIONS:



Are you willing to follow a prescription food plan for 14 days - eating delicious, whole foods that have been chosen specifically for you, in order to orchestrate the biochemical reset required for your metabolism and all your hormones?



Are you willing to clear your social calendar for 16 days and make meals at home (or have someone cook for you) while giving your body a rest from exercise so it can work extra hard internally to reset?



Are you willing to follow the 8 Easy Habits laid out earlier in this guide to the best of your ability? These rules, along with your food prescription, are the keys to your long-term health and weight management success.



Are you ready to let go of social media trends and advice from others and follow this proven, scientific method that will help you become healthier?



Are ready to take back control of your health and stop doubting whether or not you can make the necessary changes to get healthy?



Are ready to play full-out and participate fully in the program? Show up for virtual meetings, follow the method as it is laid out for you, ask for help when you need it and trust in the process?



Are you financially able and willing to make an investment in yourself that will shift the trajectory of your health and achieve results right now for a healthier you today and for life?



Are you willing to take a hard look at what it will cost your health if you don't make this change and this investment in yourself? What will your body feel like a year from now if you do nothing, or continue trying to figure it out on your own? And, if not now when?



Finally, when was the last time you felt great? and what is it worth to you to feel that way again?

"Your life doesn't get better by chance, it gets better by change"

- Jim Rohn



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Imagine A Day When....



You actually feel better and you look better than you have in a long time!



You're sleeping much better and you have the energy and mental focus, not only to get through your day, but also to spend time with family or friends in the evening!



You no longer normalize how you've been feeling and have let go of the belief that "this is as just what happens at my age".



You've lost the midlife midsection, your clothes fit better and you are motivated and empowered to stay at a healthy weight.



You no longer need to consider medication, and your doctor is happy with the changes you have made and your latest test results!



You are no longer stuck in the endless cycle of dieting, only to gain it back over and over again. You finally have a plan for life that has shifted your approach, not only to better nutrition, but also to healthier habits.



You feel confident eating what you want, knowing you have a sustainable plan for life! You understand what to eat, when to eat and how to eat for your body to keep your health on track.



You feel so proud of yourself and everything you have accomplished, and you are an inspiration to your friends, family and co-workers with your powerful transformation!



A Picture Speaks A Thousand Words



This program changed my health for the better!

I haven't felt this good in a long time! I had normalized not feeling great. Turning 52 made me realize it was now or never to get healthy. The last straw was being told I had high cholesterol, so I decided to try Metabolic Balance. This plan is seamlessly integrating into my everyday life, and to date I have lost 20lbs and 4" off my waist. My doctor was surprised when she saw me 6-weeks after starting the program. She couldn't be happier with my improvements! She will be lowering my blood pressure medication; my cholesterol and blood sugar are back in range and my fatty liver is no longer a concern!!! To top it all off...I am sleeping better, my brain fog has disappeared, and I am more relaxed and at ease! It's important to know this is not a diet - you will learn so much, including what the right foods are for you, and how to optimally fuel and support your body for better overall health.

I joined my wife on this journey and I was a bit nervous at first, but this program is so worth it! What sets it apart is, not only the completely customized nutrition plan that was easy to follow, but also the high level of personal support and guidance I received from Josephine. She is knowledgeable, truly cares and she is always there to answer my questions! Thank you to Josephine and LifeSHIFT Wellness!!

Tony C., North York

6-Week Results



Client Love



**What sets Josephine apart is her ability to educate and empower!
Her support kept me motivated throughout my journey!**

I highly recommend Josephine and LifeSHIFT Wellness! Her personalized approach to nutrition has truly transformed my life. From the very first consultation, Josephine made me feel understood and supported. What sets Josephine apart is her ability to educate and empower her clients. She made the science behind nutrition easy to understand, and her ongoing support kept me motivated throughout my journey.

My Metabolic Balance plan was easy to follow, and it is a plan I can keep doing the rest of my life because it is not a diet - this is about giving the body nutrients! Even as I expanded my food list after the 16 days I knew how to continue to lose weight in a sustainable way, and because of this flexibility I have a plan I can use the rest of my life! I've lost 24lbs so far and I have seen significant improvements in my gout, blood pressure, energy levels, overall health, and confidence.

If you're looking for a nutritionist who genuinely cares about your well-being and is dedicated to helping you achieve lasting results, look no further than Josephine!

Mark Phipps, Orangeville



**I now have a plan and simple tools that I can easily apply to real life...
for the rest of my life!**

Everyone needs to reset and recalibrate their body, especially at midlife, and I was no different. I set out with a weight loss goal to lose the inches from menopausal weight gain, but never expected even better benefits in such a short amount of time. Not only did I lose weight, but my cravings disappeared overnight, and I experienced higher energy, reduced inflammation (which helped my Rheumatoid Arthritis pain), and I felt physically and mentally lighter. This program has shown me the many benefits of providing my body with the right nutrition, the impact of healthy eating/hydration habits and what the right self-care can do for my health.

Deb D. , Toronto

Clients Love



Your future-self will thank you for joining this program!

I tried countless methods of eating to reach my body composition goals and achieve overall well-being, but the Metabolic Reset Program is the most effective program I've ever encountered. What makes it truly special is how it is tailored specifically for me based on my bloodwork and how easy it is to follow! I'm now in the best shape of my life and the health benefits are countless! I'm sleeping so much better; I have way more energy and greater mental focus at work, my workouts are better, and I feel stronger and fitter than I have in years.

Josephine was an integral part of my success - she is knowledgeable, supportive and encouraging. She explained things clearly and made the transition from phase-to-phase easy. I am confident in my ability to sustain these healthy habits long-term. I feel completely renewed. This program has been a game-changer for my health and long-term longevity.

Neil B. , Toronto



I now have a plan for life, and I know I am doing everything in my power to age in a healthy way!

I will be 60 this year and love what this Metabolic Reset Program has done for me! I needed a midlife reset and I had a goal of optimizing my health. I love that I have busted my midlife weight gain, and all the myths about aging! Everyone tells you what not to eat, but only the Metabolic Balance program tells you exactly what foods are right for you. The program was tailored to the nutritional needs of my body, and as a result I've reached my goal weight, I'm sleeping better, I have more energy throughout my day and better mental clarity!!

Barb M., Toronto

Client Love



Josephine gave me the tools, support and encouragement to make my new way of living a permanent positive change for me!

I highly recommend working with Josephine & LifeSHIFT Wellness' Metabolic Reset Program. My goals were to lose weight, address some stomach issues, manage my blood pressure and reset my body so I could feel better and be healthier for myself and my young family, and Josephine and the plan DELIVERED! I lost 20 pounds, eliminated negative reactions my body was having to certain foods, and reset my relationship with food. I feel confident these changes will be long-term and Josephine gave me the tools, support and encouragement to make my new way of living a permanent positive change for me!

My only regret is not calling Josephine sooner!

Ian M., Toronto

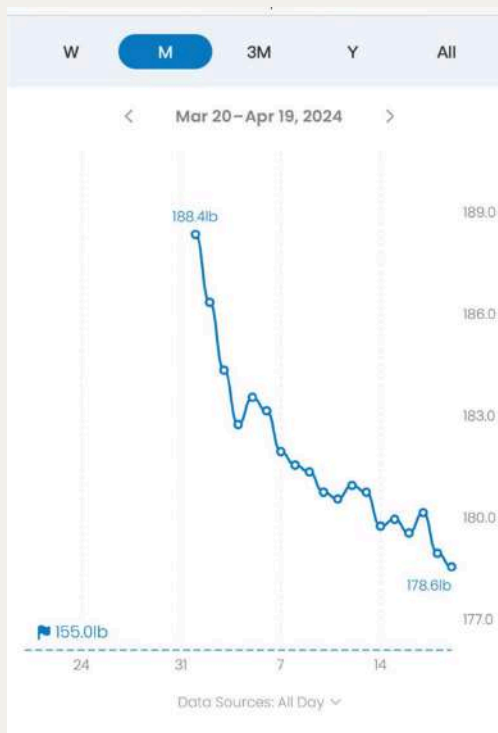
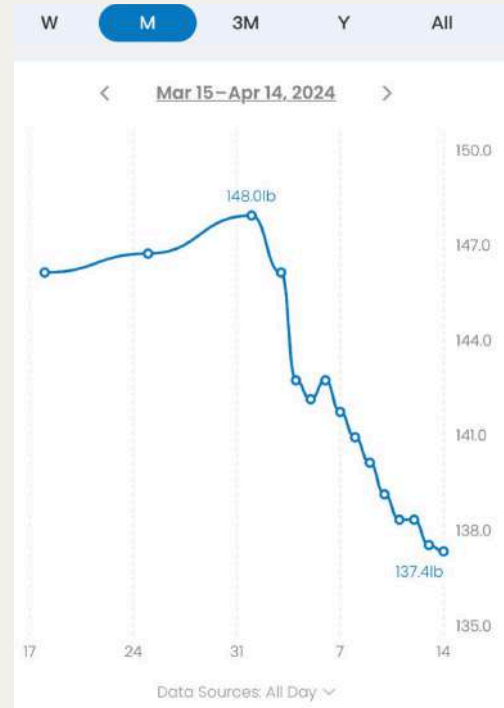


I would highly recommend Josephine & LifeSHIFT Wellness to anyone looking to improve their physical and mental health, and overall well-being.

In a time where we are inundated with fad diets and countless social media trends, I am pleased to say that I am very happy to be on the Metabolic Balance and LifeSHIFT Wellness plan. I would highly recommend LifeSHIFT Wellness to anyone that is looking to improve their overall metabolic health and lose weight. My goals were to lose weight, improve gut health and overall metabolic health. The results speak for themselves: I lost 17 lbs. and 3 1/2" of my waist in 6 weeks! I am able to fit into jeans that I had not worn for years. The meals were very easy to follow and prepare. I simply followed my personalized plan, and ate good, whole foods. I was surprised at how easily I could say no to snacks in between meals. The support that I received from Josephine was a tremendous help. She was able to answer all my questions in a timely and easy-to-understand manner. She was able to educate me on how food affects my gut and metabolic health. Her knowledge is second to none, and her ability to break things down in layman's terms is impeccable!

Rudy A., Alliston

Clients' 16-Day Reset Results*:



The graphs show a “M” view for month even though it is a 16 day period, as this is how the Renpho scale shows the trends beyond the first week.



Client Check-Ins Messages:

And a big drop today!

I am going to call the Pope and tell him to contact you about saint hood. Miracles are happening here!



I'm feeling really good 👍
Noticing some pain fall away in my foot and joints cracking less

8:41 AM



Great progress so far. Looking forward to powering on.

8:49 AM



Can the same be said if mood has improved? Can the elimination of sugar / additives actually create positivity? That's been me!

Plus... tried on shirts in the closet and they all fit now.



Woohoo feel like I went shopping for free.. he said 😊

I feel great. That was really the main benefit for me. Definitely way way way more energy, which is fantastic because I've spent the last 25 years battling thyroid and thinking that I would never have a great amount of energy.



Very happy with the progress in such a short time - less inflammation, feeling better in my clothing, hydration, etc.

9:44 AM



Afternoon Josie!

Thank you but it is a team effort! I could not have done it without you!

Plan the work and work the plan. I am good at working the plan! Thanks so much for all your support! I am excited to chat tomorrow!

sleeping better 💪

8:38 AM

Had first outing last night and was able to eat pretty well / close to my plan. Looking forward to testing this while out of town.

8:19 AM



Absolutely! That's what makes it so amazing! Yes I'm thrilled with the weight loss (nothing else was working) and the fact that my clothes are fitting again... but the non-scale wins are priceless... inflammation gone ✅
A good nights sleep ✅
Menopause symptoms improved ✅
Feeling fantastic ✅✅✅
And all while eating delicious foods

The Metabolic Reset & Renew Program Includes:



A 20+ year, proven method and a life-long sustainable program with one of the highest global success rates! Over 1 million plans created to date. No rebound weight gain (if the plan is followed) and a method of eating you can always come back to if you get off track.



Completely personalized, science-based nutrition plan based on the marriage of your your medical symptoms, known food intolerances and blood chemistry with food chemistry,



Comprehensive intake with your Certified Holistic Nutritionist who will review your health from a functional and root cause perspective, make lifestyle recommendations, and in Phase 3 possibly discuss supplements for additional support only if needed (supplements are optional not required or part of the program).



Bloodwork completed at a Provincial Lab and reviewed by our doctor and our team in Germany who will communicate with your family doctor if necessary upon reviewing your labs. If you're in the U.S. your doctor will issue your requisition and the results will be shared for your plan creation.



Four scheduled, virtual sessions including the intake, plan presentation, transition from phase-to-phase and a follow-up session. **Additional personal, virtual sessions are included in the LifeSHIFT Wellness bonuses.**



Metabolic Balance Client Recipe Facebook Group Access - In this group you can search recipes and connect with fellow clients who are on the same journey.



Mobile app for ease of reference for you plan when you are on-the-go or grocery shopping.



Metabolic Balance eRecipe books for meal ideas.

LifeSHIFT Wellness Exclusives:



Welcome Gift: A biometric scale to track all your progress and your metabolic age! Synching the scale to the app will allow you to see your data on your phone and make check-ins super simple!



Bonus: In-Depth eGuides for each of the four phases & picture shopping guides. Information at your fingertips for easy referral during and after the program has ended. If you ever want to re-do your reset you have all the information.



Four months of unlimited personal nutritional guidance and support during business hours. **Four additional scheduled virtual sessions for a total of 8-9 personal sessions; optional 15-minute touch-base calls** if you are ever feeling stuck or de-railed; **weekly check-ins for three months** of accountability; all designed to set you up for success from the start.



Bonus: HabitSHIFT tips for each of the 6 Pillars of Health. Simple tips and hacks to help you continue to improve your nutrition, hydration, digestion, sleep, movement and stress/emotional resiliency.



Bonus: Reset & Renew Journal to set you up for success before you start your nutrition plan and to help with any self-sabotaging behaviours down the road. The **HabitSHIFT Planner to help solidify new healthy eating and lifestyle habits in Phase 3.**



Optional Personalized Supplement Plan created by your Certified Nutritionist to provide additional support for your body in Phase 3 (only if needed and requested - this is not a requirement of the program) with **15% discount from online dispensary**



Bonus: 6 months of Weekly Wellness Emails starting in Phase 3 to provide education on each of The 6 Pillars of Health. These emails are informative and typically include recipes or guides for you to keep for future reference.



Bonus: eGuides to assist with Eating At Restaurants, Holiday Eating, Overindulgence, Plateaus + more. These guides contain helpful tips to keep you on track during times when staying on plan can become difficult. You have a coach in your corner every step of the way!



Priceless: The highly-personalized service and the care you receive from your nutritionist and biggest cheerleader throughout this program. When you need a question answered, guidance or help with self-sabotaging behaviours, your Certified Nutritionist & Coach is right there to help you every step of the way!



Common Questions

METABOLIC BALANCE'S SUCCESS RATE

Q What classifies as a successful weight loss plan?

A It is defined as “When an individual reaches their goal weight and maintains it for two or more years”.

- Metabolic Balance has a 60%-80% success rate (dependent on the client's adherence to the program especially in the first 1-2 months) for people being able to stick to the new way of eating and lifestyle changes for two or more years.
- Globally it has the highest success rate in more than 35 countries. The next highest is Weight Watchers at 22%

EXPECTED WEIGHT LOSS

Q How much weight can I expect to lose?

A While every body will respond differently, a realistic expectation is as follows:

- Approximately 5% - 8% of your total body weight during the initial 16-day reset period. Example: Starting weight of 180lbs = 9-14lb. weight loss during the 16-day reset period,
- After the first 16-days a realistic loss of 0.5-2lbs per week until an optimal body weight has been achieved (depending how closely the plan is followed).

Common Questions

THE METABOLIC BALANCE NUTRITION PLAN

Q What if I already eat healthy and eat all the foods you listed in your example?

A It's great that you are already eating healthy, but are you getting the nutrients you really need?

- **It's great you are eating healthy, but how do you know those are the right foods for what your body needs right now?** The foods you will receive are based on your bloodwork, so there is no guessing - you will know the exact foods your body needs to correct any nutritional deficiencies and facilitate a reset. Most foods on the plan are very familiar to people, and there can be some new foods as well (it's up to you if you want to try the new foods or just eat what is familiar).
- **The magic happens because you give your body the right nutrients, in the right amounts, at the right times** to reset your hormones (such as your hunger hormone, sleep hormone, estrogen, testosterone, insulin etc.), release inflammation and reboot your metabolism! While the foods may be familiar, the ratios and daily habits are most likely new. Metabolic Balance has created a program that allows the body to reset effectively.

Q What if I don't like the foods on my plan?

A While everyone's plan is different, most people find there is a wide variety of whole foods to choose from:

- It is understandable to be hesitant, and even fearful to think that you won't have any foods you like, but everyone finds foods they enjoy and even new favourites!
- Most likely you are wanting to make a change for your health, and the choice really is yours to make. The restrictive part of the plan is only 16 days, after that even more foods are introduced and you can bring back alcohol if that is what you desire. There is no better time than now to start because there will always be an excuse, but you have to want to make a change more than you want to keep doing the same things and getting the same results.
- What you learn on this plan goes way beyond what to eat - you learn the right foods, the right portion sizes, the right timing and the right lifestyle habits for an effective reset and sustainable weight loss for long term health.

Common Questions

LIFESTYLE

Q What if I have a busy schedule and don't have time to cook my own meals?

A Life is busy, that is a fact for many, if not all of us. We typically spend our time on the things we value most, and our health is not usually a priority, which is why a reset is usually needed.

- The fast-paced society we live in is dictating how we live and eat, and the truth is this is impacting our health. All the processed, packaged and fast foods are hurting our health due to all the sugar, unhealthy oils and cheap ingredients used in these products.
- During the first 16 days you will need to be able to cook your own meals at home (or have someone do it for you). You can pre-cook meals and have them ready to go and even freeze meals for times when cooking isn't an option. If calendar changes are needed for a short period of time in order to reap the rewards of a metabolic reset, then it's probably a small inconvenience in the grand scheme of life.
- With a one-hour commitment to prepare some foods for the week, your meals can be super easy. All three meals can be quick and simple, and typically easily adopted to make family meals. Your entire family will benefit from the changes you will be making in the long term. Your nutritionist is there to help suggest ways to make meal prep and meal planning easier, so that time is not a barrier to improving your health.
- It really comes down the decision of whether or not you can make your health the priority for 16 days, and if you want to make some longer term changes to your eating habits. If this is what you want, your future-self and health will thank you.



metabolic **balance**

Common Questions

INSURANCE COVERAGE

Q Will my insurance plan cover the cost?

A **Nutritional Counselling is covered by several major employee benefit plans.**

- Each employee plan is different, and every employer chooses a different level of insurance for their employees.
- Please check with your insurance provider to determine if you have coverage or partial coverage. Sometimes nutritional counselling can be found under "counselling services".
- If you are covered nutritional counselling receipts can be issued for each of our meetings.
- Your health spending account may also cover full or partial costs

AGE

Q What if I am under 50 years old, can I still participate?

A **Yes! Absolutely! Everyone is welcome to participate.** The benefits of a metabolic reset apply to the majority of people and the sooner you learn about your nutritional needs and how to optimize your health the better! This program will serve you well for years to come!

"Take care of your body, it is the only place you have to live"

- Jim Rohn

Common Questions

MAKING THE INVESTMENT & PAYMENT PLANS

Q What is the investment in the full program?

A Your health is the most important asset you have in life and my goal is to help you invest in yourself and your future.

- Many of us don't understand the value of our health until something happens, and we end up at the doctor or the hospital. Taking care of your health really is the best gift you can give yourself and your family.
- Due to price changes that occur from time to time from Germany, along with a special offer for groups of two or more, its best if we connect to talk about the investment and how to make it work for you (because honestly changing this guide takes time that I would rather spend that time talking to my clients and potential clients like yourself)..
- Instalment plan options, Medicare extended payment plans and Klarna payment plans (coming soon) all make it easy to invest in your health,
- What you spend today to improve your health, you will save tomorrow in medication costs and time spent in doctor offices or hospital visits.
- This will not be a sales call - simply a chance for us to connect and find the right solution for your health goals. We will spend 30 minutes together talking about your metabolic health and what you want help with and if you decide not to join that's ok, you are making the best choice for your health at this time.

"Take care of your body, it is the only place you have to live"

- Jim Rohn



To Sum It All Up.....

LifeSHIFT Wellness and Metabolic Balance have partnered to bring you a unique method of providing you with a full body metabolic reset. By providing your body with the right foods (a.k.a. nutrients) at the right time, in the right amounts magic happens! Your metabolism resets, inflammation is reduced, insulin/blood sugar rebalances, all your hormones (including your hunger and sleep hormones) are rebooted and your body is replenished and renewed!

The results? Achieving and sustaining an optimal weight, no cravings, more energy, less joint pain, better mood, improved acid reflux or digestive issues, better mental clarity & focus, non-alcoholic fatty liver resolution, reduced risk of Type 2 diabetes, heart disease, better sleep and general optimization of health for longevity are all examples of the health benefits my clients have been experiencing in one way or another..

If you are ready to start your wellness journey, I can help you begin seeing results in as little as 16 days! All you have to do is follow your personalized nutrition plan, and adopt a few effective eating and lifestyle habits that are all laid out for you in an easy-to-implement way.

I know at this point it may seem a bit overwhelming, but with my guidance and support you will quickly get the hang of everything, and I am here to make sure you succeed! I will provide additional nutrition education, as well as resources to support you with all 6 Pillars of Health, and I will create a supportive, genuine and caring space for you to achieve your health goals. I will be with you every step of the way throughout the program - that's my promise to you!

Start Looking & Feeling Better Than Ever Today!

**Invest in yourself and your community....
1% of net proceeds donated to The Daily Food Bank**



LifeSHIFT
WELLNESS

Ready To Start Looking & Feeling Better Than Ever?



If You Are Interested... Book a 30-minute Complimentary Metabolic Health Consultation Today!



Let's confirm if the Metabolic Reset & Renew Program is right for your health goals.



Have your questions answered and better understand the "getting started" process.



Choose a payment plan that makes it easier for you to invest in your health, or I am happy to connect you with Medicaid, our trusted extended payment partner.



After joining you will immediately be sent your Welcome Gift - the biometric body scale which even shows you your metabolic age.



After joining you will immediately be sent your Welcome Guide with a link to your blood requisition, so you can get started right away!



Click the button below to find a time that works best for us to chat! 😊



This is not a sales call - simply a chance for us to meet and for you to get your questions answered, so you can make the right decision for your health.

**You Can
Book Your Call
Here**

I am looking forward to connecting with you soon!
Until then, I am wishing you a happy and healthy day!

Josephine

Thank you 

For Considering LifeSHIFT Wellness' The Metabolic Reset & Renew Program!

Follow Us On Social



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Metabolic Balance Canada on Facebook



Metabolic Balance Canada on Instagram

Medical Disclaimer :

Metabolic Balance is not a medically supervised program. The Metabolic Balance plan and system is designed to help individuals lose weight and achieve a new lifestyle. It is a meal planning program, and in no way represents medical treatment or medical advice. The program does not constitute a medical product or service and does not diagnose or treat any medical condition or disease. It does not accommodate for the taking of any medications. Medication dosing may need to be monitored with your doctor during this program. All medical conditions and your current health status should always be discussed with your physician prior to beginning this or any other weight loss program.

LifeSHIFT Wellness

Eat Well. Think Well. Live Well.

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