
PRESS RELEASE

Study verifies the efficacy of metabolic balance®

Metabolism program reduces weight while also improving health and personal quality of life

Isen, 13 January 2011 – A study recently published in the ‘Journal of Nutrition and Metabolism’ proves that the metabolism program metabolic balance® is an extremely effective program for weight loss which also has a positive effect on both health and personal quality of life.

In the Journal of Nutrition and Metabolism, a leading medical journal, an independent study by the Hochrhein-Institute on the efficacy of the metabolism program metabolic balance® was published in late December 2010.¹ The study was conducted in collaboration with the Department of Quality Management and Social Medicine of the Albert Ludwig University Medical Center Freiburg. The study results clearly show that overweight individuals in particular can effectively reduce their weight using metabolic balance® and this weight loss can also be sustained over the long term. The scientists were also surprised by a clear improvement in the blood test results of participants over the course of the study as well as statements by the program participants about the clear improvements in their personal and health-related quality of life.

A widely recognised measure of the long-term success of outpatient weight loss programs is that the baseline weight is reduced by at least 5% and that this loss is sustained over one year.² With the metabolism program metabolic balance®, 62.5% of the participants cleared this hurdle. A total of 31.1% of the program participants lost more than twice this recommendation, that is, more than 10% of the baseline body weight. In an evaluation study of an outpatient weight loss program, 50% of the participants must have achieved a target of 5% weight loss and 20% of the participants should have lost at least 10% in weight.³ Both goals were reached and exceeded using metabolic balance®.

That these results are not the norm is revealed by the evaluation study ‘I’m losing weight – the evaluated concept of the German Nutrition Society (Deutsche Gesellschaft für Ernährung, DGE) on weight loss and the long-term switch to a wholesome diet’ published in 2008. In this study 26% of the participants reduced their weight by 5% or more over the course of the one-year program, while 5% of the participants lost and kept off 10% and more.

Clearly indicated: positive changes in the state of health and quality of life

What is particularly remarkable in the results from the current study are the positive changes in blood test results associated with the weight loss. These are also reflected in the very positive

¹ Meffert, Cornelia; Gerdes, Nikolaus: Program Adherence and Effectiveness of a Commercial Nutrition Program: The Metabolic Balance Study. Journal of Nutrition and Metabolism, Volume 2010 (2010), Article ID 197656 (<http://www.hindawi.com/journals/jnume/2010/197656.html>)

² P. R. Thomas, Ed., Committee to Develop Criteria for Evaluating the Outcomes of Approaches to Prevent and Treat Obesity and Institute of Medicine: Weighing the Options: Criteria for Evaluating Weight-Management Programs, National Academies Press, Washington, DC, USA, 1995

³ Hauner H, Wechsler JG, Kluthe R et al. Qualitätskriterien für ambulante Adipositasprogramme. [Quality criteria for outpatient obesity programs.] *Aktuel Ernaehr Med* 2000; 25: 163-165

assessments by the participants about their perception of the clear improvements in their health-related quality of life.

At the start of the study, only 38% of the participants indicated that their quality of life is not restricted in any way (normal value in Germany: 75%). Many complained of noticeable or serious impairments. After one year the quality of life had clearly improved: 68% of the participants were now satisfied with their quality of life.

At the start of the study, 27% of the clients complained of serious health problems. After one year, this proportion had fallen to 11.3% and was thus practically equal to the mean value in the German population (10%)

metabolic balance® and metabolic syndrome

Another result of the study shows that the systematic change in diet in accordance with the metabolic balance® system clearly improves the symptoms of metabolic syndrome (excess weight, diabetes, hypertension and lipid metabolism disorders). Of the clients suffering from metabolic syndrome at the start of the program, after one year 76% no longer met the criteria for this diagnosis.

The complete study can be found at the following link:
<http://www.hindawi.com/journals/jnume/2010/197656.html>.

Background information on metabolic balance® and Dr Wolf Funfack, MD

Dr Wolf Funfack MD is an internist and nutritional scientist. His personal experiences and the daily struggle with excess weight of many patients in his practice prompted him to search for effective solutions in the area of diet and healthy nutrition. Together with Silvia Bürkle (Nutritional Engineer), he developed the metabolic balance® metabolism program in 2001 based on his 20 years' experience as a nutrition specialist.

The individually tailored nutritional plan provided by metabolic balance® gives participants a tool for a healthy lifestyle. The metabolic regulation and nutrition program aims first and foremost to keep the insulin and blood glucose levels low using a special selection of natural foods, thus bringing the metabolism back to a balanced state. Blood analysis forms the basis of the metabolic balance® program and thus of the nutrition plan. The body is supplied with precisely the foods and nutrients that it needs.

More information can be found at www.metabolic-balance.com.

No charge for printing.
Sample copies or publication links are requested.

Please request further information and training material from:

zweiblick // kommunikation Alexandra Endres Morassistraße 26, D-80469 München Tel.: +49 (0)89 - 216681-14, Fax +49 (0)89 - 216681-15 endres@zweiblick.com	metabolic balance GmbH Annette Civanyan Bgm.-Hallwachs-Str. 8, D-84424 Isen Tel.: +49 (0)8083 - 9079-213, Fax: +49 (0)8083 - 9079-19 annette.civanyan@metabolic-balance.com
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