

METABOLIC BALANCE

Welcome Guide

BY: JO KOROSI-RINTOUL



metabolic balance



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About Your Coach



Hello!

I'm Jo Korosi-Rintoul, MLT, MAT, MLT, NT, MBC I will be your coach for the Metabolic Balance program. Thank you for the trust to guide you through this exciting journey. Let's get to know each other!

Fast Facts About Me:

How amazing would it be for you to feel as good as your best every day? Its a life style change. We all have a health 'story'. If yours has taken over your life, I can help you to transform your health and put you back in control.

Not only will you reclaim your energy, but achieve and maintain your healthy goal weight and you will feel great again naturally!

Contact Details:

✉ mdbalancedhealth@gmail.com

☎ 905 929 3134

💬 md_Laser_clinic





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Legal Forms

In order to begin the Metabolic Balance Program, you will be required to read and sign our Consent Form

Please click the link below to find the Consent Form

[CONSENT FORM](#)

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 recommended meal planning program only and in no way represents a 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 physical or medical conditions, food allergies or the taking of any medications. All medical conditions and your current health status must be discussed with your physician prior to beginning this, or any other, weight loss program.



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Legal Forms

Please review and complete the following forms

Please click the link below to review the Privacy Policy.

[PRIVACY POLICY](#)

Please click the link below to access the Consent to Disclose Personal Health Information

[CONSENT TO DISCLOSE PERSONAL HEALTH INFO](#)

Please click the link below to access the Personal Profile form

[PERSONAL PROFILE](#)

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Requisition Form

In order to begin the Metabolic Balance Program, you will be required to complete blood work.

Labs can be completed at any Life Labs location in Ontario.

Please fast between 8 - 12 hours prior to the blood test - only plain water is permitted.

LIFE LABS LOCATIONS

[Burlington Plains Rd Life Labs](#)

905 639 1858

By Appointment Only
Open Saturday Mornings

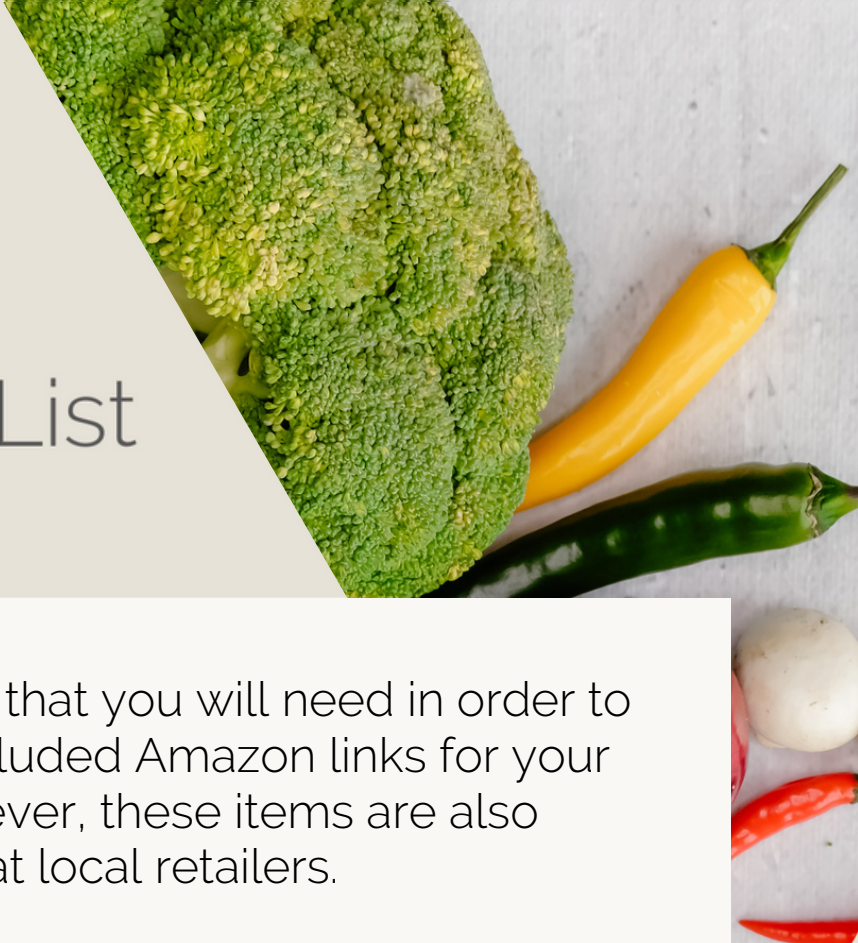
Please click the following link below to print your requisition form. Fill out the middle section and bring the form with you to your appointment.

REQUISITION FORM



Product Prep List

PHASE ONE & TWO



Below is a list of items that you will need in order to get started. I have included Amazon links for your convenience however, these items are also available at local retailers.

REQUIRED ITEM	QUANTITY	LINK
Magnesium	1	<u>Webber's Naturals</u>
Food Scale	1	<u>AccuWeight</u>
Vegetable Broth <small>*must be organic, additive-free</small>	3	<u>Pacific Foods Organic</u>
Rye Bread & Crackers	As Desired	<u>Grainfields Bread</u> <u>Rye Bread</u> <u>Light Rye Crackers</u> <u>Dark Rye Crackers</u>

*I highly recommend the Grainfields if you're able to locate some. Order in advance and freeze.

INVOICE

BILLED FROM:

Your Name + Business Name
Your business Address
Your Contact Details

BILLED TO:

Client Name
Client Street Address
Client Contact Details

DESCRIPTION	QUANTITY	TOTAL
Metabolic Balance Nutrition Plan & Nutritional Counselling	1	\$1550.00x
	TOTAL AMOUNT	\$x,xxx.xx
	TAX (XX%)	\$xxx.xx
	AMOUNT DUE	\$xxxx.xx

IF YOU'D LIKE TO SEE A PAYMENT PLAN APPLIED TO YOUR INVOICE, PLEASE
NOTIFY ME VIA EMAIL.

***This page can be deleted if you've opted for CRM Setup