



PROGRAMME FOR DOGS AND CATS

Metabolic Balance Programme

In diabetes, insulin resistance and obesity, the body responds less well to insulin. Low grade inflammation from the gut and an energy shortage in the cells play a part. This programme works in three phases on the gut, insulin sensitivity and cell energy, always alongside veterinary treatment.

Only in consultation with your veterinarian

- Never change the insulin dose yourself. The programme can lower insulin needs, so have blood glucose checked regularly.

Who is it for?

Diabetes, alongside insulin

Insulin resistance

Obesity

Fatty liver or raised liver values

Muscle loss

Persistent fatigue

The programme at a glance

Phase 1

WEEKS 1 TO 6

Gut and inflammation

Phase 2

WEEKS 6 TO 14

Insulin sensitivity

Phase 3

WEEKS 14 TO 22

Cell energy

Food and exercise

- Fresh, varied meat with ground vegetables and enough animal protein for muscle maintenance.
- Fixed meal times, especially with insulin.
- Calm daily exercise, built up gradually with obesity. No strenuous exercise with unstable diabetes.

Is your animal on a diet prescribed by the veterinarian? Only switch in consultation. A change of food changes insulin needs.

What you may notice

Weeks 1 to 6

A more stable gut, more energy and better stools.

Weeks 6 to 14

Better use of glucose; insulin needs may fall.

Weeks 14 to 22

More stamina, muscle maintenance and more stable blood glucose.

From month 6

A stable weight and better condition.

Stabilising the gut and immune system and lowering low grade inflammation.

Prebiotic Fibers	Feed beneficial gut bacteria.
Biofilm Balance	Breaks down harmful biofilm in the gut.
Liposomal Vitamin C	Antioxidant that protects cells.
Liposomal Curcumin	Reduces inflammation and fatty liver.
Myc Immune Complex	Beta-glucans for immune balance.

Making the cells more responsive to insulin again.

Metabolic Balance	Berberine and NAC support glucose metabolism and the liver.
Omega 3	For supple cell membranes and insulin sensitivity.
PEA Complex	Reduces inflammation and pain.

Longevity Support and **Liposomal Co-enzyme Q10** support energy production in the cells, **Relax Support** provides magnesium and **Liposomal Glutathione** protects the liver.

Monitoring

Have blood glucose and liver values checked before the start and at each new phase. With diabetes, discuss the glucose curves with your veterinarian.

When needed

With a lot of stress: Adaptogen Complex.
With marked gut problems, first the Gut Restoration Programme.

Dosing. First month: the therapeutic dose twice daily, then once daily, as advised by your veterinarian.

Recognising low blood glucose

- Signs: trembling, wobbling, restlessness, lethargy or a seizure. Rub honey or glucose syrup on the gums and call the veterinarian straight away.
- In cats, diabetes can go into remission and insulin needs sometimes fall quickly. Extra monitoring is then needed.
- Do not start Metabolic Balance with unstable diabetes without veterinary guidance.

PERSONAL ADVICE FROM YOUR PRACTITIONER

Animal's name _____

Start date _____

Dose _____

Additional consultation with practitioner, if needed _____

Additions from other programmes, if any _____