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GACC Highlights of 2016

GACC Gala Awards

Is food, indeed, nature's medicine?

metabolic balance[®], a Bavarian company, is promoting natural health in San Francisco and throughout the USA



The idea that our daily food is also medicinal is certainly not original, as it dates back to ancient times. Hippocrates, the father of medicine (460 to 377 BC) proclaimed, “Let food be thy medicine and medicine be thy food”. The creator of Homeopathy, Dr. Samuel Hahnemann (1755 – 1843) wrote, “The influence of regimen and diet on the cure is not to be overlooked.”

With this wisdom Dr. Wolf Funfack († 2013), a German village physician, treated patients in his medical practice on a daily basis. He started by recommending specific foods to his patients depending on their health issues and diseases. His primary target was to reduce patients' suffering and pain. When patients returned in better health, Dr. Funfack and his wife discovered something else: nearly all of them had lost weight as a side effect and increased their energy levels.

An idea was born. They began creating handwritten individual nutrition plans with support from Mrs. Birgit Funfack's sister,

“Due to the high individualization of the nutrition plan metabolic balance® is represented in more than 25 countries.”

Franziska Wintergerst,
CEO of Metabolic Balance Inc.



Silvia Bürkle, a food technologist. Demand increased, leading to selection algorithms and software being adapted to ensure quality control and responsive service.

In 2003, the Funfacts named the program and the company metabolic balance®, providing the concept a home and a manner in which to serve clients in need of natural nutrition. Its competitive features are obvious:

“Due to the high individualization of the nutrition plan, which takes into account physiological data, health history and blood labs, today metabolic balance® is represented in more than 25 countries.”, explains Franziska Wintergerst, CEO of Metabolic Balance Inc.

Sylvia Egel, Director of Coaching and Education adds: “For its U.S. operations, metabolic balance® has chosen a San Francisco headquarters with the GACC. With about 80 coaches U.S.-wide there is still considerable space for certifying new coaches.”



Len Tuccelli, Director for Sales and Marketing, continues: “On a regular basis, metabolic balance is inviting potential coaches and clients to online and live Information Events such as the “Lunch and Learn” event held on November 2, 2017 at Fort Mason, San Francisco.” ■

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