



WHAT IS BALANCED METABOLIC COACHING?

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Balanced Metabolic Coaching is a 12-week virtual program, designed specifically to improve your overall immune system. I've developed multifactorial steps to ensure this program is comprehensive, and from there, it is customized for your unique situation and health needs.

Here is a summary of those steps. Maximizing all these areas will lead to the recreation of a robust immune system. Your immune system is your internal “Armed Forces” to fight any fight to keep you healthy and heal your body.

You can view this as a “shotgun” approach. I identify, integrate, and implement these unique steps to enhance overall health and wellness. It will be customized to your needs. Each step works on specific pathways.

Although there are many “methods” recommended by many healthcare professionals, I don't include those that I believe are redundant to what I currently do. I also don't include those that are inferior yet claim the same results as those I recommend.

However, whenever I find something that may improve what I am currently doing, I proactively research it. I'll then add it to, or replace and tweak, my methods if I have been convinced there is added value.

CAVEAT: My coaching program is not a cure for any disease. Balanced Metabolic Coaching assists your own body to heal and be healthy. You should incorporate appropriate integrative conventional medicine from your medical and dental doctors with my healing and wellness program as necessary!

BALANCED METABOLIC COACHING STEPS:

1

Address any outstanding dental issues: An unhealthy mouth affects the entire body. So, it is critical to treat all periodontal disease, tooth decay, inflammation and infection in the gum and jawbone.

However, if there is active, acute infection, then this must be treated therapeutically ASAP. This could consist of killing aggressive pathogenic bacteria as well as reducing toxic elements in the mouth efficiently and effectively. The goal is to regain balance to the healthy oral microbiome and repair the damage done to the teeth, gums, and jawbone.

In addition, it is important to eventually correct the shape of the jaw and provide functional occlusion which will improve any obstructive airway space and crowded tongue position.

2

Initiate a shift in eating habits to improve the health of the gut and provide all the necessary nutrients that our DNA code requires. This way of eating has been part of human evolution. Only in the last several hundred years has it been severely compromised. This way of eating is designed to reduce inflammation, improve digestion, burn fat, identify food sensitivities, reduce allergic reactions, boost energy, regulate blood sugar and stabilize mood.

Food is medicine. It must not only be consumed from healthy sources, but it also must be absorbed efficiently and effectively.

3

Begin the process to heal the gut and its epithelial lining: Almost all chronic diseases start in the gut. An unhealthy gut will leak toxic substances into the blood system and then travel throughout the body causing havoc.

Specific methods will remove toxic elements, increase the diversity of healthy bacteria in the gut, and heal the mucus layer and gut lining so that there is no “leaky gut”.

4

Recommend actions to improve individual cell function: Every human cell has a purpose. When a cell is damaged, it cannot function as it was designed to function. So, one goal to improve the immune system is to repair the function of cells. Several methods will improve cellular nutrient channeling, create energy inside the cell, enhance blood flow, and neutralize damage from dirty electromagnetic fields that surround us and affect our cells’ health.

5

Maintain healthy glucose metabolism: The ability for our body to burn fat as well as carbohydrates for fuel seamlessly reduces our risk of disease. This is called metabolic flexibility. All the steps in this program will lead to metabolic flexibility.

6

Introduce carefully chosen supplements: As I stated, you are not only what you eat; you are what your body can absorb. Giving your body bioavailable nutrients in the form of whole, untainted foods is essential for wellness.

Some of these foods can be eaten in desiccated forms. These aren’t your run of the mill supplements, comprised of synthetic chemicals or isolated nutrients taken out of its natural

symbiotic source. Almost all the supplements I recommend are from animal sources, which are desiccated and provide practically all the bioavailable nutrients your body requires. Water is the only element that is removed to create these powdered supplements.

7

Uncover and improve other important aspects: Several other methods will continue to enhance the all-important immune system. These include stress reduction, efficient exercise, and restorative sleep,

8

Monitor success: To know where you are in this journey, I created “5 Important Tools for a Robust Immune System”. These can be monitored to determine if your goal is on track and remains on track.

RESULTS

Your results could be impressive.

Removing irritants from your body and giving your body what it needs will reduce your risks of chronic disease and can heal a damaged body. These steps are not a cure for any disease. But as I stated in the beginning, your immune system will be energized to heal the best as it was designed to heal.

It is my pleasure and honor to customize my protocols with clients and help them to change their lives for the better. Some of my 12-week coaching clients have had results that they would like to share with you. Here are a few ...

“ *I highly recommend Dr. Al as one of the leaders in integrative and functional medicine. His nutritional coaching program has greatly improved my overall health and shifted my mindset about health for the better. He guides you through the whole process, and he is always available to answer your questions. I have gained valuable lessons that I will use for a lifetime. – Dr. JP* ”

“ *Had a potential cancer scare and wanted to know what having a good immune system looked like. Dr. Al was very informative and so the information was overwhelming. His story is truly inspiring and given me strength to continue my personal healing path. Within 3 mos. I had lost 18lbs, my lower back ache went away, and oddly enough my athletes foot cleared up. His sympathy for my situation was invaluable. I’m so grateful to have met him, and I hope to keep on speaking with him. - Ytany* ”

“ *Becoming sick at a young age had me in-and-out of Doctor's offices for years. I tried the traditional medical route and felt let down, then went a more holistic path and started to get some answers for my struggling health, but I was still wandering around looking for solutions and was very overwhelmed and discouraged. I've tried so many things over 5+ years to try and heal myself and get my health back.*

That's when I discovered Dr. Danenberg on a podcast interview.

The amount of knowledge I heard from simply one interview had me wanting more, and I literally listened to every podcast interview I could find on YouTube with Dr. Al Danenberg over the course of 3-days. I was hooked. I then dove into his blog, website, and books and considered starting consultations with him. I tossed up the consultations and went back and forth on them for a few weeks before finally committing, and I am DEFINITELY glad that I did!

The part that had me hooked from the very start was the really extensive questionnaire and food journal that we have to submit from the beginning. And then when I got on the actual consultation, Dr. Danenberg had my questionnaire in front of him, and it was very clear that he had read it line by line beforehand, and he had notes already prepared for our call. (I had visited other Functional Medicine Practitioners in the past, but I always had to fill out a questionnaire, and then basically tell them exactly what I put on the questionnaire beforehand - so this was a new experience.) This preparation really allowed us to get into the “meat” (pun intended) of the conversation and really talk about what was ailing me and the potential solutions. We discovered issues that no one else had been able to find and tell me about.

Dr. Danenberg's bedside manner was the best I have ever encountered, and my spouse and I both left the conversation, looked at each other, and said “This was the best doctor's visit/consultation we've ever had” - I left with very tangible next steps for healing, a feeling of hope and encouragement, and many new insights into my health that I have never heard about before.

I then received an email recapping everything we talked about so we wouldn't forget!

Dr. Danenberg is extremely knowledgeable, extremely kind and caring, and super impactful. I am extremely blessed to be in his care, and I am so happy I took the step to have consultations with him.- Tyler P. & Abby M.”

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“ *Dr. Al began as a conventionally trained dentist and periodontist, before receiving multiple functional medicine certifications. I learned the oral and periodontal health is a strong indicator of general health, and more specifically gut health.*

In the three months I worked with Dr. Al, I changed from a Paleo / Whole foods-based diet to a mostly carnivore diet. I used specific supplements to improve my microbiome and went from bleeding gums and periodontal pockets to no bleeding and no pockets. Even without adding any exercise to my routine I lost about 10-15 pounds - most of it was visceral fat!

I highly recommend Dr. Al's 1:1 Coaching Program. I can't think of a better way to find your health baseline and get an actionable plan for improving it! -Dan R ”

YOU, AND ONLY YOU, ARE IN CONTROL OF YOUR HEALTH

You don't have to normalize your discomfort simply because you've "always felt this way." You don't have to let physicians, prescription drugs, the government, or insurance companies control your health. But you do need to be proactive, which is why I created this 1:1 Balanced Metabolic Coaching Program.

Get started today by [booking your complimentary consultation](#). I will guide you through creating the right plan for you, based on your unique needs. You'll become healthier, more energetic, and gain metabolic flexibility. And the best part is, you don't have to do it alone.

Learn more at www.drданenberg.com.