

SUMMER IS JUST AROUND THE CORNER!

IS YOUR SPARE TIRE IN NEED OF A CHANGE?

HAVE YOU TRIED LOSING WEIGHT IN THE PAST AND FOUND IT JUST
WOULDN'T BUDGE?

HAS YOUR DOCTOR WARNED YOU THAT YOUR CHOLESTEROL IS A PROBLEM?

IS YOUR BLOOD PRESSURE ON THE RISE?

YOU MAY HAVE METABOLIC SYNDROME!

WHAT IS METABOLIC SYNDROME?

The national cholesterol education program defines metabolic syndrome as three or more of five criteria:

Abdominal obesity (fat sits primarily around your midline, ie:beer gut, love handles.) You are at significant risk if your waistline is greater than 102 cm for men and greater than 88 cm for women.)

High triglycerides in the blood. (Your cholesterol is a problem, > 1.69mmol/litre)

Low HDL's – (your “good fats” are lower than the “bad fats”)

Hypertension (Higher than normal blood pressure levels, .> 130/85m hg)

Elevated fasting glucose levels (>5.5 mmol/litre)

Other clinical indicators of metabolic syndrome are: Acne, skin tags, male pattern baldness, diabetes, history of failed weight loss attempts, sleep apnoea, daytime fatigue and sleepiness, depression, migraines, previous history of heart disease, elevated liver enzymes, cravings for carbohydrates....sugar junkie.

Metabolic syndrome can also affect the reproductive system in men increasing the incidence of erectile dysfunction, impotence and prostate cancer.

In women it can be associated with Polycystic ovaries, infertility, irregular periods.

Does this sound like you or someone you know? It should! It is very common.

There have been studies (Carr MC et al. Journal of Clinical Endocrinology and Metabolism 2004) that show that 33-45% of subjects met the criteria for metabolic syndrome. The studies included those with diabetes and people without diabetes. It is now particularly prevalent in overweight adolescents. As many as 30% of obese adolescents are already showing indicators of metabolic syndrome (Duncan GE. 1999-2000) Diabetes Care.2004).

WHAT CAUSES METABOLIC SYNDROME?

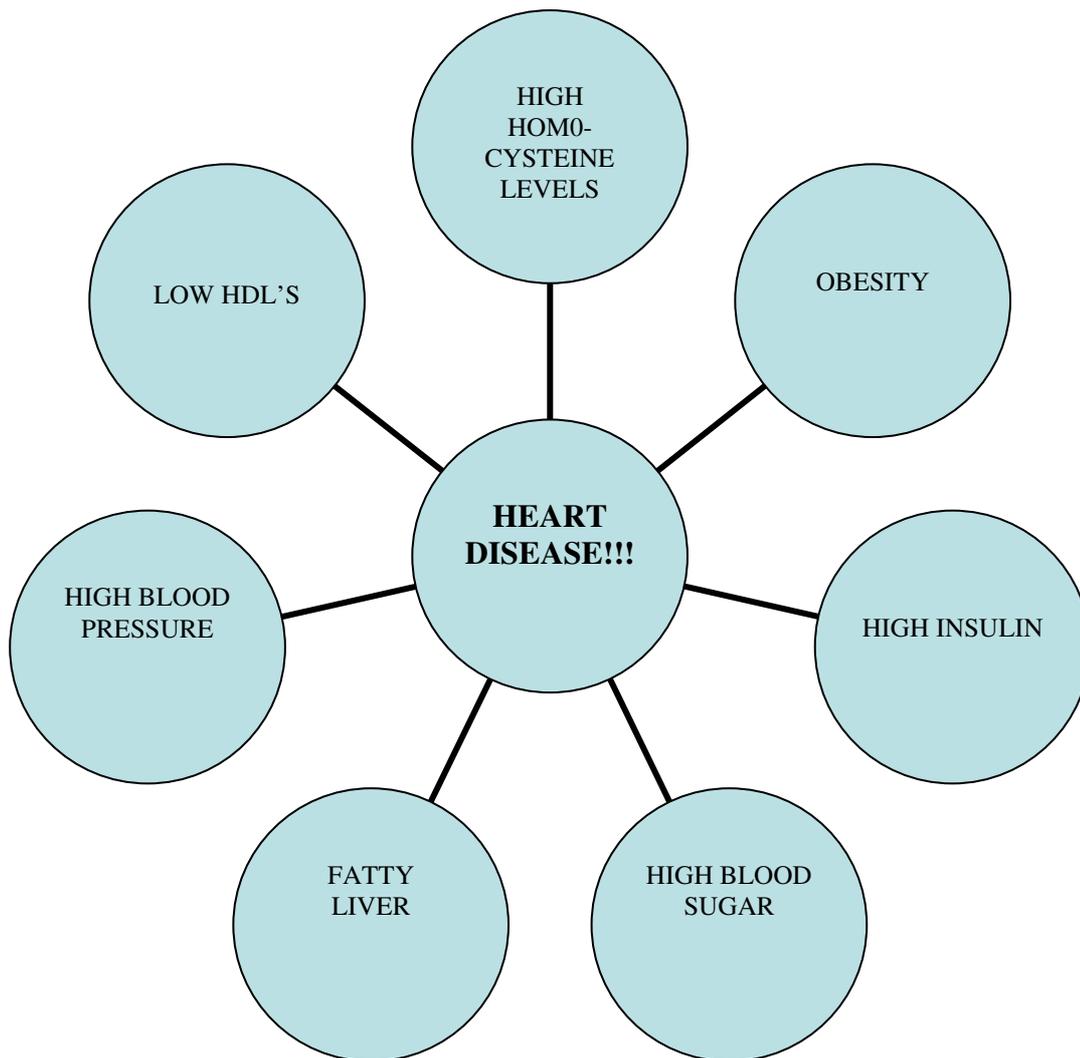
Stress
Sedentary lifestyle
High fat, high calorie diet
Inflammatory disorders
Sedentary lifestyle
Hormones
Toxicity
High sugar or Carbohydrate intake

What drives metabolic syndrome?

Insulin resistance
Abdominal (visceral) fat
Dysfunction at a cellular level.



WHAT ARE THE CONSEQUENCES OF METABOLIC SYNDROME?



- **Diagram information created from Metagenics seminar on Metabolic syndrome 2006.**

If metabolic syndrome is left untreated the consequences to one's health are many. **Severe** increased risk of **cardiac disease, stroke and cancer** to name a few. It affects the **nervous system** and patients are often seen with depression, migraines, tinnitus, headaches, and dizziness.

Patients with **insulin resistance**, which causes the body to store extra fat, can go on to develop type two diabetes if they don't already have it. Metabolic syndrome that is not appropriately managed can lead to irreversible damage to your heart, kidneys and liver. Not to mention those with metabolic syndrome often complain of fatigue, low motivation and poor sleep. Take back your health, take steps to a healthier you!



WHAT CAN I DO TO REDUCE MY RISK?

See your naturopath for nutritional counselling, weight loss programs, and natural solutions for your insulin resistance. Naturopaths can work with your GP to help clean up your body and bring down your cholesterol and blood pressure. Regular check-ups to measure your BP, cholesterol and weight loss are essential.



[Live Blood Analysis](#) can detect if you have inflammation, high fat content in the blood and nutritional deficiencies.

Waist measurements: Take your measurements at home, the healthiest waist measurements are below 94 cm for men (may differ with people of small frames ie: Some Asians), and 80cm for women. Measurements above 102 cm for men and 88cm for women are one of the components of Metabolic syndrome.

Have your blood pressure, cholesterol, blood sugar levels and nutrition analysed by a naturopath or GP that specialises in Metabolic syndrome. Do not leave high blood pressure untreated.

Metabolic syndrome is mostly dictated by factors that can be changed such as lifestyle choices. For example: changing ones diet to reduce the high sugar (high GI) carbohydrates will help control blood sugar. If you have already had an indication from your doctor that you have several of the mentioned risk factors it is important that you make the necessary changes sooner rather than later. Naturopaths who do nutritional teaching to help maintain health will be of great assistance. There are supplements that can help initiate fat loss, and decrease blood sugar levels, decrease sugar cravings and assist fat burn.

Many metabolic syndrome patients go to their doctors and only their symptoms are treated. If they then only take medication for hypertension, and high cholesterol the underlying condition is not treated and the patient still remains at risk for all the problems that are associated with metabolic syndrome. The person needs to be treated from a holistic perspective with lifestyle, nutrition, stress, obesity, and their blood sugar levels all addressed.

WHAT IS THE TREATMENT PLAN FOR METABOLIC SYNDROME?

Baseline blood work of blood lipids, blood sugar, and homocysteine levels needs to be assessed. Live Blood analysis is best at this time.

Then the client's measurements, blood pressure, typical diet and nutritional deficiencies are then addressed, whilst considering lifestyle and exercise habits.

TREATMENT FOR METABOLIC SYNDROME CONTINUED:

Low glycaemic diet, (for food list see article titled low glycaemic food list).

Or

[Keto diet](#) if client needs to lose more than 10-20kg. This diet includes a reduction in carbohydrate rich food and inclusion of more lean protein and vegetables.

Weight loss plans are created at House of Sage in accordance with what the client can tolerate, and tailored to match their lifestyle.

Supplements are also used to help control metabolic syndrome. These include: Vitamin E, High doses of clean/tested/ fish oils, High dose mag/taurine for Bp, stress control, Lipoic acid and Glucobalance formula for control of blood sugar and insulin resistance, Arginine for vascular complications, folate for homocysteine levels.

Ginko and bacopa herbs are good for stress and circulation.

To treat fatty liver House of Sage has our naturopath make an individual liver formula from liquid herbs based on clients needs.

***Please note: these supplements are an example only, each person is different and has individual requirements. If you think you may have metabolic syndrome please see your GP or our Naturopath Tara Shaw at House of Sage for advise before taking any supplements.

****An exercise program is essential to effective weight loss and good cardiac health. However, if you have not exercised in some time it is also essential that you see a personal trainer, physiotherapist, naturopath or your doctor before beginning an exercise program; especially if you suspect you may have metabolic disorder.

THE KEY TO REMEMBER IS THAT METABOLIC SYNDROME IS A GROUP OF ISSUES THAT CAN BE TREATED WITH LIFESTYLE, AND DIET CORRECTION ESPECIALLY IF DONE IN CONJUNCTION WITH SUPPLEMENTS AND OR MEDICATION WHERE NEEDED.

TO BOOK AN APPOINTMENT FOR AN ASSESSMENT PLEASE CALL OUR NURSE/NATUROPATH TARA SHAW R.N. M.N. B.NAT.

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