



Metabolic Syndrome Or Syndrome X

The Dangers of Insulin Resistance:

- Heart attack
- Stroke
- Peripheral vascular disease
- Obesity
- Cardiovascular disease
- Diabetes

Recent trial results in more than 1,200 men followed for 11 years found those with metabolic syndrome were 360% more likely to die from coronary heart disease.

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Supplements That Help Insulin

- Chromium
- Vitamin A
- Bioflavonoids
- Water-soluble cinnamon extract
- Green tea extract
- Banaba leaf extract (corosolic acid)

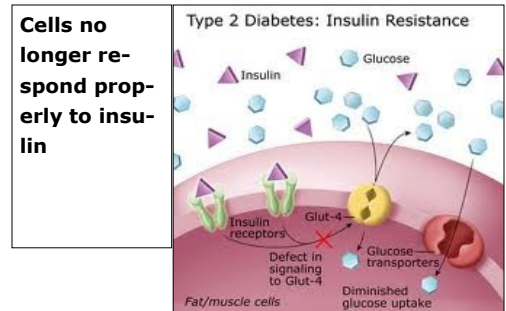
Insulin Resistance

Chances are you know someone with Metabolic Syndrome. What is Metabolic Syndrome (previously called Syndrome X by scientists)?

Metabolic Syndrome is characterized by insulin resistance. This is when the cells no longer get glucose efficiently because insulin is no longer functioning efficiently in our cells.

Insulin is the hormone produced in the pancreas that regulates blood sugar (glucose). It shuttles glucose into cells of the body. When blood sugar goes up (from eating carbohydrates), insulin production goes up as well.

When our cells stop responding to insulin our pancreas produces more and more. When the pancreas can no longer make enough insulin to regulate blood sugar, the result is diabetes II.



Insulin resistance means that insulin does not work optimally at its target tissue (muscle, fat, or liver tissue) to drive glucose into cells.

If you are at risk for insulin resistance, it is important to make lifestyle changes to avoid serious and fatal health consequences.

Reduce the amount of processed carbohydrates in your diet and start moving! Get walking and build up your exercise routine. Exercise helps insulin work more efficiently.

Gauging Your Risk for Insulin Resistance 3 or More of these Criteria Put You At Risk

Step 1– Access your body composition

Central obesity : Body Mass is far more important than overall weight. Consider 2 men, both 6 ft tall and 200 pounds. One is muscular with 10% body fat and a 33 inch waist, the other 31% body fat and a 40 inch waist. The man with central obesity (waist size 40 or more or body fat over 30%) is at risk of metabolic syndrome. A tape measure can also be used. Men and women should have no more than a 40 and 35 inch waist respectively.

Step 2– Determine your Blood Pressure:

Blood pressure should be no more than 130/85 mmHg

Step 3– Blood tests:

Fasting glucose >100 mg/dL

Fasting triglycerides > 150 mg/dL

Blood HDL: Men < 40 mg/dL

Women < 50 mg/dL