

Metabolic Syndrome. Are you at risk?

Metabolic syndrome or syndrome X has become one of the biggest health concerns over the last few years since it has been shown to develop into diabetes type II. The number of new cases has doubled in each of the last two years and poses the biggest threat to our national health system. It affects the brain, heart and pancreas causing high blood glucose, high blood pressure, central obesity, and altered lipid panels showing elevations in triglycerides and LDL cholesterol. Patients presenting symptoms commonly include sweet and carb cravings, chronic fatigue, inability to lose weight, depression and digestive issues.

Testing for the early signs of this syndrome give patients the best chance of reversing these extreme symptoms and help guide us to proper nutritional, physical, and dietary changes. Blood work analysis including homocysteine, and hemoglobin A1C are paramount testing parameters. Homocysteine is a great inflammatory biomarker as well as a possible indication of B6, B12 and folic acid deficiencies. These nutrients are needed to help run many systems and functions in our bodies including blood sugar management. HemA1C is a new test for early signs of Diabetes type II. Levels below 5 are considered optimal health, between 6 and 7 are pre-diabetic and above 7 you are likely diabetic. Patients with elevated levels of Hem A1C are usually heavy consumers of sugar, carbs and white flour. Processed flour has a very poor source of natural B vitamins which are essential for metabolism of sugar. Foods high in refined flour pose a big threat for type II diabetes if not consumed in moderation.

Once you evaluate your levels, a specific nutritional program can be created to suit your need. Whether you're well above 7 or creeping to 6.5, you can support your body and begin to reverse the tide. Preventing an illness is much easier than managing it once it is in full force. This can be done. It's your health, your family's health and the health of your friends. Take charge. Call for an evaluation.

