



Treating Metabolic Syndrome (*Diabetes, Cardiovascular Disease, etc.*) Without Serious Side Effects!

By Janet L. Hall, ND, CMI, CKP, AHG, CBT

Prevention and early treatment are the key! Find out what your needs are today! Call 505-294-WELL (9355) for a free consultation & a complimentary infra-red sauna with your first appointment until June 1, 2011!

Have you been diagnosed with a form of metabolic syndrome? It is a very common diagnosis in the U.S. One in three people have it! Before beginning blood sugar and blood pressure medications, drugs for cholesterol, triglycerides and more, please consider the following...

If you are dealing with these issues you can:

1. Get educated about them! Did you know: That a Mediterranean diet leads to greater glycemic control and decreases your risks? That a raw diet can virtually regulate blood sugar for some in as little as 3 days?

Do You Know the approximate glycemic index of the following items? (Lower is better)

- 1) High fructose corn syrup – 92 – 105+
- 2) Maltodextrin/Maltose – 105
- 3) Glucose/Dextrose – 100
- 4) Sucralose – 89/ Sucrose – 65
- 5) Table sugar – 64
- 6) Evaporated cane juice (*almost equivalent to table sugar*) – 55
- 7) Honey – 55
- 8) Lactose – 46
- 9) Fructose – 19-22
- 10) Stevia – 0

2. Start on a healthy eating plan – Be tested for the appropriate food program for your weight management, body composition, glycemic issues and prevention of ill health.

3. Begin regular physical activity – We are happy to test for the most beneficial exercise for you as well as how often and how long your exercise sessions should be.

4. Add appropriate nutritional supplementation – Improve your health and prevent disease with natural supplements tested specifically for your body. Supplementation is made for the unique problem of metabolic syndrome and related illnesses.

5. Take advantage of equipment and modalities made specifically for these issues – such as our infra-red sauna, laser, and foot detox. Metabolic syndrome produces toxicity induced diabetes, so detoxing is essential.

6. Manage your stress – Learn clearing techniques to manage stress and help regulate insulin and hormone levels.

7. Get professional coaching – You can be integrated to elevate your thinking patterns and emotions and incorporate beneficial lifestyle adjustments so that you can reach your goals.

8. Take home tools that help to clear up the issues – such as Egyptian healing rods that lower blood pressure and balance your body. Work on yourself with a user friendly bio-electric machine or lie in the comfort of your home on a bio-mat while you improve your health.

Metabolic syndrome is a serious problem that encompasses, or leads to the following and more:

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| Insulin resistance | Kidney damage |
| Type 2 diabetes | Polycystic ovary syndrome (PCOS) |
| Pre-diabetes | Dementia |
| Obesity | Sleep apnea |
| Cognitive decline | Fat accumulation in the liver |
| Erectile Dysfunction | |

One of the most frequent problems women experience is polycystic ovary syndrome (PCOS). Because of metabolic syndrome, women and men experience severe hormonal imbalances, mood swings, food cravings, acne, excessive body hair growth and many more unwanted symptoms.

If you have three or more of the following issues, you could be evaluated as having metabolic syndrome:

- High blood pressure – over 130 mm hg systolic BP or over 85mm hg diastolic
- Elevated triglycerides – over 150 mg/dl
- Larger waist (visceral stomach fat) – 40 inches in men, 35 in women causes 9 to 30 times increased risk of type 2 diabetes and 2 to 4 times increased risk of heart disease
- Reduced HDL-C - below 40 in men, below 50 in women
- Elevated fasting glucose – over 100 mg/dl
- Elevated LDL cholesterol – over 129

Here are the facts:

- High blood pressure takes 7.5 million lives per year.
- Physical inactivity claims 3.2 million lives per year.
- High blood glucose causes 3.4 million to die each year.
- Being overweight/obese leads to the loss of 2.8 million lives per year. It is the biggest health problem in our country.

Janet L. Hall has a Bachelor's degree in Natural Health and a Doctorate in Naturopathy. Janet is a Certified Kinesiologist, Certified Medical Intuitive, Herbalist, Biofeedback Technician, and Nutritional Consultant, as well as Owner of Alternative Wellness Center. Janet's Wellness Center is dedicated to healing, preventative health, life change and empowerment...helping people to "rise above!" www.alternativewellnesscenter.org.