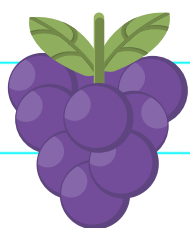




METABOLIC SYNDROME

Overview

Metabolic Syndrome is 3 or more metabolic factors that lead to chronic illnesses/diseases. The cluster of metabolic factors involved includes:



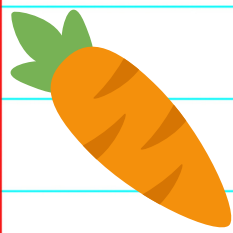
ABDOMINAL OBESITY

This means having a waist circumference of more than 35 inches for women and more than 40 inches for men. An increased waist circumference is the form of obesity most strongly tied to metabolic syndrome.



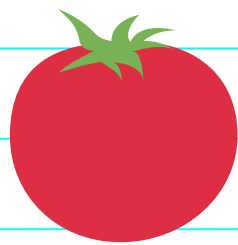
HIGH BLOOD PRESSURE

Meaning 130/80 mm Hg (millimeters of mercury) or higher. Normal blood pressure is defined as less than 120 mm Hg for systolic pressure (the top number), and less than 80 mm Hg for diastolic pressure (the bottom number). High blood pressure is strongly tied to obesity. It is often found in people with insulin resistance.



HIGH GLUCOSE

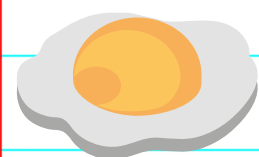
Impaired fasting blood glucose. This means a level equal to or greater than 100 mg/dL.



HIGH TRIGLYCERIDE

Meaning more than 150 mg/dL. Triglycerides are a type of fat in the blood.

LOW HDL CHOLESTEROL



Low HDL (good) cholesterol. Less than 40 mg/dL for men and less than 50 mg/dL for women is considered low.

Signs/Symptoms

- Smoking
- Diet
- Chronic Emotional Stress
- Lack of Physical Activity

- Insulin Resistance
- Obesity
- Sedentary Lifestyle
- High Cholesterol
- High Blood Pressure

Risk Factors

DID YOU KNOW



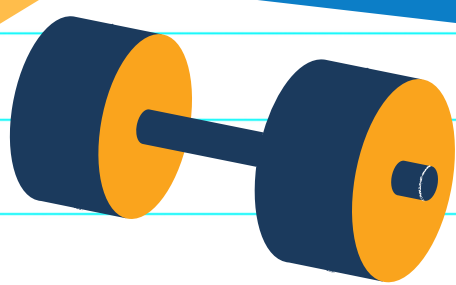
- Metabolic syndrome may be the start of the development of type 2 diabetes
- The American Heart Association has estimated that metabolic syndrome soon will become the main risk factor for cardiovascular disease ahead of smoking





METABOLIC SYNDROME

The Utopia WellCare Approach



Focus on whole, real, unprocessed foods: Whole foods are found to be the foundation of a high-quality, nutrient-dense diet

Reduce or eliminate sugar and other food sensitivities: Researchers note that we consume up to 152 pounds of sugar each year, and that doesn't include the starchy foods that convert to sugar in our bodies. Even so-called healthy foods like almond milk can contain hidden sugars, so scrutinize labels very carefully

Eat plenty of gut-supporting foods: Animal and human studies show when your gut microbiome—which consists of trillions of bacteria—becomes imbalanced, all sorts of problems including obesity and metabolic syndrome can occur. . A high-quality probiotic supplement containing billions of microorganisms can help support the microbiome

Manage inflammation: Chronic, low-grade inflammation contributes to obesity and other metabolic diseases. A vicious cycle ensues as inflammation makes your body cling to fat, which makes you more inflamed. To shift that omega ratio more favorably, dial down the inflammatory fats and increase your intake of anti-inflammatory foods including wild-caught fish, freshly ground flaxseed, and walnuts.

Manage stress levels: Stress hormones, including cortisol, increase during periods of high stress, which leads to elevated stores of belly fat. Reducing and managing stress, with strategies including deep breathing, meditation, walking, exercise, and yoga, will lower cortisol levels in the bloodstream, thereby reducing the amount of energy being stored as fat.

Implement Dietary Changes: Begin a Mediterranean-style Diet with 1500 -2000 milligrams of sodium: Research has indicated that the Mediterranean diet can have many beneficial effects on health, including lessening risk factors for cardiovascular disease and mitigating metabolic syndrome.

Increase Physical Activity: Partaking in 150 minutes of moderate-intensity (including walking briskly) can reveal drastic health improvement and lower blood pressure, regulate blood sugar, lower serum lipids, and lower the overall risk for developing or advancing cardiovascular disease

