

METABOLIC SYNDROME



Balance For Wellness, Inc.

PHYSICAL THERAPY & WELLNESS CENTER

**HEALING TOUCH, QUALITY TIME,
COMPASSIONATE CARE.**

PUT YOUR HEALTH IN OUR HANDS.

Balance



For Wellness, Inc.

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WHAT IS METABOLIC SYNDROME?

In the simplest terms, Metabolic Syndrome is your body telling you that it is exhausted. It is overworked and underpaid. You are feeding it diesel fuel in the form of fast food, caffeine, sweets, preservative laden, color additive junk. When you do give it the good, unleaded stuff like fruits, veggies, grains, good fats, green teas, the body is so tired that it cannot turn this fuel into energy. So you say, "I started eating better and taking some vitamins, but they do not help. I am still tired and hungry and my weight keeps going up and down".

However, you forgot that you are still running at the speed of light, handling 10 things at once making your stress level off the charts. Oh yeah, and you lie down at night to sleep, but your mind is racing so deep sleep, if any sleep, just does not occur. When you do fall asleep, you wake up because you have to go to the bathroom, again! Your body is screaming, "Give me a break. Take a vacation or at least get a massage.". And you answer, "Yeah, that sounds nice, but I just can't fit it in."



Now your heart is palpitating as you are running to the next gig and you swear that you are not seeing clearly lately and you just blew up at your staff or kids or significant other on the phone because they were informing you of "one more thing" that needs to be taken care of and it happens to be

during the time that you had scheduled your workout. You just want to scream, but instead you swallow and I mean hard and tell yourself, "They" or "that" is more important. But now you are feeling guilty for not working out and for not being very nice on the phone, so the stress builds even further. And your body says, "Hey, what about me?" And truly, you just want to cry.

You feel exhausted! You are not sleeping! You go to visit your Doctor and you are told that your cholesterol is high, your fats are up, your blood sugar levels are elevated, and your waist has grown 5 inches. And by the way, "you seem to be depressed". It is medication time! And now you really feel like a failure. "How could I let this happen?"

Your doctor and your body are telling you to eat better, exercise, get more rest. You know all of this, but are still wondering how to find the time and where to begin.

Sound familiar? Keep reading.....

WHAT HAPPENS IN THE BODY

- Sleeplessness
- Depression/anxiety/social isolation
- Headaches
- Multisite aches and pains (joint and/or muscle)
- Decreased ambition
- Heart palpitations
- Fatigue

INITIAL CULPRITS

- High glycemic diet (refined sugars and carbohydrates)
- Inactivity
- Family history of Type II diabetes
- Stress

PRE-TYPE II DIABETES SIGNS & SYMPTOMS

- Increased Hunger
- Increased Thirst
- Exhaustion
- Increased Urination
- Weight gain or loss
- Blurry Vision
- Increased healing time of cuts or bruises

Then, due to a continuation of eating refined sugars and carbs and lack of exercise and increasing stress, this equation occurs within the endocrine system:

Increased blood sugar = Increased Insulin = Insulin Resistance over time

Glucose literally passes thru body instead of being used for fuel

Pancreas then decreases production of insulin > insulin remains low > blood sugar remains high d/t diet => Diabetes
for a reason to read it, a pull quote can provide that reason.

A DISORDER BY MANY OTHER NAMES...

Signs and Symptoms:

Increased Triglycerides:	>150mg/dl
Decreased HDL	men < 40mg/dl, women <50mg/dl
Increased Blood Sugar	>100mg/dl
Increased Blood Pressure	>130/85
Increased Waistline	men > 40", women > 35"

The diagnosis can be:

- Type II Diabetes
- Fibromyalgia
- Chronic Fatigue Syndrome
- Multi Joint Osteoarthritis with Muscle Spasms
- Depression/Anxiety

THE ROLE OF PROLONGED STRESS

Adrenal glands *overly* secrete:

- Adrenalin: can cause heart disease and high blood pressure
- Noradrenaline: can cause digestive tract issues (decreased blood in system)
- Cortisol: increases blood pressure, increase blood sugar, decreases immune system, increases inflammation, decreases sleep

And *under* secretion:

- DHEA: lack leads to hormonal imbalance, decreased libido, PMS

METABOLIC REVERSAL PLAN

1. Physical therapy to reduce multisite aches and pains
2. Healthy Diet
3. Exercise: aerobic and anaerobic
4. Proper supplementation
5. Infrared Sauna
6. Stress reduction techniques
7. Health Coaching: “Get Yourself Out of Your Way”
 - a. Find the “Gremlin” inside that holds you down
 - b. Understand where and how you are out of Balance
 - c. Learn boundaries, tolerations, expectations and desires

PRODUCTS OR SERVICES

FULL MOON

The natural answer for hormonal imbalance. 100% Natural Herbal Formula.

Price: \$39.95

DHEA SALIVA TEST

Saliva test to detect DHEA (master hormone) levels

Price: \$50.00

STRESSLESS

An "Adaptogen" based liquid product to assist the body in eliminating the damaging effects of stress

Price: \$29.95

ADRENAL STRESS INDEX

SALIVA TEST

Tests Free Cortisol, DHEA, Insulin (fasting and non-fasting), Progesterone, IgA.

Price: \$120.00

NATURAL EASE PLUS

A complete nutrition burn-out recovery system which helps you relax, adapt, replace and nourish.

Price: \$29.95

TRI-OMEGA

Omega 3, 6 and 9 supplement

Price: \$25.49

WHEY PROTEIN

Three pound container contains additional vitamins, minerals and amino acids

Price: \$34.95
specify chocolate or vanilla

TRIGOSAMINE

Advanced once a day time
Advanced once a day time release formula - Helps build and maintain healthy cartilage and joints . Promotes joint flexibility, comfort and range of motion.

Price: \$31.20

PURA CLEANSE

Three pound container
Assists the colon in getting rid of excess toxins and wastes due to modern dietary habits

Price: \$35.00
16 oz container

DHEA

Hormone produced mostly in the adrenal glands.
Decreased production with age.
Assists in proper endocrine system function.

Price: \$22.95
Type: 5mg

GREEN CUISINE

Powdered drink mix loaded with organic whole food and plant extracts to provide increased energy, metabolism and fat burning properties.

Price: \$37.80
specify regular (mint
flavor),chocolate or berry

**MULTI-VITAMIN: COMPLETE
FOOD SUPREME**

Formulated with five essential supplements blended together into one comprehensive or "Complete" formula, Including: Including-Mineral, Calcium, Antioxidant, Fish oil and Phytonutrient components

Price: \$32.20



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