



How to Stop Metabolic Syndrome, Naturally: A Prevention & Treatment Guide for Heart Disease, Type 2 Diabetes & Insulin Resistance

Ms Vivienne C Savill

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Metabolic Syndrome (MetS) is an insidious disorder and the precursor to serious health problems. In the US MetS affects 33% of people age 50 to 59 years. Sadly it is becoming more and more prevalent in the young as obesity and weight problems increase. MetS can be the trigger for multiple life threatening and life changing disorders such as Type 2 Diabetes, Heart Disease, Polycystic Ovary Syndrome, Infertility, sleep apnea, Alzheimer's disease and more. Unfortunately MetS and its implications is not widely known or understood. After reading *How to Stop Metabolic Syndrome Naturally*, the reader will appreciate the disease links, and the changes that are need to prevent this degenerative process. *How to Stop Metabolic Syndrome Naturally* explains the criteria for Metabolic Syndrome and what tests are needed for a diagnosis. If you thought that tubby tummy wasn't doing any harm, think again. Those few extra pounds or kilos may well be manifesting silent but serious life threatening health problems. But the news isn't all bad because included in the book is a comprehensive, proven treatment plan that corrects the signs and symptoms of MetS. Learn how to correct raised blood sugar levels, blood pressure, cholesterol levels and excess body fat, without the use of drugs. With over 160 delicious Low Glycaemic Load Recipes and an easy to follow guide to super foods, nutrients and herbs, reversing premature ageing and debilitating lifestyle related disease, is a breeze.

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