



The Metabolic Syndrome Program: How to Lose Weight, Beat Heart Disease, Stop Insulin Resistance and More

Karlene Karst

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Big Belly? High Body Mass Index? High Blood Pressure?

If this sounds like you, you may be one of the millions of North Americans with Metabolic Syndrome. Predicted by medical experts as the likely number one risk factor for heart disease-Metabolic Syndrome, or MSX, describes a constellation of conditions, including those mentioned above, of which the body's resistance to insulin is a primary feature. A byproduct of obesity, 25 percent of the adult U.S. population is now estimated to have MSX.

The Metabolic Syndrome Program offers readers a sensible lifestyle-based approach to treating MSX. One of the first books to name and address this condition, *The Metabolic Syndrome Program* outlines a realistic plan of treatment-without magic pills or quick-fixes to a growing and little-known threat to public health.

The Metabolic Syndrome Program includes:

- Facts about MSX, the risk factors associated with it and its impact on your overall health
- The role of nutrition in combating MSX
- The truth about fats, carbs and proteins and the balance needed to maintain optimal health
- All the latest research on insulin resistance, Type 2 Diabetes, hypertension and Cardiovascular disease-the worst outcomes of metabolic syndrome
- Detailed information on natural supplements that can be used to combat the risk factors of MSX
- Recipes and meal plans that will help you make the immediate lifestyle changes required if you are one of the millions at risk for MSX

"Karlene Karst has done an excellent job outlining the seriousness of obesity and insulin resistance, and their ensuing complications, while providing a nutrition and lifestyle action plan to help you get back to the basics of good health."

--Sam Graci, author of the *Path to Phenomenal Health* and *The Food Connection*

"*The Metabolic Syndrome Program* provides an effective comprehensive solution by detailing a clear, rational approach to a complex topic."

--Michael T. Murray, N.D., co-author of the *Encyclopedia of Natural Medicine*

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Donna Jost:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a go walking, shopping, or went to typically the Mall. How about open or perhaps read a book called The Metabolic Syndrome Program: How to Lose Weight, Beat Heart Disease, Stop Insulin Resistance and More? Maybe it is being best activity for you. You recognize beside you can spend your time using your favorite's book, you can better than before. Do you agree with its opinion or you have various other opinion?

Richard Davy:

Book is actually written, printed, or outlined for everything. You can know everything you want by a publication. Book has a different type. To be sure that book is important issue to bring us around the world. Beside that you can your reading proficiency was fluently. A book The Metabolic Syndrome Program: How to Lose Weight, Beat Heart Disease, Stop Insulin Resistance and More will make you to end up being smarter. You can feel far more confidence if you can know about almost everything. But some of you think which open or reading any book make you bored. It's not make you fun. Why they can be thought like that? Have you searching for best book or appropriate book with you?

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