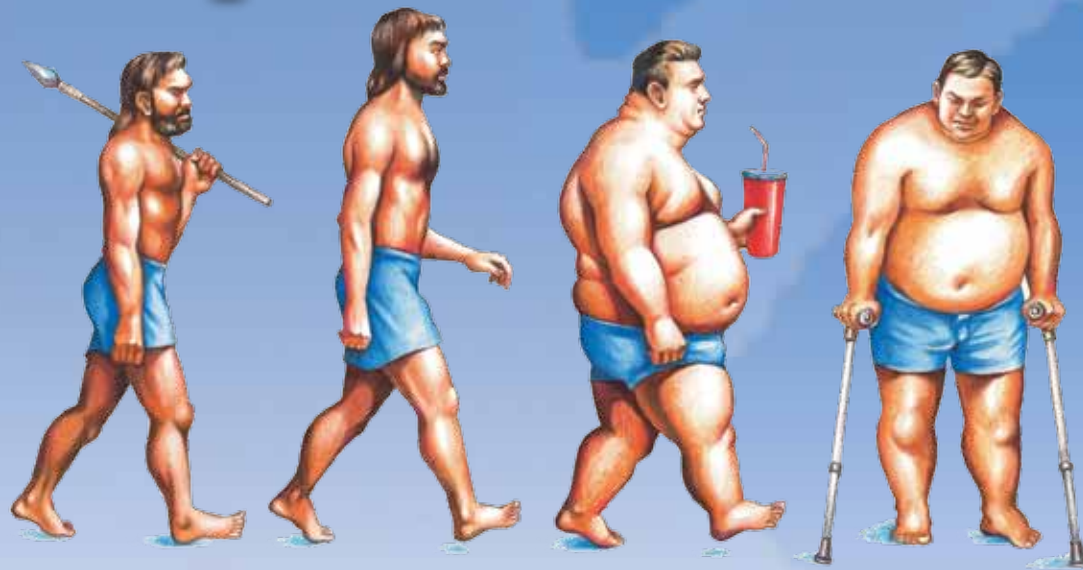


Do you have Metabolic Syndrome?

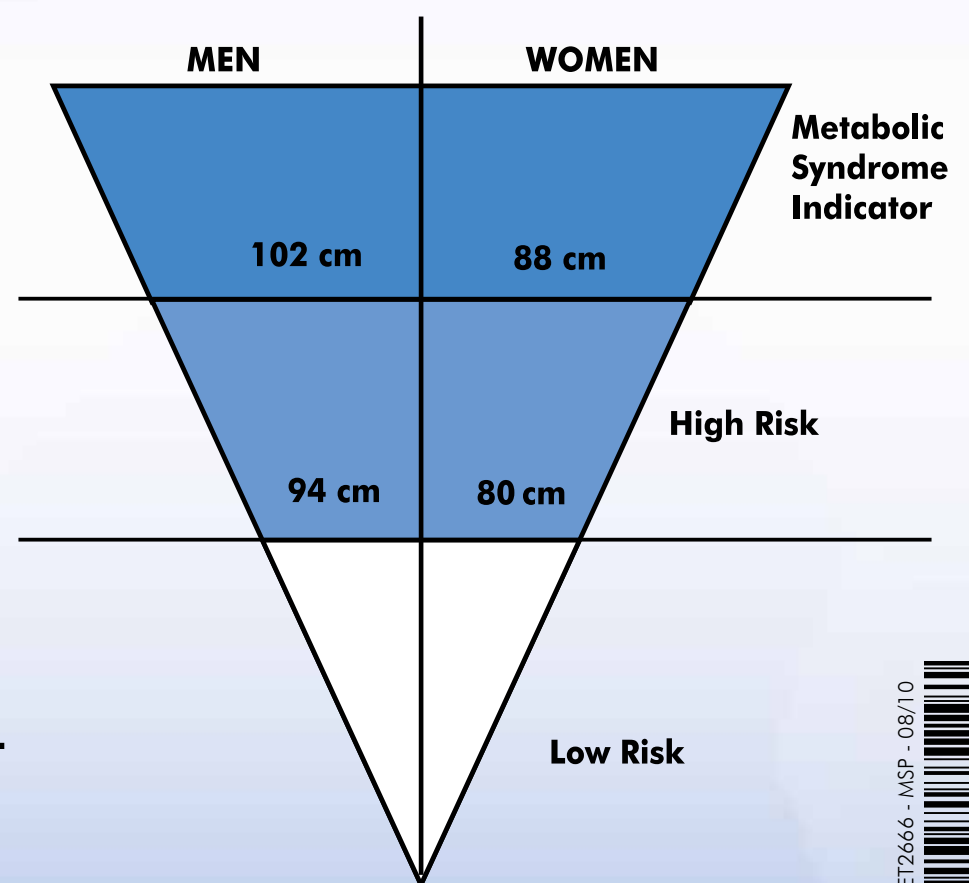


Metabolic Syndrome is now recognised to be a leading risk factor driving some of the most serious diseases in modern society.

How Do You Know If You Have Metabolic Syndrome?

You may have been diagnosed with some of the following:

- High blood pressure
- Diabetes or "Pre-diabetes" (at risk for diabetes)
- High triglycerides
- Low "good" HDL cholesterol
- Carrying extra weight around your waist or a "beer gut"
- Family history of diabetes, heart disease or stroke



This Clinic specialises in the natural management of Metabolic Syndrome. To find out more about your risk for Metabolic Syndrome, talk to your Practitioner today.

What your waist measurement tells you about your risk for Metabolic Syndrome.



The Wellness Lifestyle Pyramid

Take an antioxidant high in resveratrol, multivitamin/mineral, omega-3 fatty acid and probiotic daily



Include a handful of nuts and seeds and up to two tablespoons of healthy oils daily



Include starchy carbohydrates at one to two small serves daily



Enjoy a minimum of two pieces or one cup of fresh fruit daily



Include protein-rich foods in each meal or snack



Enjoy a minimum of three cups of fresh vegetables daily



Drink a minimum of eight glasses of pure water daily



Enjoy a minimum of 30 minutes of moderate activity, and 30 minutes of fun and relaxation on most days

