

December 2014

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Metabolic Syndrome



All Things
Health and Spirit

3 Steps to Beating
Metabolic Syndrome

Metabolic
Syndrome:
A Recipe for
Disaster

Dr. Saunders'
Recovery Protocol

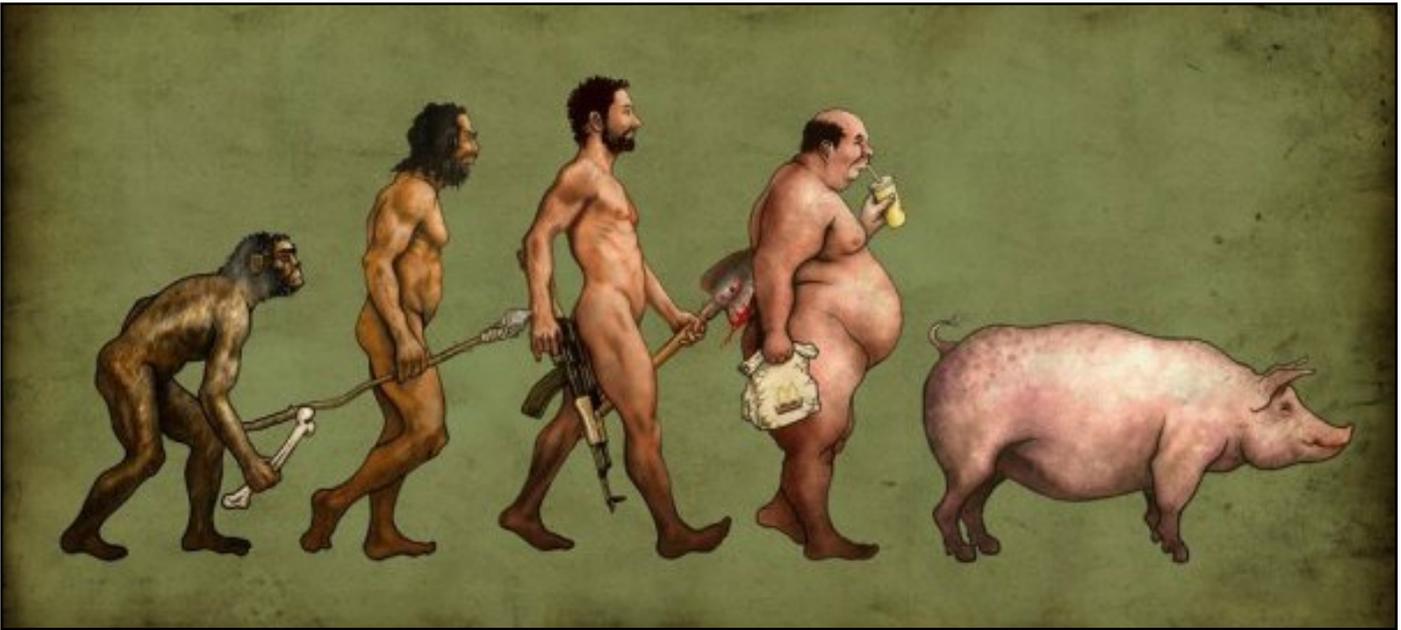
Fight Metabolic
Syndrome with Fitness

HomeCures *That Work*

Metabolic Syndrome

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Metabolic Syndrome: Dr. Saunders Recovery Protocol

by Dr. Scott Saunders, M.D.

Frank is in his late fifties, and was a little overweight. Mostly, he carried his excess weight around his midline, making his waist much bigger than his hips. As a child he had a sweet tooth and ate a lot of candy. For most of his life he ate pre-sweetened cold cereal, mostly two or three times per day. He liked soft-drinks, downing as many as six in one day.

Frank came to the office with a classic case of metabolic syndrome.

- His body isn't able to burn fat.
- He has low testosterone and high estrogen levels.
- He is pre-diabetic.
- He has hypertension and elevated triglycerides.
- He can't see his belt when it's on.
- He came to see me because he has had chest pain and difficulty breathing. Since he has young children, he got worried about a heart attack or stroke so he came looking for help.

Let's follow Frank through the process of recovery from this problem.

In the 1980s, a new term was coined for an old problem. Those with a collection of symptoms and struggled with metabolism were put in a special group. They suffered from metabolic syndrome. The syndrome affects how people make energy because of high blood sugar, central obesity, hypertension (i.e, high blood pressure), and high triglycerides.

This syndrome is a specific collection of symptoms that occur together. Not everyone with diabetes has hypertension, for example. Nor do most people with hypertension also have the other

symptoms like obesity. The definition of metabolic syndrome requires three of the following five symptoms:

- Hypertension
- High triglycerides
- Low HDL cholesterol
- [Central obesity](#)
- High blood sugar[1]

It's important to note that a syndrome is not a disease, but rather just a group of symptoms. It has had other names over time, including:

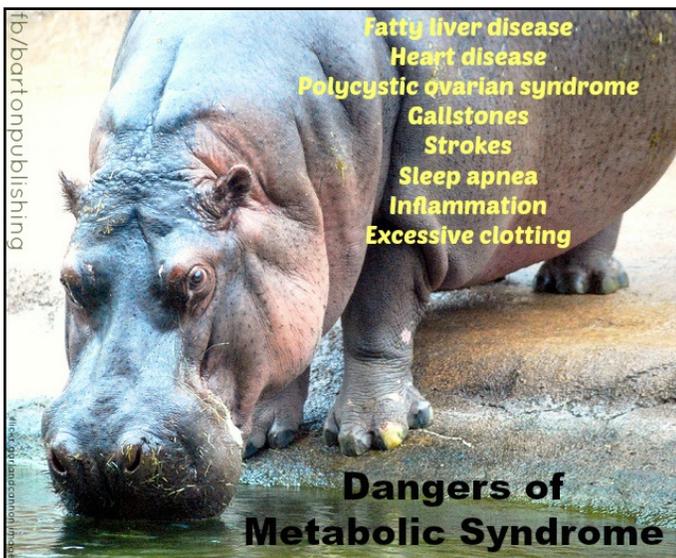
- Dysmetabolic syndrome
- Hypertriglyceridemic waist
- Insulin resistance syndrome
- Obesity syndrome
- Syndrome X

What's more, it is related to other problems including:

- Fatty liver disease
- Heart disease
- Polycystic ovarian syndrome
- Gallstones
- Strokes
- Sleep apnea
- Inflammation
- Excessive clotting

How Does Metabolic Syndrome Happen?

One of the most amazing facts about our bodies is the ability to adapt. We have whole civilizations living on mostly fat and protein. Other civilizations have almost no protein, yet both groups of people adapt to their nutrition. There are, however, limits to adaptation. Some people cannot adapt to certain dietary habits that others tolerate. This is part of the difference in genetics.



Our genes don't determine our destiny, but they do play an important role in determining how we respond to our environment.

[Two people on the same diet, for example, may have very different results, depending on their genetics. Click to Tweet.](#)

Today's environmental factors interact with our genetic predisposition to store energy as body fat. The culprits of metabolic syndrome are:

- Large portion sizes
- Commercially prepared foods high in salt, simple sugars, and saturated fats.
- And the multiple factors that promote sedentary lifestyles, including:
 - The wide variety of home entertainment options
 - Work-place automation
 - And reliance on automobiles

In our case above, Frank had gained the weight in his abdomen over many years of eating processed foods. He didn't have fat on his arms, legs, chest, or neck – only around the waist. He may have had a genetic weakness to release more insulin than usual. But, his over-the-belt belly could also be a result of eating sugar, starch, and processed foods over the years.

The key feature, or the root of the metabolic syndrome, is insulin.

Insulin:

- Lowers the HDL
- Raises the triglycerides
- Raises the blood pressure
- Causes fat to be deposited in the abdomen
- Causes type 2 diabetes, with elevated blood sugar^[2]

How Do We Treat Metabolic Syndrome?

Medical school teaches doctors to treat each part of the syndrome with a separate set of medications. I have had metabolic syndrome patients on two medications for cholesterol, three for hypertension, and two for diabetes – and they still weren't healthy. So, they come to see me. Practicing medicine has taught me that most medications are not appropriate for this syndrome. They only mask the symptoms, as the underlying problem gets worse.

Now that we know that insulin is the root cause of all the symptoms, it's crucial we treat it naturally. The cornerstones of metabolic syndrome treatment include these 3 steps.

1. Reduce Insulin to Reverse Metabolic Syndrome

The first step is to get the insulin down. There are four ways to decrease insulin:

- 1 Avoid sugar and starch
- 2 [Avoid anything that tastes sweet](#)
- 3 Avoid protein
- 4 Exercise

Frank started with a cleanse. To cleanse is to clean out.

Insulin causes an overload of sugar in cells, preventing them from performing their normal functions. This is especially true of the liver.

The liver needs to constantly detoxify internal and external toxins the body. When liver cells are full of sugar, their function is inhibited. The cells die and the sugar is made into fat, creating fatty liver disease.

[All good cleanse protocols have one thing in common: fasting. Click to Tweet.](#)

The “Master Cleanse” uses only three ingredients in water: lemon juice, cayenne pepper and maple syrup. A juice cleanse uses only fresh-squeezed juice. However, I don't recommend the Master Cleanse or a juice cleanse for people with metabolic syndrome. These 2 liquids contain a great deal of sugar, preventing the liver from cleaning it out. Instead, I prefer to use a broth cleanse with one green salad for lunch every day. It looks something like this:

Breakfast	Lunch	Dinner
Broth, between 1 pint and 1 quart	Broth, between 1 pint and 1 quart	Broth, between 1 pint and 1 quart
	Fresh green salad with only vinegar, oil and spices	

Continue the broth cleanse for as long as necessary. A good rule-of-thumb is to subtract the ideal body weight from the current body weight and do it for that many days. I rarely have people go over 30 days, but some like it and continue until they reach their ideal weight.

Frank went on a broth cleanse for thirty days. He started with broth only for a week. After seven days, he added a green salad for lunch. After three weeks, he was able to see his belt. He lost a total of almost thirty pounds off of his abdomen in just four weeks.

2. Detox Your Liver and Kidneys to Reverse Metabolic Syndrome

Then he started on a detox. Detox is what we do to allow our liver and kidneys to remove toxins from the body. The goal of a detox is to facilitate the release of toxins from fat storage cells and to enhance the body's detoxification pathways.

[We often think of toxins as something we ingest, but the body makes most toxins, and we need to be cleaning house every minute of every day. Click to Tweet.](#)

There are many substances that are not toxic in small amounts, but can become deadly if not regularly detoxified. For example, when liver failure occurs from infection, people die of toxicity because they are unable to get rid of their own waste products.

The detox is to get in the nutrients without all the calories. Calories cause free-radicals, waste, and damage to DNA. For example pizza is packed with calories, but has very little nutrition. It should not be included in your detox diet. A detox program incorporates the following dietary changes.

Foods to Avoid while Detoxing:

- Processed foods/restaurant food
- Pizza/hamburgers/burritos

- Flavored drinks, including juice
- Grains/cereals/breads/pasta
- Milk products
- Most fruit

Food to Incorporate into a Detox:

- Green vegetables – organic, fresh, raw, or cooked
- Yellow vegetables
- Eggs
- Meat in small amounts
- Beans/peas/lentils in small amounts
- Berries
- Nuts and seeds

Continue the detox for thirty days. Foods should then be added gradually. Grains must be whole grains, and must not be eaten daily. Frank has completely given up his cold cereal, and eats an egg in the morning. Portion size is also important – there is no need to fill up at every meal. If the cleanse is done properly, then the stomach shrinks, and you will not be able to eat as much anyway.

Detox Supplements for Metabolic Syndrome

Supplements are also important to help the energy production, and help the liver to detox normally. We supplement because food may be lacking. The need for extra nutrition is common with metabolic syndrome. The nutrients go straight to the liver, which has already been cleaned-out, and is prepared to use them to do its job. Frank's detox included multiple supplements.

These include:

- Chromium/Vanadium – Are two minerals that are commonly low and needed to prevent insulin resistance. Dose: one per day.
- Fish oil – Decreases inflammation and make us more sensitive to insulin. Dose: 3 grams per day
- [Vitamin D3](#) – This hormone is important for the proper use of sugar. Dose: 50,000 IU per week
- N-Acetyl Cysteine (NAC) – This amino acid is needed for glutathione, the most powerful anti-oxidant in every cell. Dose: 1,000 mg per day
- Alpha Lipoic Acid (ALA) – Helps re-generate glutathione. Dose: 300 mg per day
- Selenium – Is commonly deficient but needed in multiple places including glutathione and thyroid. Dose: 200 mcg per day

Exercise to Reverse Metabolic Syndrome

Frank also started an exercise program several times per day using a fifty-foot staircase near his home. He started with walking, and built up to running. He also does strengthening exercises to build his upper body. Building muscle is an important part because it allows the metabolism, or energy production, to become normal. It increases the ability to use fat for energy, and slows down the storage of both sugar and fat. Most importantly, know this:

[PEARL of Wisdom: Exercise controls the amount of muscle. Food controls the amount of fat. Click to tweet.](#)

Many fitness experts tell us we need to exercise to lose fat. But exercise doesn't control fat deposition, only food does that. Therefore, if we want more muscle, then we need exercise. If we want less fat, then we need less food.

How to Prevent Metabolic Syndrome

If anyone has a parent or sibling with this problem, then they are more likely to get it themselves. Metabolic syndrome is more prevalent in south Asians, Native Americans, including Mexicans, and pacific islanders. However, just because there is a genetic pre-disposition does not mean they are obligated to have this problem. It is easily controlled by lifestyle.

- Eat high-nutrient/low-calorie foods such as those in the detox described above.
- Do a cleanse once a month or once every three months to clean out the cells.
- Exercise to build muscle about 3 times per week.

Remember, the body runs on energy. If you are unable to produce energy, you will not feel well, you get diseases such as heart and brain dysfunction, and many die young. By using these principles you can easily avoid metabolic syndrome, and reverse it if you already have it. Natural remedies are better than using medications to reverse symptoms, plus they don't prevent unnecessary complications. Plus, the program outlined here gives you energy and improves every function of your body.

Frank is dramatically feeling better. He was happy the day he could see his belt because his belly had shrunk. He has more energy, and is able to play and hike with his children, instead of just watch them. He still craves sweets, at times, but has already decided that the sacrifice is worth the benefits he gets from not returning to his old habits. Overall, he's much happier with his life, including his lifestyle.

You may feel your metabolic syndrome symptoms are out of control, but you can choose how to respond and what comes your way. Will it be health or will it be disease? One outlook zaps energy, the other fuels it. Frank can now see his belt...and has a smile on his face. Which one would you prefer?

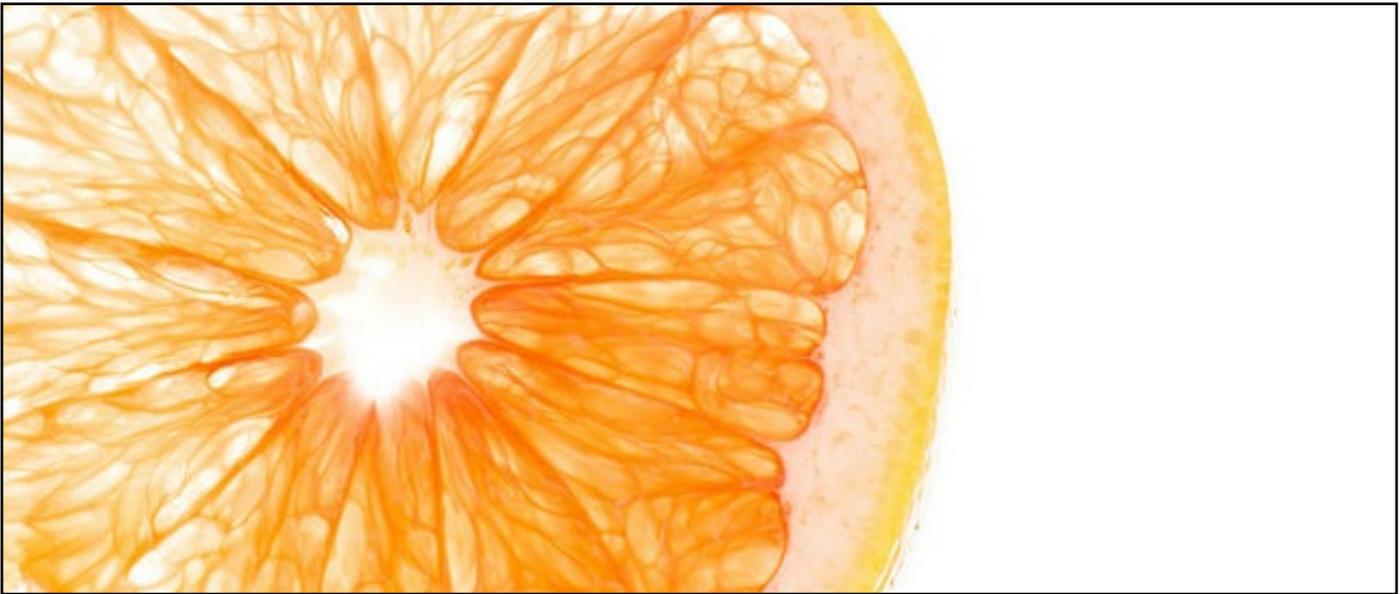


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Sources:

[1] <http://www.nhlbi.nih.gov/health/health-topics/topics/ms/>

[2] <http://www.sciencedirect.com/science/article/pii/S014067369191164P>



Metabolic Syndrome: A Recipe for Disaster

By Amanda Box, N.D

It's a recipe that no one chooses; yet so many people have all the right ingredients. Metabolic syndrome is a collection of risk factors that, when combined, have the potential for deadly consequences. Plainly put, if you have metabolic syndrome, you are [twice as likely to have a heart attack or stroke!](#)

Below is the list of conditions that can make up metabolic syndrome:

- Central or abdominal [obesity](#) (measured by waist circumference):
 - Men - 40 inches or above
 - Women - 35 inches or above
- [Triglycerides](#) greater than or equal to 150 milligrams per deciliter of blood
- [HDL cholesterol](#):
 - Men - Less than 40 mg/dL
 - Women - Less than 50 mg/dL
- [Blood pressure](#) greater than or equal to 130/85
- Fasting glucose greater than or equal to 100

Having 3 or more of these conditions constitutes metabolic syndrome. Together, they greatly increase your risk for:

- Heart disease
- Stroke
- Even diabetes

However, you can avoid these conditions by following a proper diet. Dramatically reducing your risk for these top three health problems can be as simple as changing what you eat.

Breaking Down the Big Mac

With today's modern diet, it's no wonder that more than 1 in 3 Americans have metabolic syndrome! Having this deadly combination of risk factors was far less common 30-40 years ago.

Processed and fast foods now dominate the food market. Health has taken a back seat to convenience in this shift in food culture. Buying pre-cooked meals from a drive thru is far more convenient than going home to cook meals from scratch. These meals may seem inexpensive, but they truly come with a price. And that price can be the loss of your health or even your life!

Have you ever taken the time to read the ingredient list for the fast foods you eat? What about the boxed or canned items you pick up at the grocery store? Most people look at the calories or fat content, but don't take the time to read any further to find out what the actual ingredients are.

I've probably said it hundreds of times by now, but it's worth repeating. One of the easiest ways to transition to a healthy diet is to follow the rule: "If you can't pronounce it, then don't eat it."

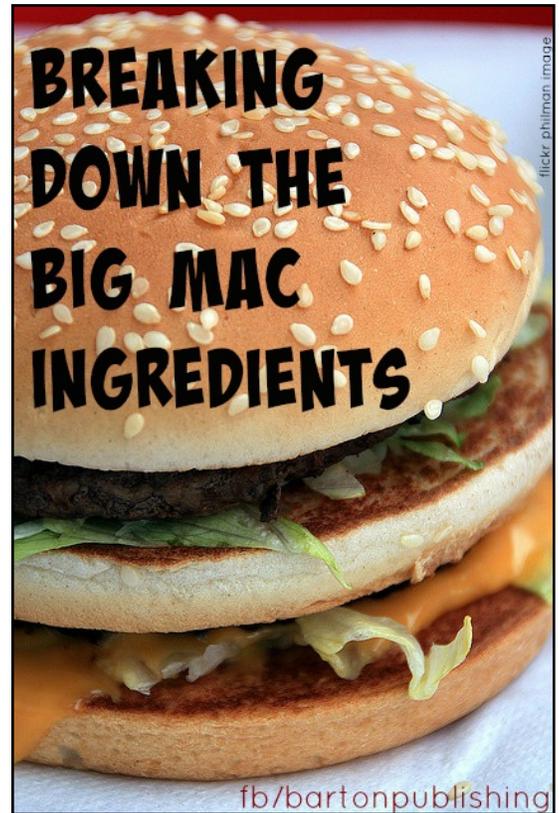
Fast foods and other processed foods are packed full of ingredients that aren't food at all! The artificial flavorings, preservatives, and artificial colors masked as ingredients are not fit for human consumption.

Each artificial food additive has the potential to cause metabolic syndrome. The toxins in artificial ingredients encourage unnatural processes in the body, which lead to:

- Obesity
- Diabetes
- High cholesterol
- And much more

All together, a packaged product creates a package for chronic disease.

Just to get an idea of the plethora of artificial ingredients contained in fast foods, let's take a look at the ingredients in a Big Mac.



The Bun

McDonald's Big Mac Bun Ingredients:

Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup and/or Sugar, Yeast, Soybean Oil and/or Canola Oil, Contains 2% or Less: Salt, Wheat Gluten, Calcium Sulfate, Calcium Carbonate, Ammonium Sulfate, Ammonium Chloride, Dough Conditioners (May Contain One or More of: Sodium Stearoyl Lactylate, DATEM, Ascorbic Acid, Azodicarbonamide, Mono and Diglycerides, Ethoxylated Monoglycerides, Monocalcium Phosphate, Enzymes, Guar Gum, Calcium Peroxide), Sorbic Acid, Calcium Propionate and/or Sodium Propionate (Preservatives), Soy Lecithin, Sesame Seed.

I'm not sure about you, but I struggle to pronounce at least half of the bun's ingredients. If this seems to be an unnecessarily long list of ingredients for a couple pieces of bread, then you're right! I can hardly refer to many of these ingredients as "food" as they are far from natural or providing your body with any form of nutrition.

Bread should only consist of about 4 or 5 ingredients. Instead, these buns have over 20 ingredients! The added chemicals condition the dough and more importantly preserve the buns so they can sit on the shelves for months at a time. Some of the most dangerous ingredients include:

- *High Fructose Corn Syrup:* Causes metabolic disturbances that can lead to obesity, high triglycerides, diabetes, cancer and more!
- *Soybean Oil/Canola Oil:* Increases cholesterol, hormone disturbances, and auto-immune disorders <http://www.ncbi.nlm.nih.gov/pubmed/18648182>
- *Mono and Diglycerides and Ethoxylated Monoglycerides:* These are technically trans-fats, although the government doesn't require that they be labeled as such. Trans-fats raise bad LDL cholesterol, lower the good HDL cholesterol and raise triglycerides.
- *Azodicarbonamide:* This ingredient is also found in yoga mats and other rubber and plastic products. It is a delicious (note the sarcasm) bleaching agent and a known carcinogen. It can also cause respiratory issues, immunity decline, and lowered hormone production.

High fructose corn syrup and canola oil sound tempting? Those ingredients are two of the best serial killers in the world! They get away with murder, causing an epidemic of obesity and seeing a nation struggling with heart disease and diabetes. So why do they put it in? Because it's addictive and makes your body crave more!

The Cheese

McDonald's Big Mac Cheese Ingredients:

Milk, Cream, Water, Cheese Culture, Sodium Citrate, Contains 2% or Less of: Salt, Citric Acid, Sodium Phosphate, Sorbic Acid (Preservative), Lactic Acid, Acetic Acid, Enzymes, Sodium Pyrophosphate, Natural Flavor (Dairy Source), Color Added, Soy Lecithin (Added for Slice Separation).

Though not near as lengthy as the bun, the cheese still contains preservatives and unnecessary ingredients that don't belong in the human body. The advantage of this processed cheese is longer shelf life and product uniformity. These features make such products convenient for the consumer, but the presence of [artificial ingredients introduces certain health risks, like damage to the kidneys.](#)

The substitutes used for making natural cheese are artificial and may trigger allergic reactions and cause diarrhea. [The added color has been shown to promote tumor growth in the adrenal glands and kidneys in animal studies.](#)

The Sauce

McDonald's Big Mac Sauce Ingredients:

Soybean Oil, Pickle Relish (Diced Pickles, High Fructose Corn Syrup, Sugar, Vinegar, Corn Syrup, Salt, Calcium Chloride, Xanthan Gum, Potassium Sorbate [Preservative], Spice Extractives, Polysorbate 80), Distilled Vinegar, Water, Egg Yolks, High Fructose Corn Syrup, Onion Powder, Mustard Seed, Salt, Spices, Propylene Glycol Alginate, Sodium Benzoate (Preservative), Mustard Bran, Sugar, Garlic Powder, Vegetable Protein (Hydrolyzed Corn, Soy and Wheat), Caramel Color, Extractives of Paprika, Soy Lecithin, Turmeric (Color), Calcium Disodium EDTA (Protect Flavor).

If you look closely, you can spot a few “real” ingredients intermixed with the many chemicals that make up the Big Mac Sauce. However, the bulk of the “special sauce” isn’t that special at all! Two of the harmful ingredients contained in the bun, soybean oil and high fructose corn syrup, also make up the base of the sauce. [The other artificial flavors, colors, and preservatives can cause autoimmune issues, allergies, and even cancer.](#)

Is the sauce a culinary masterpiece? Not by any stretch of the imagination!

The Meat

McDonald's Big Mac Meat Ingredients:

*100% Pure USDA Inspected Beef; No Fillers, No Extenders.
Prepared with Grill Seasoning (Salt, Black Pepper).*

In 2011, McDonald’s vowed to stop using the ammonia treated pink slime in their meat products. Though this is a huge step in the right direction, they still continue to purchase their beef from large corporate beef factories. The condition of these factories is beyond comprehension. Thousands of cattle are shoved into lots, side by side with little room to move and the ground is covered in manure.

These cows are then pumped full of antibiotics to survive the horribly contaminated conditions. This leads to the possibility of being exposed to antibiotic resistant microbes through the meat. Then, they aren't just given feed; they are given feed alternatives to promote weight gain. Although the beef patty is comprised of 100% beef, there is much more there than meets the eye!

The Pickles

McDonald's Big Mac Pickle Ingredients:

Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Potassium Sorbate (Preservative), Natural Flavors (Plant Source), Polysorbate 80, Extractives of Turmeric (Color).

Sadly, even the Big Mac’s pickles aren’t safe. [How can a food this simple and traditionally healthy like pickles end up being so harmful for your health?](#) Just read through this ingredient list and you’ll find much more than just cucumbers, salt, and vinegar!

- *Polysorbate 80*: Studies have linked this [emulsifier to increased risks of blood clots, stroke, and heart attacks!](#)
- *Alum*: A potentially fatal ingredient. If over 1 ounce of alum is consumed, it can cause death! Regular exposure can also lead to brain tumors, cancer, and [Alzheimer's disease](#).

These ingredients found in a Big Mac are not uncommon in other fast foods. Let's not forget the fries and the drink! Most people combine their burger with French fries and a soda, adding even more fuel to the fire of poor health. Needless to say, if your diet consists of burgers and super-size sodas, your meals may be cheap, but it is also excessively high in grains, sugars, and factory-farmed meats. This is a recipe for metabolic syndrome, a condition that commonly befalls those who consume the Standard American Diet.

Eating fast food leads to all 5 of the conditions of metabolic syndrome:

- Obesity
- High cholesterol
- High blood pressure
- High blood sugar
- And high triglycerides

It may sound extreme, but skipping the drive thru and going home to prepare a meal, or even packing your lunch, can be the difference between life and death! Healthy eating is actually far easier than most people think.

Sweet Deceit

Avoiding fast foods and processed foods is definitely a top priority when it comes to regaining your health. However, there is one additional change that is necessary for eradicating metabolic syndrome. Eliminating this risky food from your diet may seem difficult at first. But, the decision will add years to your life and literally transform your body!

[This treacherous food is: SUGAR!](#) Everyone loves the taste of sugar! But trust me, the health consequences aren't worth its sweet taste!

Sugar causes metabolic syndrome by:

- Creating hyperglycemia, which leads to insulin resistance and then to diabetes!
- Causing weight gain, specifically in the high-risk area of the abdomen. This is a risk factor for heart disease.
- Raising triglycerides, which ultimately leads to heart disease.

Simply put, metabolic syndrome originates by consuming too much sugar and simple carbohydrates! Though white sugar is the most common culprit, "sugar" comes in other forms, as well. For instance, processed and refined grains act just like white sugar in the body! Instead of eating white flour and white sugar include these foods into your diet:

Whole Grains: Quinoa, oatmeal, and brown rice are great sources.

Fruits and Vegetables: These contain fiber, vitamins, minerals, and antioxidants that are important in preventing metabolic syndrome.

Natural Sweeteners: Stevia and xylitol and great substitutes for baking or sweetening drinks.

A great rule of thumb is to always make sure grains are the smallest portion on your plate at mealtime. Instead, fill the majority of your plate with vegetables and lean meat. This will keep your blood sugar balanced, encourage weight loss, and keep your triglycerides down!

Powerful Metabolic Syndrome Risk Reducing Foods

There are 3 specific foods that have the innate capacity to lower your risk of metabolic syndrome. These foods have unique properties that work like natural medicine inside the human body! Incorporating these foods into a nutritious balanced diet can be the breakthrough you need to get your health on track and avoid metabolic syndrome!

Cinnamon

If there were a miracle food for metabolic syndrome, then it would definitely be cinnamon. Cinnamon contains a group of flavonoids called Type A procyanidins, which mimic insulin in the body. These flavonoids function like insulin by aiding in transporting glucose into our cells and by helping to synthesize glycogen. This makes cinnamon a powerful weapon against insulin resistance and diabetes. It's effects are so powerful, in fact, that if you use insulin or another blood sugar medication, you'll need to monitor your doses closely in order to avoid having too low of blood sugar. [Cinnamon also naturally enhances the effects of insulin medications in the body.](#)

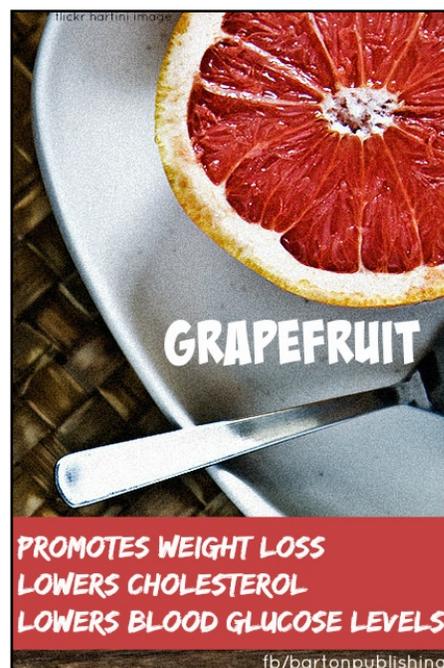
But, that's not all! Cinnamon is also beneficial for lowering cholesterol and blood pressure, two other risk factors for metabolic syndrome. It naturally lowers the bad LDL cholesterol in the body that can lead to atherosclerosis. It also was found in studies to lower systolic blood pressure. Cinnamon can be added to your morning coffee and incorporated into delicious baked goods like the cinnamon roll recipe below!^[1]

Grapefruit

It seems as though the creator of the old "[Grapefruit Diet](#)" was on the right track. Recent studies have shown that grapefruit has the capacity to:

- Lower blood glucose levels
- Promote weight loss
- Lower cholesterol

Grapefruit contains a specific antioxidant called naringenin, which aids the liver in breaking down fats. In turn, the liver can better process LDL cholesterol, reducing the chances of atherosclerosis. Naringenin also promotes fat metabolism instead of fat storage and naturally lowers insulin sensitivity. In studies, those who ate half of a grapefruit before meals experienced significant weight loss compared to the group who did not eat grapefruit! Talk about a fat-burning food! Try eating a half of a grapefruit at least twice a day before meals to benefit from its wonderful qualities.



Coconut Oil

Many people are fearful of fats and oils because they believe they cause weight gain and high cholesterol. The truth is it fat doesn't cause these issues; it's sugar. Cutting out sugar and incorporating healthy fats like coconut oil into your diet actually stimulates weight loss!

Coconut oil is rich in healthy medium chain fatty acids. These fatty acids promote the increase of healthy HDL cholesterol, which in turn naturally lowers health damaging LDL cholesterol.

Coconut oil also boosts the metabolism and is very effective at reducing abdominal fat that is typical of metabolic syndrome.

[In a recent study](#), both men and women with abdominal obesity saw a significant reduction in waist circumference in just a few weeks by consuming just one ounce of coconut oil a day!

[Coconut oil also helps stabilize blood sugar in the body](#), preventing insulin sensitivity. A study conducted in 2009 at the Garvan Institute of Medical Research in Australia by Dr. Nigel Turner and Associate Professor Jiming Ye demonstrated that a diet rich in coconut oil protects against 'insulin resistance' in muscle and fat.⁴ A diet rich in coconut oil, which is high in medium chain fatty acids, also prevents the accumulation of body fat caused by other high fat diets of similar calorie content. These findings are important because obesity and insulin resistance are major factors leading to the development of metabolic syndrome.^[2]

It is very easy to incorporate coconut oil into your daily diet. You can sauté your food in it, add it to baked goods instead of butter, or add it to your morning coffee! Just one ounce a day is enough to reap its health promoting benefits!

Recipes for Health

I've never met anyone who didn't love a warm cinnamon bun. There's even an entire food chain, Cinnabon, based around this delicious baked good! However, cinnamon buns are the furthest thing from "good for you." They are loaded with refined carbohydrates and sugar, which will send your blood sugar sky high and widen your waistline.

Below is a healthy, grain free, low carb cinnamon bun that you can whip up in just a few minutes! These cinnamon buns contain both cinnamon and coconut oil, which are important in preventing metabolic syndrome.

Grain Free Cinnamon Bun in a Mug

Ingredients:

- 2 tbsp. coconut flour
- 1 tsp. cinnamon
- Dash salt
- Dash nutmeg
- 1/2 tsp. baking powder
- 1 egg
- 2 tbsp. almond milk (unsweetened) or organic milk
- 1 1/2 tbsp. honey
- 1/2 tsp. vanilla extract

Ingredients for the icing:

- 1 tbsp. coconut butter or organic butter
- 1 tbsp. almond milk (unsweetened) or organic milk
- 1 tsp. honey
- 1/2 tsp. lemon juice

Instructions:

Mix all of the cinnamon cake ingredients in a coffee mug, mixing in the baking powder last. Microwave for 2 minutes. Mix all of the icing ingredients in a small bowl and drizzle over the hot mug cake. Enjoy!

I personally enjoy warm, nourishing drinks in the cold winter months. This grapefruit cider is a twist on hot apple cider. It contains both the benefits of grapefruit and cinnamon, making it great for stabilizing blood sugar and aiding in weight loss. This drink is a snap to make and is even a great option for holiday parties!

Spiced Grapefruit Cider

- 2 cups ruby red grapefruit juice (squeezed from 2 grapefruits)
- 2 to 4 tablespoons honey
- 1 cinnamon stick
- 1/2 teaspoon whole allspice berries

In a medium pot, combine juice, honey, cinnamon, allspice, and 1/2 cup water. Bring to a boil over high heat; strain and discard solids. Serve warm in a mug.

Having the risk factors for metabolic syndrome may be a recipe for disaster, but now you know the recipe for good health! This recipe involves avoiding the drive-thru, cutting out refined carbohydrates and sugar, and incorporating foods like cinnamon, grapefruit, and coconut oil into your daily diet. Making these beneficial changes to your diet can propel you towards health and away from disease. Avoid metabolic syndrome and its deadly outcomes by transforming your health and, in turn, transforming your future.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>



3 Steps to Beating Metabolic Syndrome

By Amanda Box, N.D.

-
- “It’s time to take my blood pressure pill.”
 - “Better take my insulin before I eat.”
 - “My doctor says I need medication for my high cholesterol.”

These are all common phrases that I’m sure you’ve either heard before or said yourself. It’s no surprise when 70% of Americans are on some sort of prescription drug.

[Managing high blood pressure, high blood sugar and high cholesterol have sadly become synonymous with taking a pill. Click to eeteet.](#)

But, what if I told you that you didn’t have to keep these illnesses “under control” with medications. What if there is another, better way? Would you choose the cure over the prescription bottle? I’m sure you’re saying, “Yes, of course I would!”

Nonetheless, millions choose their pills every single day. They choose to suppress their symptoms and never regain their health. Maybe taking the steps to resolve their health issues seem time-consuming or difficult. Whatever the reason may be, the truth is you are not bound to your illness and your pills! You have the power to take back your health!

The Deadly Trio

Behind the deadly trio of diseases: diabetes, heart disease and strokes is a group of risk factors that are entirely too common. So common, in fact, that [47 million Americans have not just one, but a combination of at least 3, of these risk factors!](#) The collection of these risk factors is called

metabolic syndrome. While metabolic syndrome is not a disease itself, it is a condition that can pose some serious dangers to your health.

To be diagnosed, you must have at least 3 out of the 5 specific risk factors. Read the criteria below to find out whether you, or someone you know, may have metabolic syndrome. Knowing the primary indicators gives you the power to avoid disease and live a long, happy, and healthy life!

Risk Factors for Metabolic Syndrome:

- Central or abdominal [obesity](#) (measured by waist circumference):
 - Men: 40 inches or above
 - Women: 35 inches or above
- [Triglycerides](#) greater than or equal to 150 milligrams per deciliter of blood
- [HDL cholesterol](#):
 - Men: Less than 40 mg/dL
 - Women: Less than 50 mg/dL
- [Blood pressure](#) greater than or equal to 130/85
- Fasting glucose greater than or equal to 100

Some of you might need to look over your latest lab results to know your risk factors. Chances are if you have metabolic syndrome, then your doctor has voiced his concern. He may not have labeled you with metabolic syndrome, but it's common knowledge in the medical community that a combination of these risks spells danger.

[Metabolic syndrome doubles your risk of heart disease and strokes and makes you five times more likely to become diabetic! Click to Tweet.](#)

Risk Factors for Metabolic Syndrome:

- * Central or abdominal obesity
 - Men: 40+ inches
 - Women: 35+ inches
- * Triglycerides greater than or equal to 150 milligrams per deciliter of blood
- * HDL cholesterol:
 - Men: Less than 40 mg/dL
 - Women: Less than 50 mg/dL
- * Blood pressure greater than or equal to 130/85
- * Fasting glucose greater than or equal to 100

The good news is that you can wipe out your risks and eliminate metabolic syndrome in just three steps! You're not doomed to suffer a heart attack, stroke, or diabetes. Your health and your future are in your hands!

The Sweet Culprit

Developing metabolic syndrome results from poor choices, not genetics, 99% of the time. One of the most important choices we can make is what we eat. The most devastating food choice of all is sugar.

Consuming large amounts of sugar and carbohydrates destroys your health and acts like a slow acting poison. Over time, it breaks down your body's systems by initiating unnatural processes. Some of the most disturbing outcomes of sugar involve all 5 metabolic syndrome risk factors! The harmful effects of sugar include:

High Blood Sugar

Over-consumption of sugar and carbohydrates causes an increase in insulin. This overproduction of insulin leaves our cells in a non-responsive state, otherwise known as insulin resistance. Consistently high levels of insulin are associated with many harmful changes in the body long before manifesting as a disease, such as chronic inflammation and diabetes.

High Triglycerides

Sugars raise insulin levels, which raise triglycerides in the body. Triglycerides are then stored in your fat tissue for later energy use. However, some of these extra triglycerides end up in your arteries and can cling to your artery walls. This buildup, also referred to as plaque, can harden your artery walls and inhibit blood flow. Eventually, this can lead to serious complications, such as heart attack or stroke.

High Cholesterol

When you eat refined sugar, the pancreas starts to work overtime to pour out insulin. The dramatic increase in circulating insulin grabs the sugar and stores it as body fat, often in the liver. The side-effect of circulating excess insulin is that it causes the liver to actually manufacture more cholesterol.

High Blood Pressure

Eating sugars and high carbohydrate foods can create a stress response in the body. This stress response begins in the hypothalamus of the brain. The “stress” of sugar causes the brain to increase the heart rate and blood pressure. Daily consumption of sugar and high carbohydrate foods creates such a stress response in the body that chronic high blood pressure is a result.

Abdominal Obesity

[Consuming excess sugar encourages the liver to store that sugar as fat. Click to Tweet.](#)

This fat is accumulated around the abdomen. Sugar is empty calories that pulls minerals from the body during digestion. Sugar creates a hormone cascade when consumed that causes the body to crave more sugar, which increases caloric intake and leads to weight gain.

The most frightening aspect of sugar is how quickly it destroys the body. [Studies](#) have shown that sugar can cause these health issues in as few as 10 weeks!

This leads me to step one in beating metabolic syndrome.



3 Steps to Beating Metabolic Syndrome

Step #1: Reduced Carbohydrate Diet

I purposely call this the “reduced carb” diet rather than “low carb” diet for a reason. I believe low carb diets, like the Atkins Diet, are too extreme. However, our current high-sugar, high-carb diet is killing us. For years, our ancestors subsisted on what they hunted and gathered. Sugar- and carbohydrate-based meals were rarely eaten.

Sadly, in the past 20-30 years, our country has shifted from well-rounded meals to meals centered around carbohydrates. Grains and starches typically dominate the plate at dinnertime and soda replaces milk or water. A lot has changed over the decades, and not for the better.

Reducing your carbohydrates is simpler than you might think. I personally have taken huge strides in the past 10 years in reducing my carbohydrates. It takes an adjustment in both your body and mind in the beginning. But soon, your body won't crave sugar or carbohydrates anymore!

Here are some simple tips for reducing your carbs:

- Fill your plate with an extra serving of vegetables, instead of a side of bread.
- Use large leaves of lettuce to wrap up your burger or deli meat instead of a bun.
- Skip dessert and grab a piece of fruit instead.
- Drink tea sweetened with stevia instead of soda. Better yet, drink water!
- Try spaghetti squash or shredded zucchini as a noodle substitute.
- Cut out wheat products and eat gluten free grains like rice and quinoa in moderation.

I also highly recommend eliminating gluten from your diet. Gluten contains specific compounds, which increase hunger, block nutrient absorption, and cause inflammatory responses. As someone who was personally on the fence over the whole gluten-free trend, I took the plunge and I am so glad I did!

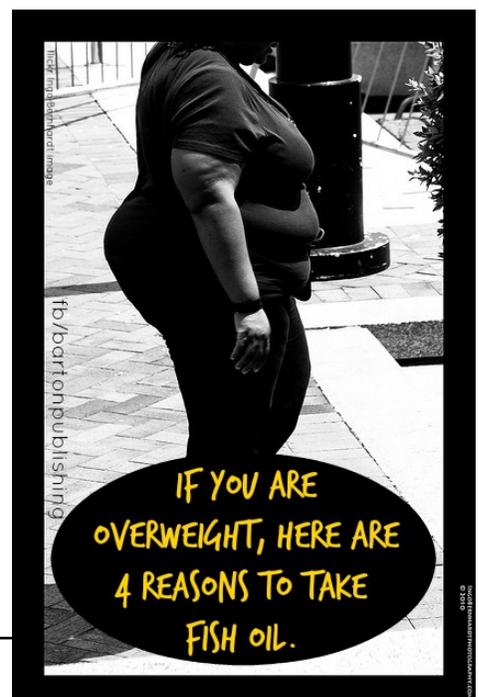
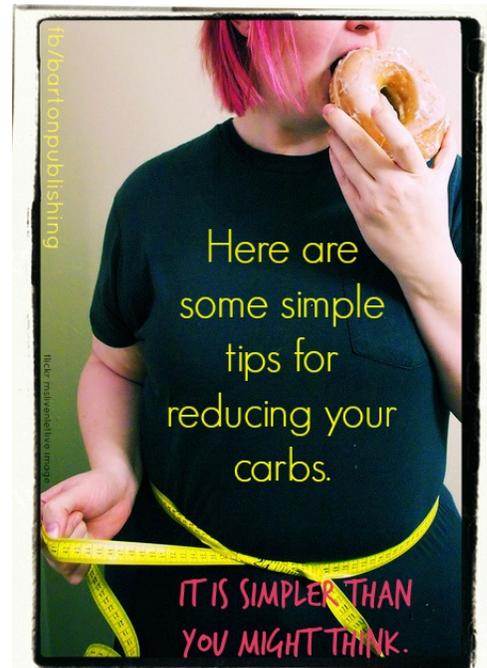
I have more energy, less sugar cravings, and no longer have the awful “wheat belly.” The only catch is to not replacing wheat with a bunch of gluten-free carbs. Just because it is gluten-free does not mean it is healthy.

Step #2 Exercise

We all know the benefits of regular exercise, yet so many of us just can't bring ourselves to do it! Regular exercise reduces the risk for cardiovascular disease, stroke, and diabetes. Exercise directly reduces the risk factors for metabolic syndrome by:

- Reducing stress, which can lower blood pressure
- Promotes weight loss
- Lowers blood sugar levels

A recent study asked people with metabolic syndrome to exercise for 30 minutes a day. The exercise was so effective that nearly half of the participants no longer had metabolic syndrome risk factors by the end of the study! Even something as simple as a brisk walk for 30 minutes once a day, five days per week can make such a dramatic impact on your health!



I personally have been using the workouts on the website <http://neilarey.com>. These workouts are fun, only 20-30 minutes in length and can be done at home in your living room!

If you are overwhelmed by the idea of beginning an exercise regimen or don't know where to start, then begin with 10 minutes a day of moderate exercise. If your health prevents you from participating in vigorous physical activity, then do not get discouraged. While lower levels of activity might not produce the same results as quickly, they will help you move in the right direction.

Making the time to perform these workouts has reduced my stress levels and kept me strong and healthy! I heartily recommend them as an ongoing, safe and rewarding part of your life.

Step #3 The Right Supplements

As I mentioned earlier, many people look to a pill alone to fix all their problems. Unfortunately, there is no pill that will make you healthy. You must put in the effort to eat right and exercise. There really is no getting around that. However, taking supplements can synergistically work with a diet and exercise regime to bring about even more dramatic results!

There are some fantastic herbs, vitamins, and natural supplements that can aid in balancing your blood sugar, lowering cholesterol and triglyceride levels, and lowering your blood pressure. Below are some of the best supplements for preventing metabolic syndrome. These are safe and effective supplements, which, unlike pharmaceutical drugs, are free from dangerous side effects.

Fish Oil:

Taking just 1 gram of fish oil a day can help boost healthy HDL cholesterol levels, while lowering the artery clogging LDL cholesterol. [Fish oil is a foundational supplement](#) that should be taken by people of all ages because of its positive effects on the body. Fish oil also:

- Decreases inflammation throughout the body
- Boosts brain function
- Lowers stroke risk
- And lowers blood pressure

Garlic:

Garlic contains natural ACE reducing properties. "ACE" or the ngiotensin-converting enzyme, indirectly constricts blood vessels and raises blood pressure. Most blood pressure medications are formulated as ACE inhibitors. Garlic naturally inhibits ACE, which makes it [effective in lower blood pressure](#) in those with hypertension. Garlic also:

- Lowers cholesterol and triglycerides
- Prevents blood clots
- Fights infections

You can eat a clove of garlic a day or take 2 of the odor-free capsule form if you prefer.

Magnesium:

This essential mineral is critical for the body, yet many people don't get [adequate amounts of magnesium](#) from the foods they eat. Supplementing with magnesium can:

- Lower blood pressure
- Decrease tachycardia and arrhythmias
- Lower LDL cholesterol levels

A typical daily dosage is 500-1000 mg a day

Cinnamon:

This delicious spice can be a life-changing supplement for controlling blood sugar levels. Cinnamon has antioxidant compounds, which have natural insulin-like qualities.

In a London study, two grams of cinnamon a day had a greater effect on blood glucose levels than pharmaceutical blood sugar lowering drugs!

[Cinnamon also reduces inflammation and lowers cholesterol levels.](#) To experience cinnamon's health benefits, take 1-2 grams per day in capsule form.

Taking pharmaceutical drugs to control your symptoms is not the ideal path towards holistic health and wellness. Instead, making lifestyle changes in your diet and exercise give you the ability to regain your health. These changes will prevent the deadly diseases that can occur as a result of metabolic syndrome.

Adopting a healthy diet by reducing your carbohydrates and sugars, exercising daily, and incorporating health-promoting supplements can evoke real results. These results can be the difference between a long vibrant life and a life interrupted with illness and disease. The choice is yours!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>



Fight Metabolic Syndrome with Fitness

By Rob Fischer

Metabolic syndrome is a fairly recent development in our culture resulting from being overweight and inactive. Metabolic syndrome is no small problem when 47 million Americans find themselves in its clutches.[\[1\]](#) And if you're over 60, your chances of developing metabolic syndrome are 4 in 10.[\[2\]](#)

The dangerous factors that comprise metabolic syndrome significantly increase your risk for blood clotting, type 2 diabetes, stroke, and cardiovascular disease.[\[3\]](#)

In fact, if you have three or more of these risk factors, you probably have metabolic syndrome right now:[\[4\]](#)

- A large waistline
- High triglyceride levels
- Low HDL cholesterol
- High blood pressure
- Elevated fasting blood sugar (indicates prediabetes—an early sign of type 2 diabetes)

Don't Look for Symptoms!

If you think you're safe from metabolic syndrome because “you feel fine,” think again! Other than a large waist, there are often *no other visible or perceivable symptoms* associated with metabolic syndrome.[\[5\]](#)

So let's cut to the chase. If you have or develop metabolic syndrome, then here's what you have to look forward to:

- A life that revolves around doctor visits and lots of expensive medications with nasty side effects.
- Probable complications involving coronary heart disease, type 2 diabetes and its associated problems.
- An ever-decreasing mobility preventing you from being able to play with your grandchildren, socialize with your friends, or travel.
- A life filled with “can’t-dos” (“I can’t do this.” “I can’t do that.”).

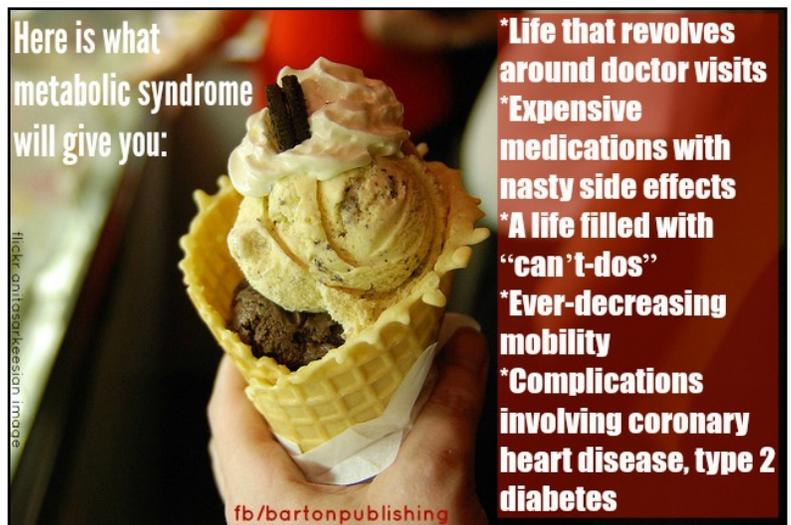
I hope that kind of future troubles you, because you don’t have to live that way. Your life doesn’t have to take that route. But in order to avoid that path of disaster, you need to take a different one now!

Metabolic syndrome is the result of being overweight and inactive.[6] It’s as simple as that. If that’s you right now...if you don’t exercise 3 times a week...if you have a job sitting down all day...if you consume more calories than you burn...you must make significant changes in your lifestyle to halt metabolic syndrome in its tracks.[7]

[Inactivity breeds inactivity. Click to Tweet.](#)

The longer a person remains inactive, the heavier they get; the stiffer and sorer their joints; the harder activity becomes; the more embarrassed they become about being seen in public. You can begin putting an end to this vicious cycle now, but you must make changes.

Medical professionals tell us that even a modest weight loss of just 5-10 percent of total body weight will impact insulin resistance and blood pressure.[8] To naturally lose weight, you need a two-pronged approach of a healthy diet and exercise. Let’s focus on exercise in this article.



Getting and Staying Fit

The human body is designed for mobility, strength, agility, and grace. [You were created to be active.](#) Perhaps you have an aversion to exercise because of a bad experience or some misconceptions:

- You over-did it in the past and hurt yourself.
- You see other sleek, muscular bodies and become disillusioned and depressed about your own body.
- You’ve tried exercising in the past and didn’t enjoy it.
- You think you don’t have time for exercise.
- You can’t afford a gym membership or expensive equipment at home.
- You’ve given up, “What’s the use?”

Whatever you do, don't give up. You are worth it!

We could cite countless studies and examples on the benefits of exercise, but here's one that may really encourage you.

A Duke University study found that moderate exercise at moderate intensity (e.g., walking briskly for 3 miles, 4 days per week, or 30 minutes per day, 5 days per week) can significantly reduce your risk for metabolic syndrome! The key is consistency.[\[9\]](#)

Exercise Tips

- Check with your physician before beginning an exercise program.
- Find an exercise that you enjoy (or can learn to enjoy).
- Start out very slowly and work up gradually if you are unaccustomed to exercise.
- Warm up before and cool down after exercising.
- Drink plenty of water to stay hydrated.
- Set a timer on your watch or phone to track your time.
- Decide to build exercise into your life to the extent that you miss it when you can't exercise.

[By the way, exercise is beneficial for metabolic syndrome even if you don't lose weight. Click to Tweet.](#)

Regular physical activity lowers: blood sugar, blood pressure, and triglyceride levels. Furthermore, consistent moderate exercise also increases: flexibility, energy, mobility, and countless other health measures.[\[10\]](#)

If you are overwhelmed by the idea of beginning an exercise regimen or simply don't know where to start, then use a handy tool like this below to chart your progress.

My Personal Exercise Plan (PEP):

(Example: Walk briskly 30 minutes per day, 5 days per week.)

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1	✓	✓	✓		
2					
3					
4					
5					
6					
7					
8					
9					
10					

Or, if you are savvy with a smart phone, download a free or low-cost app for tracking distance, time, calories burned, elevation gain, and other helpful and fun measures. (I use *Endomondo*. Others include: *BIDMC Pedometer*, *MapMyWalk*, *Walkmeter GPS Pedometer*, *RunKeeper*, and *The Moves*.)

Decide today to put an exercise plan into action and look forward to a life:

- Of mobility, fun and adventure
- Playing with your grandchildren
- Getting out with your friends
- Unencumbered with medications and numerous health restrictions

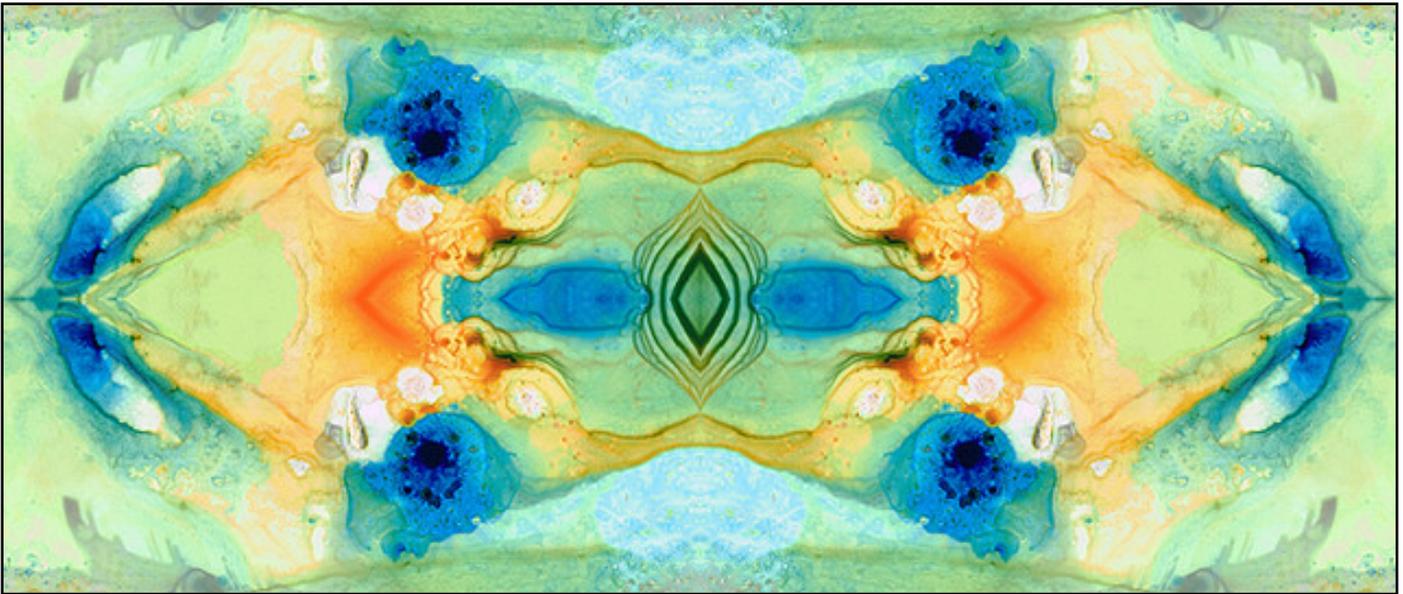
What quality of life do you want? Don't let metabolic syndrome take you down. You can beat it! The choice is yours. Act now and begin exercising your body your way to amazing and vibrant health!



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

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Metabolic Syndrome: All Things Health and Spiritual

By Rob Fischer

“Okay, really? If metabolic syndrome is a collection of physical symptoms like: high blood pressure, high blood sugar, high triglycerides, and a large waistline, what in the world does my spiritual health have to do with it? [\[1\]](#)”

Besides, even if my spiritual health does impact metabolic syndrome, doesn't that complicate things? I already feel overwhelmed with my physical ailments and now you're telling me I need to tend to my spiritual health, as well?”

If you can identify with those thoughts and question above, you're not alone. Metabolic syndrome is a complex collection of symptoms and it may seem far-fetched and even discouraging to think that our spiritual health also plays a role in it.

But don't think for a minute that tending to your spiritual health will complicate matters. On the contrary, think of your spiritual healthy in terms of “leverage”. Archimedes said, “Give me a lever long enough and a fulcrum on which to place it, and I shall move the world.”

Your spiritual vitality truly can serve as a lever to help pry metabolic syndrome (or any disease) from your life. Wise King Solomon put it like this:

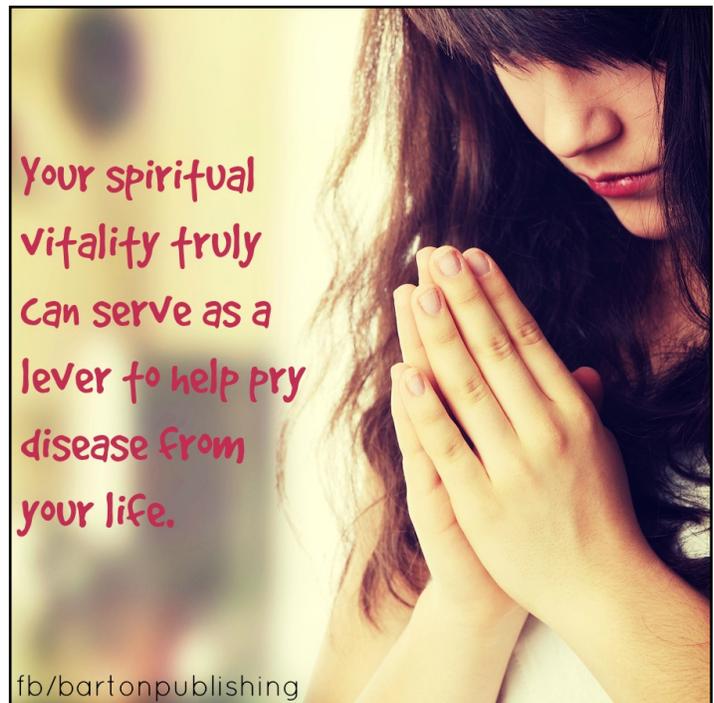
My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body. Guard your heart above all else, for it determines the course of your life. – Proverbs 4:20-23[\[2\]](#)

[Your spiritual health is undeniably linked to your physical health. Click to Tweet.](#)

The two are intertwined and inseparable. This intimate connection holds true for every area of your life: physical, psychological, social, and spiritual. This is the way God made us—as fully integrated beings.

We know for instance that there's a strong relationship between metabolic syndrome (the physical) and depression (the psychological or emotional).[3] In fact, the one feeds the other. If you have metabolic syndrome, you are likely to have been depressed over it at some time. And when you get depressed, you are more prone to let yourself go, which worsens metabolic syndrome.[4]

You've probably experienced the connection between your psychological and spiritual health. When you feel spiritual vitality you are less likely to become depressed.[5] Your spiritual health overflows into and impacts your physical health, as well.



4 Ways to Boost your Spiritual Health and Battle Metabolic Syndrome

Your spiritual vitality can greatly help you prevent or halt metabolic syndrome. Here are 4 ways to help improve your spiritual health:

1. Intentionally focus on cultivating a deeper relationship with God.

True spirituality is defined by a relationship with God that is vibrant and ever growing. Get to know Him better by spending time reading His Word, the Bible. Spend time talking with Him daily in prayer. Learn how to “hear” and distinguish His voice. Be quick to put into practice what you read in the Bible and what God urges you to do.

View your spiritual life for what it is—a *relationship* with God—and not merely “doing spiritual things.” As you pursue your relationship with Him, He will comfort and encourage you. He will stand by you. He promises, “I will never leave you or forsake you.” – Hebrews 13:5

2. Spend time with others whom you can feed and who can feed you spiritually.

Attend a church regularly where you find loving, like-minded people. Look for ways to serve others and spend time in the company of other spiritually healthy people. Be a model to others and seek out others whose lives you can imitate.

We all desperately need the love of others and opportunities to love others that this fellowship will bring.

[We can weather a lot and accomplish much more when others are standing with us! Click to Tweet.](#)

3. “Guard your heart above all else, for it determines the course of your life.” – Proverbs 4:23

Jesus put more emphasis on what comes out of our *hearts* than what goes into our *mouths*.^[6] Feed your heart with that which will make it loving, kind and gracious. And weed out bitterness, strife, and anger.

We are all prone to go our own way and to put our own needs and desires before others. We are selfish by nature. Weeding self-centeredness out of our hearts does not come naturally or automatically. This is something we must deliberately do for the rest of our lives, but the rewards are great. “While bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” – 1 Timothy 4:8^[7]

4. Put first things first.

Jesus said, “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today,” Matthew 6:33-34. Stress, worry and anxiety worsen the effects of metabolic syndrome. Trust God with your whole life.

God invites you to take your every care to him. People who don’t understand God’s gracious and loving character protest that we are arrogant to think that he cares about our insignificant little issues. But nothing could be further from the truth. The Bible invites us to, “Humble ourselves before God...by casting all our cares on him, because he cares for us.”^[8]

The point here is not simply to ask God to take away your metabolic syndrome so you can continue on in a lifestyle of inactivity and self-indulgence. Instead, ask him to help you make the changes necessary to halt your metabolic syndrome and watch him give you the strength and self-discipline to follow through. Doing so releases a supernatural peace and joy in our lives that can only come from God.

Your spiritual health and well-being are intimately linked to your physical health and emotional health. Don’t merely try to fight metabolic syndrome on a physical level. Apply the “lever” of your spiritual health to pry metabolic syndrome from your life.



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master’s degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

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