



Living with Metabolic Syndrome: The Complete Guide to Risk Factors, Prevention, Symptoms and Treatment Options

Naheed Ali

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Living with Metabolic Syndrome: The Complete Guide to Risk Factors, Prevention, Symptoms and Treatment Options Naheed Ali **THE FIRST TRULY COMPREHENSIVE RESOURCE FOR METABOLIC SYNDROME PATIENTS**

Affecting well over 50 million Americans, the series of conditions known as metabolic syndrome has reached epidemic proportions. Found in patients where increased blood pressure, high blood sugar level, excess body fat, and abnormal cholesterol level occur together, metabolic syndrome increases the risk of heart disease, stroke and diabetes. With so many conditions working together, and no set list of identifiable symptoms, the best defense against metabolic syndrome is information—understanding the need for proper diet, exercise, and wellness checks. So long as patients at risk of developing metabolic syndrome understand their risk factors, they can work to prevent the syndrome and restore their good health.

Incorporating information from all the latest research and treatment options, *Living with Metabolic Syndrome* is the breakthrough guide to understanding this ever-growing health problem. This comprehensive manual takes advantage of new findings from both clinical and physician studies while providing guidance in clear, authoritative language. Touching on every aspect of metabolic syndrome, including: risk factors and possible symptoms; doctor's visits, including choosing a specialist; and dealing with the emotional/psychological strain of long-term illness, *Living with Metabolic Syndrome* offers powerful techniques and real-world advice that sufferers can immediately relate to.

Living with Metabolic Syndrome covers:

- Detailed information on the risk factors for metabolic syndrome, including diet, lifestyle and heredity
 - The variety of possible symptoms, such as fatigue and low appetite, which can accompany the syndrome
 - Treatment options, both medical and holistic, including the latest research discoveries and updates
- The essential steps after receiving a diagnosis of metabolic syndrome, including a quick-start 10-step checklist
- The role that each doctor and specialist will play in your diagnosis and treatment regimen

Providing not only knowledge and hope, but new and practical ways of confronting and living with the syndrome, *Living with Metabolic Syndrome* lets you reclaim your health, your energy, and your life.

From the Trade Paperback edition.

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