

Metabolic Syndrome

Metabolic syndrome predisposes you to Diabetes, stroke, heart attacks and cardiovascular disease. These are the primary causes of sudden early death syndromes and are easily within our control.

Do you present with five of the following eight criteria?

- » 20 pounds or more overweight?
- » Overstressed out?
- » Not sleeping 7 to eight hours per night?
- » Smoking?
- » Drink more than two alcoholic beverages per night?
- » More than one week since you last got your heart rate over 140 beats per minute from an exercise routine or work out?
- » Have a sedentary desk job that requires you to sit all day long?
- » Eat dinner out at a restaurant more than three times per week or fast food?

If you answer yes to at least five of the above questions, You are *threatening your overall health* with severe stress to your blood vessels and cardiovascular system.

We have all had acquaintances, friends or possibly even family members that suddenly have had strokes, heart attacks or diabetes. The check list above likely relates to their lifestyle. Our lifestyle is *within our control*. We can be proactive and make changes to increase the quality of our lives.

Additionally, Our family genetics, mom, dad, sisters' and brothers' health will help to predict our own health. The health of our parents is the biggest predictor of our future health. Know what they are dealing with health wise and you can look into your own future.

**If you have any questions, feel free to call for a free consultation:
(562) 433 2443**