

The Consumer's Guide for Quitting the "Metabolic Club" or How I Beat The Metabolic Syndrome

Membership Benefits For The Metabolic Club

The metabolic syndrome is a medical term for a condition that is familiar to many middle-aged individuals. Persons with high blood pressure, high blood sugar, high triglyceride or cholesterol and central obesity, termed "a spare tire", have what doctors called the "metabolic syndrome". Persons who have three of these health problems qualify for membership in the metabolic club. Membership privileges include increased risks for heart attack, stroke, and dementia. The fatty tissue that produces the spare tire disturbs the body's response to insulin causing other changes that may be harmful to your brain. These health problems each produce long-term effects in the brain; however, their combination together is more damaging than each alone. These health problems trigger immune responses that may further damage blood vessels, the heart, and the brain.

Quitting the Metabolic Club

Older individuals do not want to be the members in the metabolic club. The reduction of these risk factors is simple and provides multiple health benefits. Losing weight and reducing fatty tissue will improve the body's response to insulin. Weight reduction helps with blood pressure. Regular exercise helps reduce weight and reduce blood pressure, as well as improving intellectual fitness (**For additional information, See DETA 2513.51 on Exercise and Intellectual Stimulation**). People who take medicine to control high blood pressure must be careful to follow the doctor's directions and take the medications as prescribed. Medicines that lower cholesterol and triglycerides may provide protection against the harmful effects of these health problems. The reduction of symptoms for the metabolic club may also reduce harmful immune responses in the body triggered by these health problems.

Recommendations for Middle-Aged Persons About Avoiding the Metabolic Syndrome

Exercise, proper diet, vitamin supplementation, and sensible weight are key parts of successful aging and maintaining your intellect for as long as possible. These efforts are simple and cheap. The benefits can be dramatic to individuals.

1. Exercise at least four times per week.
2. Check your blood pressure every three to six months.
3. Watch your weight.
4. Ask your doctor about your blood sugar, cholesterol, and triglycerides.
5. Eat a proper, balanced diet.

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