



# What is Metabolic Syndrome?

FLCCCC  
ALLIANCE





**“A group of conditions that together raise your risk of coronary heart disease, diabetes, stroke, and other serious health problems.”**

The National Institutes of Health

**FLCCCC**  
ALLIANCE

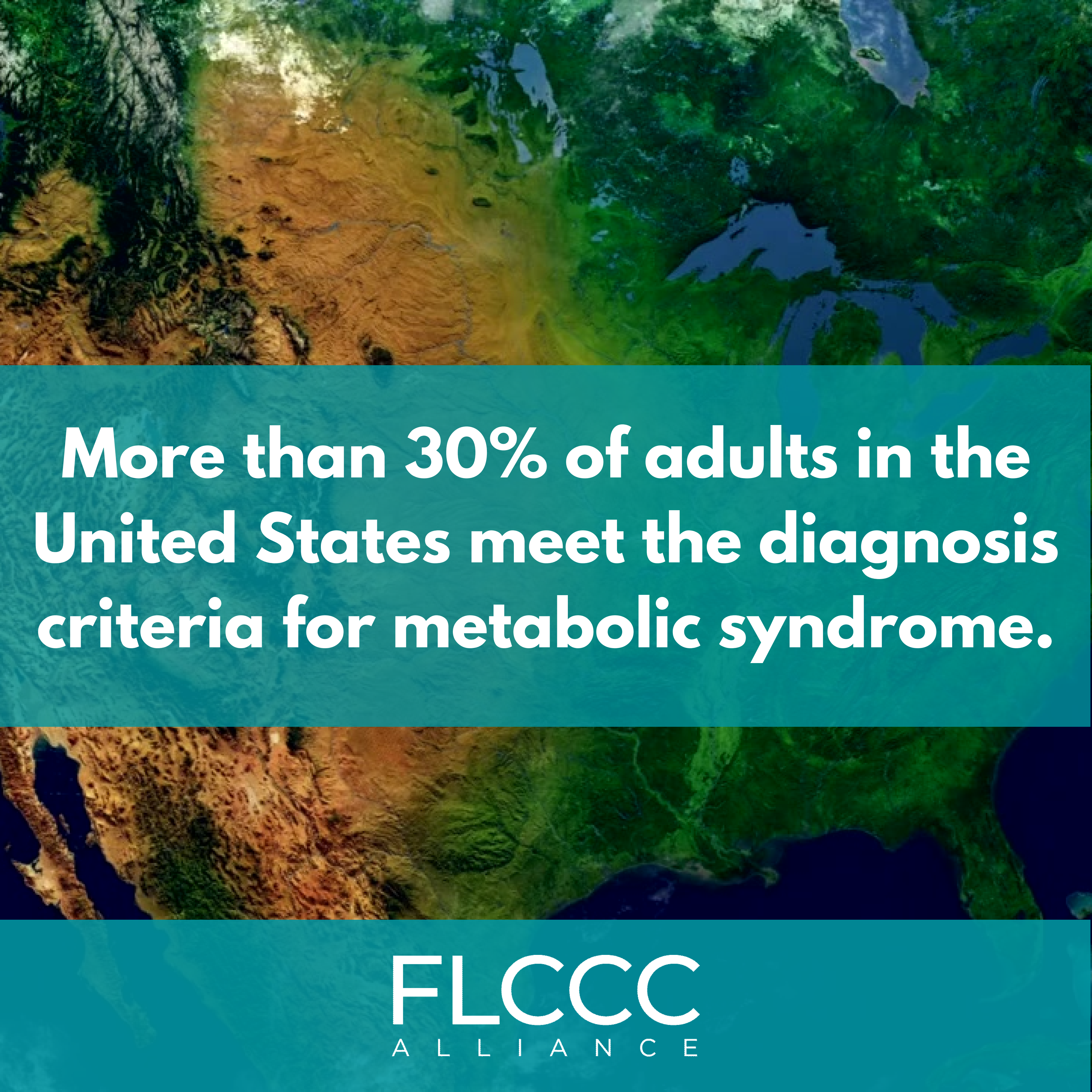




**Metabolic syndrome is also called insulin resistance syndrome.**

**FLCCCC**  
ALLIANCE



A satellite map of North America, showing the United States and parts of Canada and Mexico. The map is overlaid with a semi-transparent teal banner that contains white text.

**More than 30% of adults in the  
United States meet the diagnosis  
criteria for metabolic syndrome.**

**FLCCCC**  
A L L I A N C E



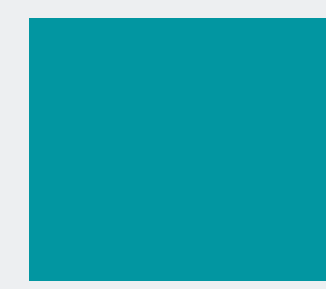


**1/4th of the world population is  
estimated to have obesity by  
2045.**

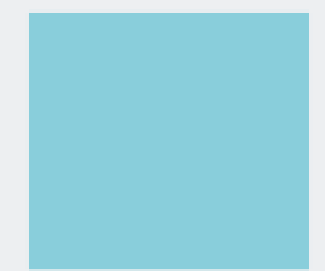
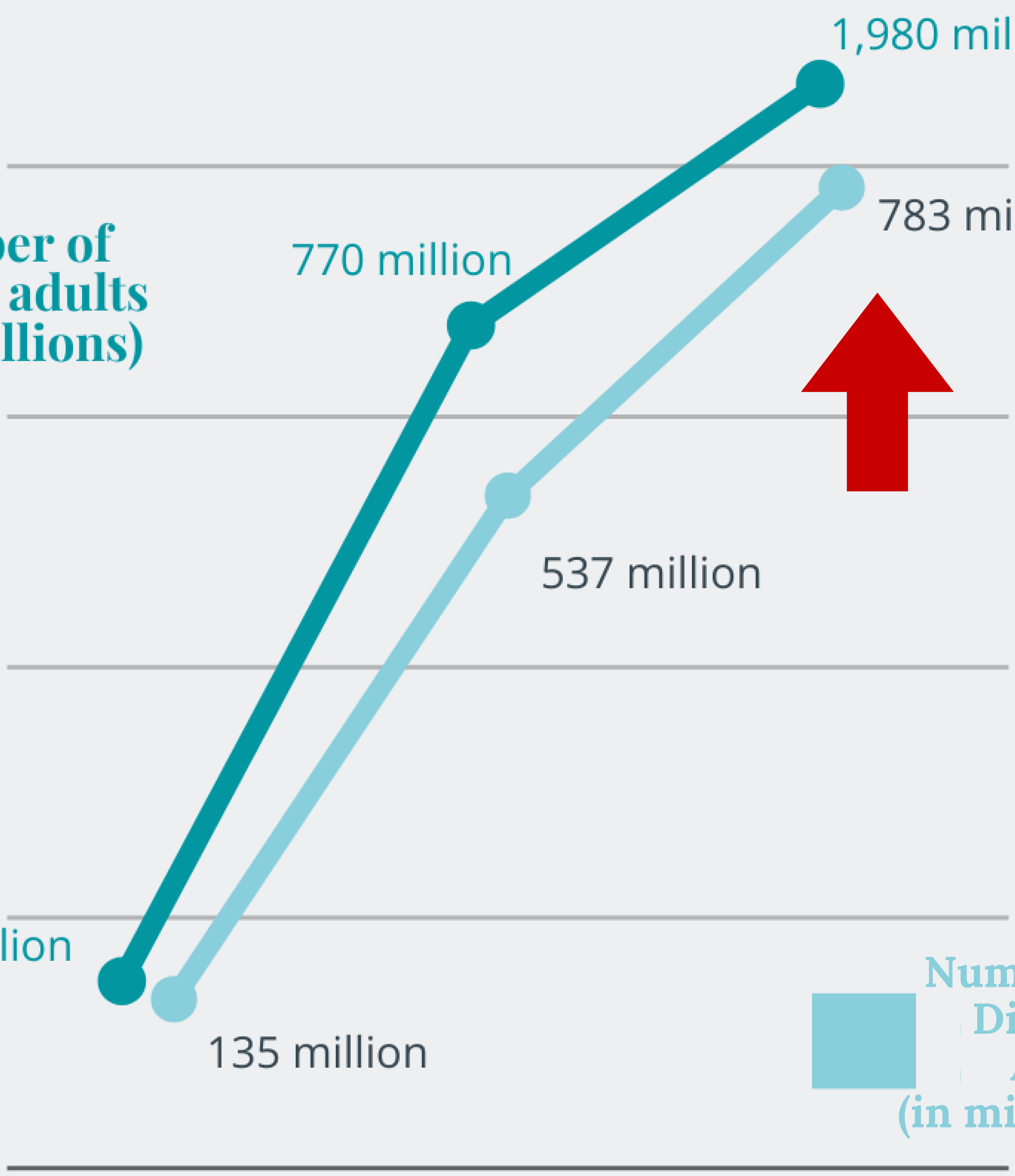
**FLCCCC**  
A L L I A N C E



**Number of  
obese adults  
(in millions)**



200 million



**Number of  
Diabetic  
Adults  
(in millions)**

**1995**

**2020**

**2045**



A photograph of a man with dark hair, wearing a red t-shirt, looking down. The image is partially covered by a teal-colored horizontal band that contains white text. The background is a soft-focus indoor setting.

**Metabolic syndrome includes  
conditions like:**

**FLCCCC**  
A L L I A N C E



STOLIC

mmHg

DIASTOI

119/77

- High blood pressure
- High blood sugar
- Increased body fat
- Abnormal cholesterol

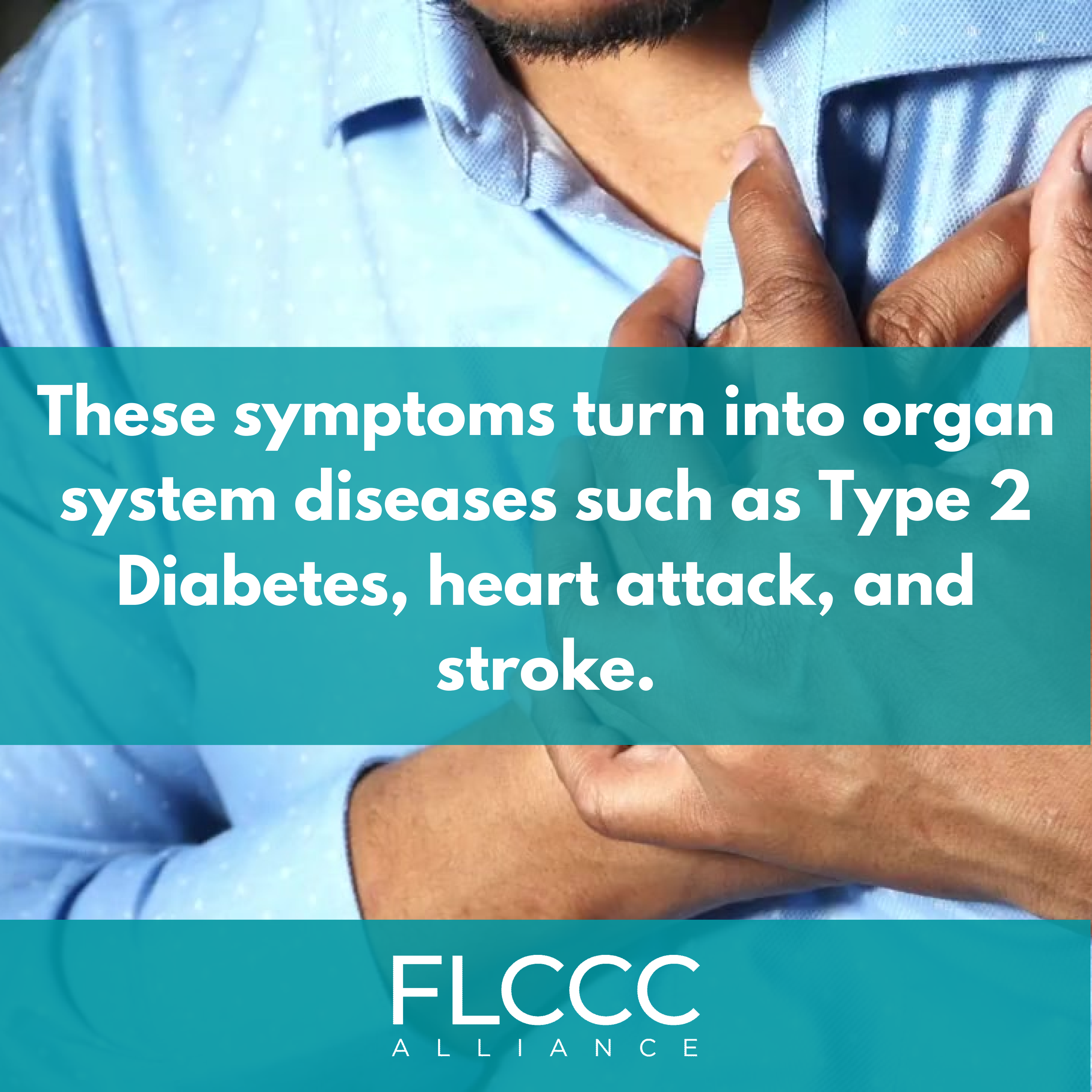
PULSE

TIME

04:30

FLCCCC  
ALLIANCE



A close-up photograph of a person's neck and upper chest area. They are wearing a light blue button-down shirt. A finger from a hand with a darker skin tone is pointing to a small, faint, light-colored mark on the person's neck, just below the collar. The background is a solid teal color.

**These symptoms turn into organ  
system diseases such as Type 2  
Diabetes, heart attack, and  
stroke.**

**FLCCCC**  
ALLIANCE



A close-up photograph of an elderly person's head and shoulders. The person has short, wavy grey hair and visible age spots on their forehead. They are wearing a light-colored, possibly grey, button-down shirt. A semi-transparent teal rectangular overlay covers the middle portion of the image, containing white text. The background is a light-colored brick wall.

**This can also accelerate the aging  
process of not only the organs,  
but your whole body!**

**FLCCCC**  
A L L I A N C E





**Abdominal obesity is a high predictor of metabolic disease.**

**FLCCCC**  
ALLIANCE



**High blood sugar causes insulin resistance. These factors also influence insulin resistance:**

- **Genetics**
- **High sugar intake**
- **Fat accumulation in the liver**





**Risk factors for metabolic  
disease include:**

**FLCCCC**  
A L L I A N C E



- 
- High carb/processed food diet
  - Obesity
  - Inactive lifestyle
  - Diabetes
  - Family history of diabetes

**FLCCCC**  
A L L I A N C E





**Long COVID and Post-Vaccine  
syndromes can also increase  
your risk factors.**

**FLCCCC**  
A L L I A N C E



**What can I do to prevent  
metabolic syndrome or improve  
my body's condition if I have  
already been diagnosed?**

**FLCCCC**  
A L L I A N C E






**(NOTE: Always consult with a healthcare provider before starting a new treatment, therapy, or intervention.)**

**FLCCCC**  
ALLIANCE





1

**Take control of your health.  
Get screened for diabetes and  
heart disease.**

**FLCCCC**  
ALLIANCE



**Click here for  
more information:**



**<https://covid19criticalcare.com/treatment-protocols/insulin-resistance/>**

**FLCCCC**  
ALLIANCE



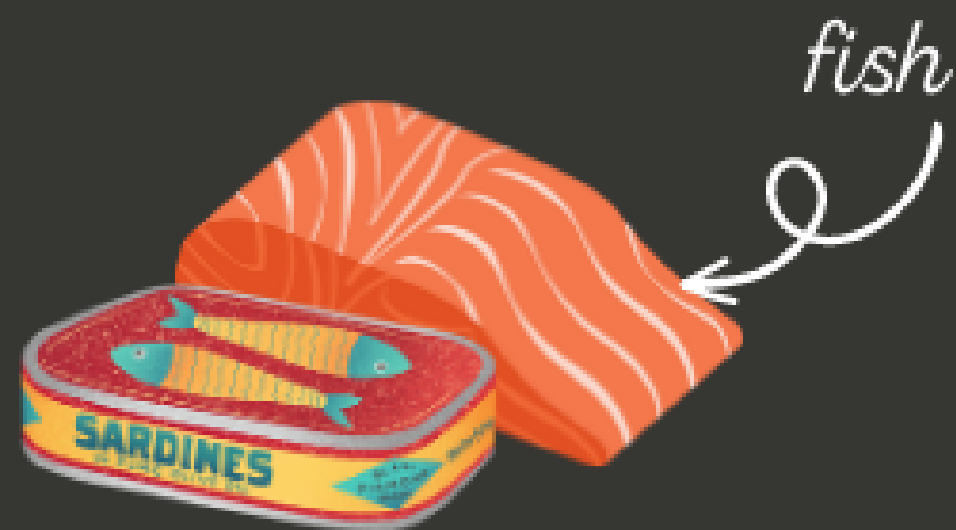
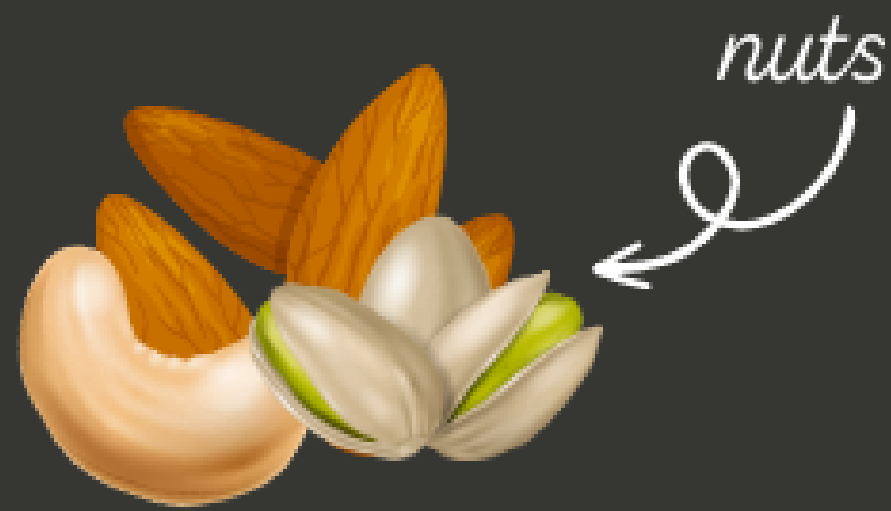
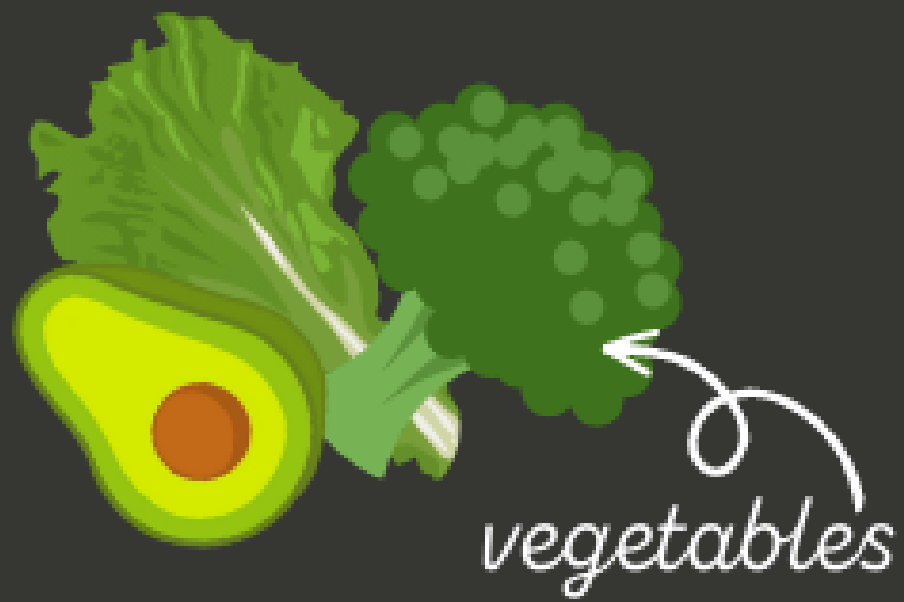


2

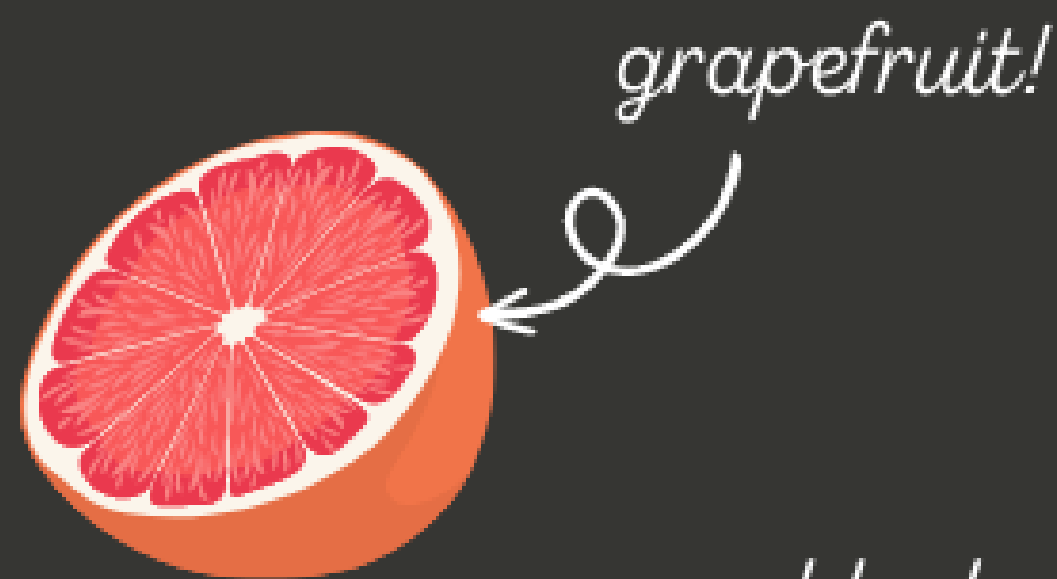
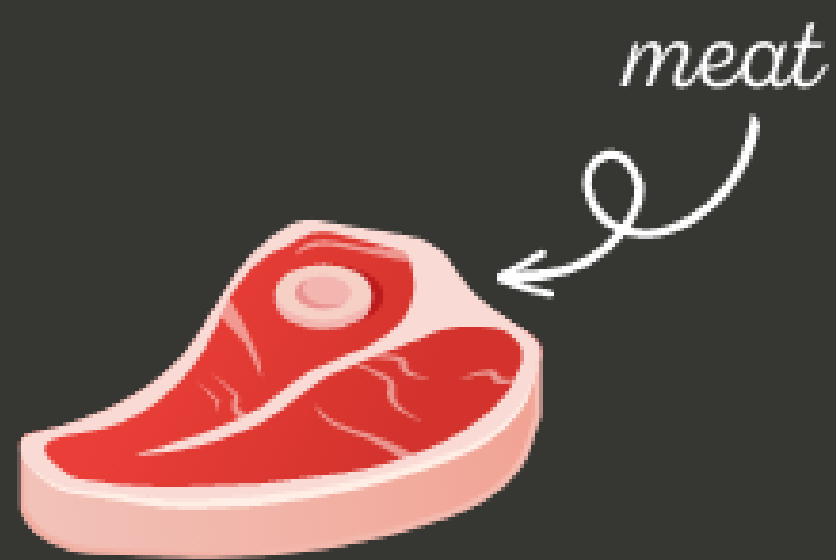
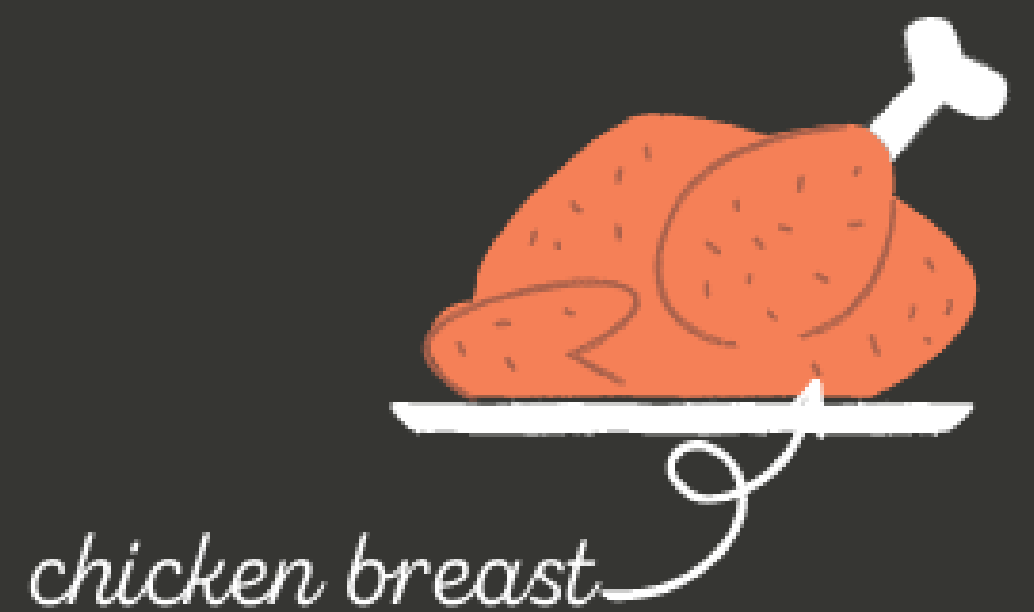
**Commit to eating right and adopting intermittent fasting (unless you have medical reasons why you cannot).**

**FLCCCC**  
ALLIANCE





# what to eat

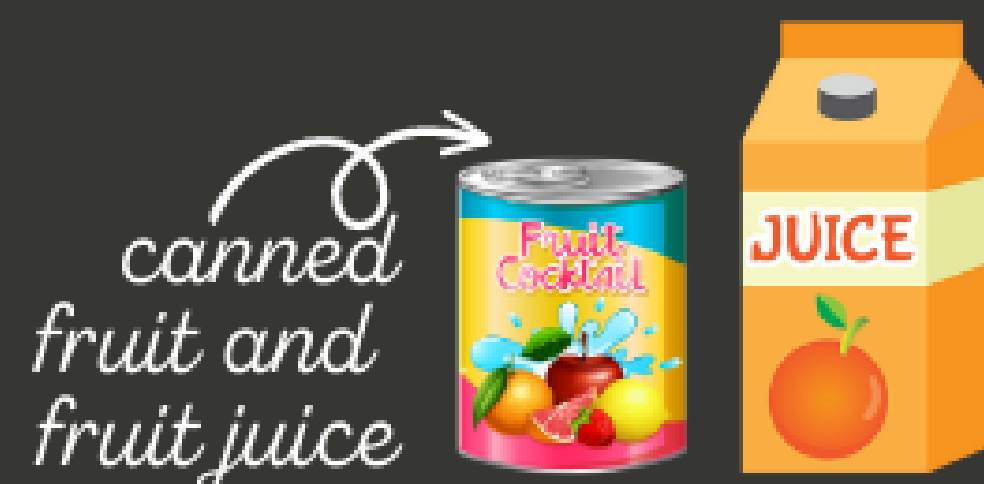
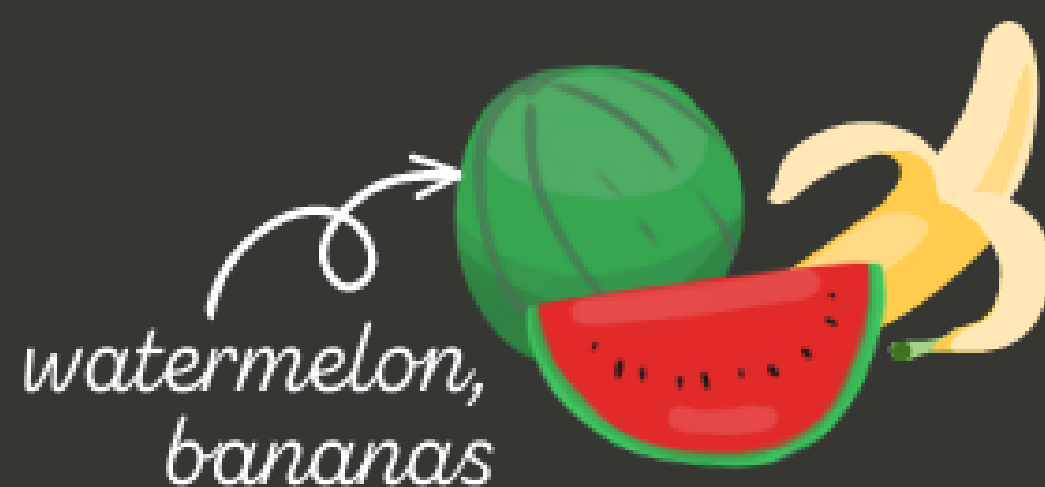
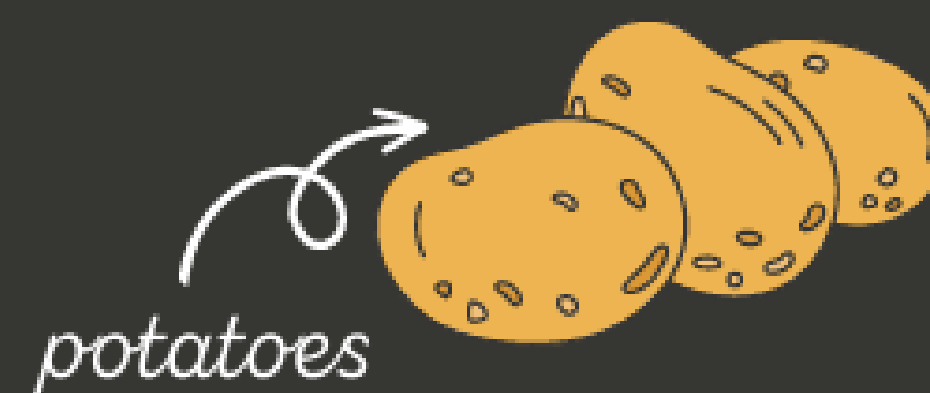
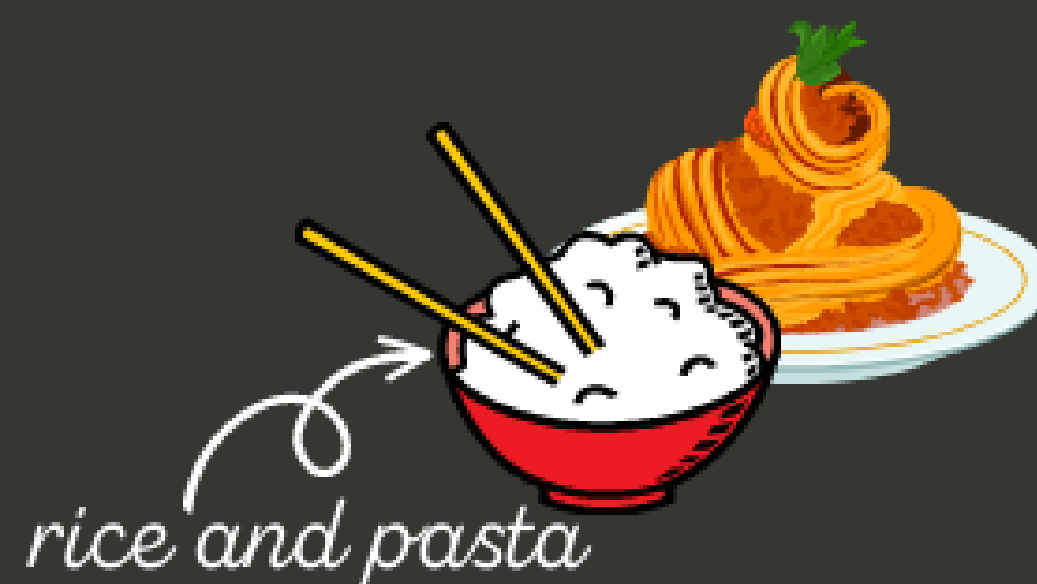


FLCCCC  
ALLIANCE





# *what not to eat*



*\* ALSO no artificial sweeteners and no soda!*



**FLCACC**  
ALLIANCE





*butter*



*avocado  
oil*



*coconut oil*

# *healthy oils & fats*



*olive oil*



*walnut &  
pecan oil  
(should be  
refrigerated)*



*flaxseed oil*



FLCACC  
ALLIANCE



# *Healthy eating habits*

*Eat your  
meals at the  
table*



*Don't eat*

- at the computer
- in the car
- on the sofa
- in the lecture hall
- in bed
- in front of the TV

HABITS

FLCCCC  
ALLIANCE





**3**

**Plan to exercise and block the time off in your calendar.  
Make it a healthy habit.  
Do something fun outside!**

**FLCCCC**  
ALLIANCE





4

## **Add these supplements/drugs:**

- **Berberine**
- **Metformin**
- **Magnesium**
- **Reseveratrol**
- **Melatonin**
- **Cinnamon**
- **Omega-3**
- **Probiotics**





5

**Reduce stress.**

**Try yoga, tai-chi, breathing exercises, meditation, or positive intention-setting.**

**FLCCCC**  
ALLIANCE






**REMEMBER: This is a lifestyle change, not a temporary diet or exercise plan. Learn to love this new way of living.**

**FLCCCC**  
ALLIANCE





**(NOTE: If you are scheduled for surgery, let your anesthesia team know if you take supplements. Sometimes they can interact with anesthesia medication.)**





**Take control of your health!**

**For more information:  
FLCCC.NET**

**FLCCC**  
ALLIANCE