



Living with Metabolic Syndrome: the Complete 30-Day Plan for Better Health: The Complete Guide to Risk Factors, Prevention, Symptoms and Treatment Options

By Naheed S. Ali

Hatherleigh Press,U.S., United States, 2015. Paperback. Book Condition: New. 228 x 153 mm. Language: English . Brand New Book. 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...

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