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**Why a low-fat, high-carbohydrate diet
could give you a HEART ATTACK**
•

Why eating "GOOD FAT" actually protects your heart
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The role of INSULIN RESISTANCE in SYNDROME X
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The 6-POINT PROGRAM that can keep you HEALTHY
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SYNDROME X

THE SILENT KILLER

THE NEW HEART DISEASE RISK

**Gerald Reaven, M.D.,
Terry Kristen Strom, M.B.A.,
and Barry Fox, Ph.D.**

Syndrome X The Silent Killer

Michael Ozner



Syndrome X The Silent Killer:

Syndrome X Gerald M. Reaven, 2000 Describes the cluster of metabolic abnormalities known as Syndrome X and offers a program of diet and exercise intended to lower the risk of heart attacks and heart disease caused by Syndrome X

The Potbelly Syndrome Russell Farris, Per Marin, 2005-11 Potbelly syndrome PBS is a metabolic disorder that affects about one third of the adults in industrialized countries Its most important symptoms are abdominal obesity high blood pressure and type 2 diabetes Contrary to popular belief these conditions are caused by chronic infections not by bad habits PBS is initiated by a small long term excess of the stress hormone cortisol The extra cortisol stimulates our appetite and slows down our metabolism It makes fat accumulate in places where it isn't wanted or needed Most of the fat settles around our waists but some of it settles in our liver and muscles Liver and muscle cells aren't supposed to store fat and the fat prevents them from working correctly As a result we feel tired and hungry much of the time As our potbellies grow and our PBS gets worse our blood pressure cholesterol insulin and blood sugar levels rise Most of the excess cortisol is produced in response to mild chronic infections Some of the germs that cause PBS also produce sores in our arteries When these sores are large enough they can block arteries and cause heart attacks The Potbelly Syndrome explains how to diagnose and treat some of the germs that cause PBS and heart disease If you've done everything you were supposed to do and still gained weight became diabetic or had a heart attack or if you are a medical professional who suspects that there are serious gaps in the current understanding of obesity diabetes and heart disease The Potbelly Syndrome will provide you with the answers you need to bring about better health Book jacket [The Magnesium Factor](#) Mildred Seelig, 2003-08-25 This important book brings to light an often overlooked but central factor in some of the most prevalent and serious disorders that affect Americans today magnesium deficiency Written by a medical doctor and researcher who is considered to be the world's leading expert on the actions and uses of this vital mineral The Magnesium Factor explains how magnesium deficiencies develop why they are so widespread and how they translate into metabolic disruptions that ultimately threaten the health of virtually every bodily system The author then details how to determine whether you have or are at risk for this problem and what you can do about it Backed by the latest scientific research yet written in a clear accessible style here is the authoritative source for information on a topic of critical interest for all health conscious individuals

Blood Sugar Anthony Ryan Hatch, 2016-04-10 Why do African Americans have exceptionally high rates of hypertension diabetes and obesity Is it their genes Their disease prone culture Their poor diets Such racist explanations for racial inequalities in metabolic health have circulated in medical journals for decades Blood Sugar analyzes and challenges the ways in which metabolic syndrome has become a major biomedical category that medical researchers have created to better understand the risks high blood pressure blood sugar body fat and cholesterol pose to people An estimated sixty million Americans are well on the way to being diagnosed with it many of them belonging to people of color Anthony Ryan Hatch argues that the syndrome represents

another very real crisis and that its advent signals a new form of colorblind scientific racism a repackaging of race within biomedical and genomic research Examining the cultural discussions and scientific practices that target human metabolism of prescription drugs and sugar by African Americans he reveals how medical researchers who use metabolic syndrome to address racial inequalities in health have in effect reconstructed race as a fixed biological genetic feature of bodies without incorporating social and economic inequalities into the equation And just as the causes of metabolic syndrome are framed in racial terms so are potential drug treatments and nutritional health interventions The first sustained social and political inquiry of metabolic syndrome this provocative and timely book is a crucial contribution to the emerging literature on race and medicine It will engage those who seek to understand how unjust power relations shape population health inequalities and the production of medical knowledge and biotechnologies

The Insulin Resistance Factor Antony J.

Haynes, 2025-09-12 Insulin resistance commonly known as Syndrome X affects a staggering 1 in 5 people It is characterized by the over production of insulin and is the underlying cause of many serious health problems including heart disease type II diabetes obesity high blood pressure and deep vein thrombosis The Insulin Resistance Factor offers a unique nutritional plan to reverse the effects of insulin resistance through diet exercise and nutritional supplements Experienced nutritionist Antony J Haynes shows how to Determine your level of insulin resistance Understand the key nutrients antioxidants and foods that can reverse insulin resistance Prepare simple and delicious meals that won't leave you hungry Lower your risk of heart disease and cancer Improve your memory and concentration Lower your cholesterol and high blood pressure Slow the aging process For anyone who struggles with weight lethargy high blood pressure or high cholesterol The Insulin Resistance Factor offers a solution

Combat Syndrome X, Y and Z-- Stephen Holt, 2002

Invisible Illnesses Gloria Gilbere N.D., D.A.

Hom., Ph.D., 2010-04-20 Millions of people are discovering they are victims of conditions such as chronic fatigue fibromyalgia intestinal permeability aka a leaky gut syndrome etc although these are all relatively new terms to most of us they are real and debilitating for those who suffer from them Invisible Illnesses 2nd Edition covers all these conditions as well as multiple chemical sensitivities chemically induced immune system disorders and prescription drug withdrawal syndrome among others It introduces natural therapies and lifestyle modifications for overcoming these disorders They emphasize diet supplementation non toxic therapies environmental modifications and therapies that encourage the healing process reserving drugs and surgery as a last resort With this book and the guidance of a naturopath or integrative medical doctor readers can learn what is needed to achieve optimal health naturally

The Great American Heart Hoax Michael Ozner, 2010-12-14

Clinical studies show that cardiovascular intervention does not prevent heart attacks or prolong life in stable patients with coronary artery disease so why are more than 1.5 million angioplasties and coronary bypass surgeries done annually in the United States alone In The Great American Heart Hoax esteemed cardiologist Michael Ozner author of The Miami Mediterranean Diet reveals groundbreaking truths about what actually helps prevent and reverse heart disease and what isn't

t worth the money or risk Discover disturbing realities from a cardiologist about the billion dollar cardiovascular intervention industry While a minority of patients may benefit from surgery Ozner uncovers that the majority can employ much simpler methods such as diet exercise and medical therapy to achieve better results without stents or surgery Most important The Great American Heart Hoax provides a 10 step program to improve your heart health and reduce your risk of heart disease

The Potbelly Syndrome (Volume 1 of 2) (EasyRead Super Large 20pt Edition) , 7 Keys to Arrest & Prevent Life Threatening Pre Diabetes Dr Bruce Miller,2010 Forty one million Americans are estimated to have pre diabetes compared to 16 million Americans diagnosed with diabetes This says a mouthful about pre diabetes Pre diabetes is a wake up call to warn you that you could be getting the real thing If your blood fasting glucose is above 5.5 mmol/L this is an indication that your insulin is beginning to lose control over your blood sugar level You are now diagnosed as a pre diabetic Pre diabetes not only increases your risk of type 2 diabetes within 10 years but also increases your risk of a heart attack or stroke by 50 percent If you have pre diabetes you may experience difficulties in losing weight Furthermore damages to your heart arteries nerves and eyes are already taking place at this stage causing no symptoms for the present but ticking like a time bomb This is a must read book for those who have symptoms of pre diabetes and want to discover what pre diabetes is its cause and the harm it can do to your health and the preventive steps you can take to keep diabetes from taking hold of your body Read this book even if you have never been diagnosed with diabetes You have a one out of four chances of developing pre diabetes Prevention of diabetes is possible at this stage

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