

Metabolic Syndrome



Stage 1

Metabolic Syndrome
Health profile 8-9 out of 10

PRE DIABETIC **EARLY STAGE**

This means... Lifestyle would gradually promote Metabolic Syndrome to develop leading to Hypertension, Cardiovascular disease, abnormal blood lipids and Diabetes.

- This is just short of being a '10' in health.
- A health focused person doesn't have to worry about getting sick because they have strong reserves from a strong metabolism to support their body.
- Good health is fleeting when time works against people with poor lifestyle habits.
- A+ can set the stage for a lifetime of continued and improving healthy habits



Stage 2

Metabolic Syndrome

Health profile 6-7 out of 10

PRE DIABETIC LATE STAGE

This means... Metabolic Syndrome has begun to show signs of Hypertension, early Cardio-vascular disease, abnormal blood lipid levels and Diabetes.

- Already starting to become unwell and unhealthy from time to time.
- APEs show 1 - 2 reoccurring abnormal test results.
- Seems easier to get sick and longer to recover.
- A+ can help restore health back to an 8 or 9.



Stage 3

Metabolic Syndrome
Health profile 4-5 out of 10

DIABETIC **EARLY STAGE**

This means... Metabolic Syndrome has already advanced into Diabetes. Also at risk is Hypertension, Cardiovascular disease and abnormal blood lipid levels.

This level MAY BE managed by diet alone and without medications.

- Mostly likely on maintenance meds
- Several 3+ reoccurring abnormal blood tests on APEs
- Other poor test results also present
- A+ can bring critical lifestyle interventions to restore lost health and set the stage for self management of health Vs a never-ending story of maintenance drugs.



Stage 4

Metabolic Syndrome
Health rating 2-3 out of 10

DIABETIC MODERATE STAGE

This means... Metabolic Syndrome is already well advanced into Diabetes with complications such as Hypertension and abnormal blood lipid levels with real concerns for progressive Cardiovascular disease.

- Have been on daily medications for Diabetes or other chronic disease
- Frequent doctor visits
- Some hospital visits
- A+ can assist in the normalization of a client's metabolic integrity and reverse most illnesses before its too late. Goal is to return status to the Stage 3 then, with continued persistence, to the Stage 2.



Stage 5

Metabolic Syndrome
Health rating is 1 out of 10

DIABETIC LATE STAGE

This means... Metabolic Syndrome is extremely advanced into Diabetes type 2.
Goal is to manage blood glucose to the degree that insulin can safely be replaced with oral medications.

- Diabetes heavily managed, including daily Insulin shots.
- At this stage there are real concerns about disabling stroke, heart disease and neurological deficits in both the eyes and in the extremities.
- Dialysis may be required.
- A+ can only help if the client is absolutely determined to make the serious life changes in exercise and nutrition.

