



METABOLIC SYNDROME

What Is Metabolic Syndrome?

The term “metabolic syndrome” was first coined in 1977 by Herman Haller who was studying risk factors associated with heart disease. Since then, due to its prevalence, metabolic syndrome has grown to become one of the health conditions that people are most concerned about.

Metabolic syndrome is not just one health condition but rather a cluster of conditions that occur together. These include:

1. High blood pressure
2. High blood sugar
3. Excess body fat around the waist area (visceral fat)
4. Abnormal cholesterol or triglyceride levels

Those who have a combination of any 3 of the above conditions to any degree would be now classified as having metabolic syndrome. Although it is hard to find accurate global data on how many people have metabolic syndrome, health experts estimate that it affects around a quarter of the world's population—in other words, over a billion people are now affected by metabolic syndrome.

代谢症候群

什么是代谢症候群?

“代谢症候群”一词是由赫尔曼·哈勒(Herman Haller)在1977年首次提出的，他当时正在研究与心脏病相关的风险因素。此后，由于其流行，代谢症候群已成为人们最关注的健康状况之一。

代谢症候群不仅仅是一种健康状况，而是同时发生的一系列状况。这些包括：

1. 高血压
2. 高血糖
3. 腰部脂肪过多(内脏脂肪)
4. 胆固醇或甘油三酯水平异常

在任何程度上，同时患有上述任何三种疾病的人，现在都被归类为代谢症候群。虽然很难找到关于全球有多少人患有代谢症候群的准确数据，但健康专家估计，它影响着世界上大约四分之一的人口。换句话说，现在有超过10亿人受到代谢症候群的影响。



Why Is Metabolic Syndrome Dangerous?

The reason why metabolic syndrome is particularly dangerous is because it greatly increases your risk of developing one or more of the potentially fatal non-communicable diseases (NCDs) which include cardiovascular disease, cancer, respiratory disease and diabetes. In fact, medical professionals say that metabolic syndrome can double your risk of heart disease and increase your risk of diabetes by up to 5 times!

The other reason that makes it so ominous is that there is no way to medically treat or reverse metabolic syndrome. The only way to tackle the condition is through our daily diet and lifestyle choices.

为什么代谢症候群危险?

代谢症候群特别危险的原因是，它大大增加了您患一种或多种潜在致命非传染性疾病 (NCDs) 的风险，包括心血管疾病、癌症、呼吸道疾病和糖尿病。事实上，医学专家说，代谢症候群会使您患心脏病的风险增加一倍，并使您患糖尿病的风险增加5倍！

另一个让人如此担忧的原因是，在医学上，没有办法治疗或逆转代谢症候群。解决这种情况的唯一方法是通过我们的日常饮食和生活方式。

Causes of Metabolic Syndrome

In order to know what we must do to reverse metabolic syndrome; we first need to look at the main factors that cause it:

代谢症候群的原因

为了知道我们必须做些什么来扭转代谢症候群；我们首先需要看看造成这种情况的主要因素：

Insulin Resistance

A pre-diabetic condition where the body's cells become resistant to insulin, resulting in elevated blood sugar levels and strain on the pancreas as it tries to make more insulin than needed to cope with rising glucose levels. This is usually caused by living a sedentary lifestyle, eating too much refined carbohydrates/sugar, and having excess weight in the belly.

胰岛素抵抗

这是一种糖尿病前期疾病，身体细胞对胰岛素产生抵抗，导致血糖水平升高，胰腺试图制造超过所需的胰岛素来应对血糖水平上升，从而造成压力。这通常是由于久坐不动的生活方式，吃太多精制碳水化合物/糖，以及腹部超重造成的。

Obesity

Abdominal obesity and having high visceral fat is particular dangerous for causing metabolic syndrome.

肥胖

腹部肥胖和高内脏脂肪对引起代谢症候群特别危险。

Smoking & Alcohol 吸烟和喝酒

Unhealthy Lifestyle

High stress, lack of exercise, and a diet of unhealthy processed foods is now the norm and is one of the main causes of metabolic syndrome.

不健康的生活方式

高压、缺乏运动和食用不健康加工食品是当今常态，也是代谢症候群的主要原因之一。

A medical diagnosis of metabolic syndrome can be a good wake up call for many people to get serious about turning their health around. The good news is that metabolic syndrome can be reversed and when consistent effort is made, most of the dangerous health crisis that it can cause may be avoided totally.

代谢症候群的医学诊断可以为许多人敲响警钟，让他们认真对待自己的健康问题。好消息是，代谢症候群是可以逆转的，如果我们持续努力，它所引起的大多数危险的健康危机都是可以完全避免。

What to Do if You Have **Metabolic Syndrome**

如果您患有**代谢症候群**，应该怎么做？



Make changes to your diet

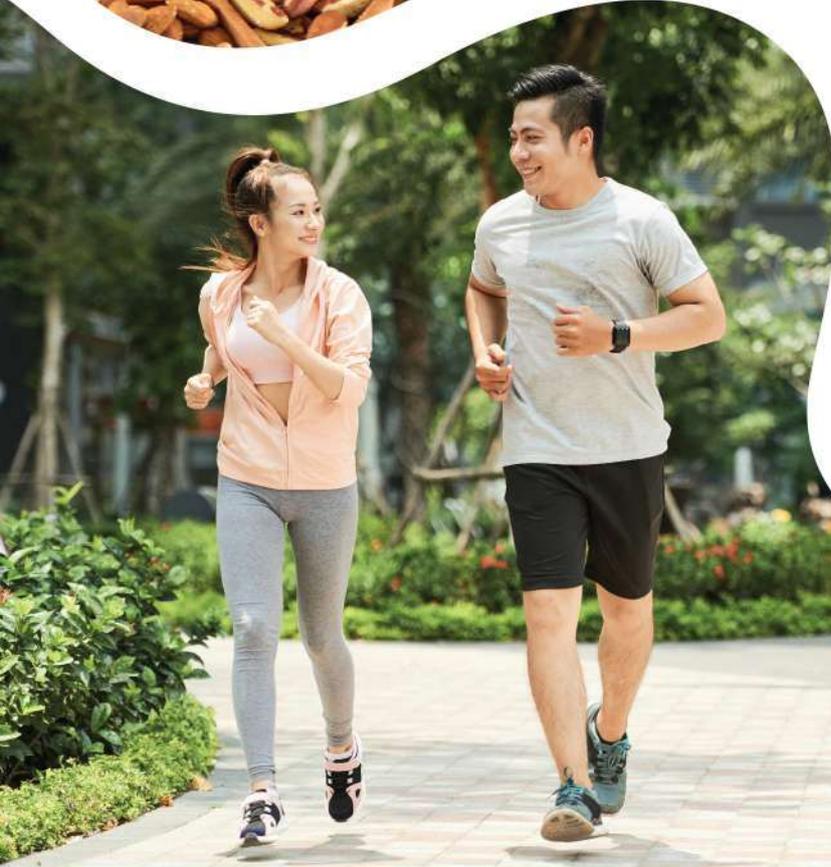
改变您的饮食习惯

What can be helpful is to keep a food log so that you become more conscious of what you are eating and can keep track of where the extra calories/processed foods are coming from. Another helpful tip is to not drink your calories. You can do this by avoiding all sweet or alcoholic drinks, including packet juices, and making sure that no sugar is added to your drinks.

The quickest way to reverse metabolic syndrome is to lose weight or reduce visceral fat, and the most effective way to do this is to go on a small calorie reduction daily. Do not do anything drastic like liquid fasts or crash dieting, but rather aim to create a caloric deficit of 200-300 calories per day. This will be a great way to start your weight loss journey.

记录食物日记是很有帮助的，这样您就能更清楚地知道您吃了什么，从而发现那些过剩卡路里及加工食品的源头。另一个有用的建议是不要喝高热量饮料。您可以通过避免所有甜的或含酒精的饮料，包括瓶装果汁，并确保您的饮料中没有添加糖来做到这一点。

逆转代谢症候群最快速的方法就是减肥及减少内脏脂肪，而最有效的方法则是逐日减少卡路里。不要采取极端措施，如流体禁食或快速节食，而是以每天200-300卡路里的热量赤字为目标。这将是您开始减肥之旅的好方法。



Exercise

运动

Alongside creating a caloric deficit, exercise is one of the most powerful weapons in combating metabolic syndrome. A combination of 30-45 minutes of cardiovascular exercise such as running, walking, cycling, swimming, or rebounding daily, and 3 sessions of resistance training exercise weekly will not only help you feel better and look better, but also help to reduce your body and visceral fat while increasing your lean body mass. The additional benefit is that your bones and joints will also become stronger and your insulin resistance will improve as glucose stored in the muscles are used as fuel for exercise.

除了达成卡路里赤字，运动也是对代谢症候群的最有力武器之一。每天进行30至45分钟的心血管运动，如跑步、步行、骑自行车、游泳或弹跳，及每周进行3次阻力训练，不仅可以帮助您感觉更好及看起来更有精神，还可以帮助您减少体脂肪和内脏脂肪，同时增加您的瘦体重。不仅如此，您的骨骼和关节也会变得更强壮，胰岛素抵抗也会改善，因为储存在肌肉中的葡萄糖被用作运动的燃料。

Nutritional supplements 营养补充品

There are many supplements that are helpful for improving different parts of the body, but we will focus on the few that we feel are particularly important for metabolic syndrome:

- **Niacin**—also known as Vitamin B3, **Niacin** is one of the most powerful weapons for combating metabolic syndrome as it can effectively treat the atherogenic dyslipidaemia (high LDL, low HDL) associated with the condition. It is the most effective agent for raising HDL levels and reducing triglycerides. It can also have significant effects on improving insulin resistance and reducing inflammation throughout the body.
- **Chromium Picolinate**—directly improves the body's insulin resistance and may be effective for lowering blood sugar levels for those with diabetes or pre-diabetes. As insulin resistance is one of the key causes of metabolic syndrome, **Chromium Picolinate** is an essential daily supplement for those with the condition.
- **Herbal Klenz Powder**—helps to combat high cholesterol and improve blood sugar balance in the body.
- **K-Salt**—this potassium supplement helps to combat high blood pressure.
- **Omega Gold Flaxseed Oil**—provides omega-3 to the body, which helps to lower inflammation and improve blood triglyceride levels.
- **Garlic & Parsley**—important for blood pressure and cardiovascular health.

有很多补充剂有助于改善身体的不同部位，但我们将重点关注我们认为对代谢综合征特别重要的其中几个：

- **烟碱酸**—也被称为维生素B3，**新生命血液循环补充丸(烟碱酸)**是对抗代谢综合征最有力的武器之一，因为它可以有效地治疗与代谢综合征相关的动脉粥样硬化性血脂异常(高低密度脂蛋白水平，低高密度脂蛋白水平)。它是提高高密度脂蛋白水平及降低甘油三酯最有效的补充品。它也对改善胰岛素抵抗及减少体内炎症有显著的影响。
- **新生命有机铬**—直接改善身体的胰岛素抵抗能力，且可有效地降低糖尿病或糖尿病前期患者的血糖水平。由于胰岛素抵抗是导致代谢综合征的关键因素之一，**有机铬**是代谢综合征患者必需的日常补充。
- **天然净化粉**—有助于抑制高胆固醇及改善血糖平衡。
- **新生命钾质**—有助于抑制高血压。
- **奥美加黄金亚麻籽油**—为身体提供奥美加3，帮助降低炎症及改善血液内甘油三酯的水平。
- **蒜与欧芹油**—对血压和心血管健康非常重要。



Conclusion

If you have been recently diagnosed with metabolic syndrome, take this as an opportunity to change your lifestyle and in the process, change your life! If you have questions or need support, please do not hesitate to contact us at info@newlife.com.my for a free consultation.

结论

如果您最近被诊断出患有代谢综合征，把这当作一个机会，改变您的生活方式。在这个过程中，它还将改变您的生命！如果您有任何问题或需要支持，请不要犹豫，通过info@newlife.com.my联系我们，获得免费咨询。

For more information related to metabolic syndrome and what you can do to restore your health, get a copy of Dr. Lynn's book **Cholesterol: Guilty or Innocent?**

Available online at www.newlife.my and also at theinspirationhub.com or Kinokuniya Singapore bookstores!

想了解更多关于代谢综合征，以及如何恢复健康，请阅读陈林希珠博士的著作《胆固醇：有罪或无辜？》

可以在www.newlife.my, theinspirationhub.com或Kinokuniya Singapore书店购买！

