

Metabolic Syndrome: Analyzing the causes and the cures

“Recent surveys show that a quarter of all Americans have it (Metabolic Syndrome), and 44 percent of those age 50 and older have it.”

Some doctors wonder if there is actually a disease called Metabolic Syndrome. Others say it is simply a physical condition in which people have three or more of these health problems:

- * A waist circumference greater than 35 inches for women, or 40 inches for men.
- * A fasting blood triglyceride level of 150 milligrams or higher.
- * A "good" (HDL) cholesterol level of less than 50 milligrams for women or 40 milligrams for men.
- * Blood pressure of at least 130/85.
- * Fasting glucose of at least 110 milligrams.

A combination of three or

more of these places you in danger of developing diabetes and heart disease. And it classifies you as having Metabolic Syndrome, also called Syndrome X.

Recent surveys show that a quarter of all Americans have it, and 44 percent of those age 50 and older have it.

For treatment, physicians agree that lifestyle changes work best, but you don't have to take drastic steps. A study published in Obesity Research shows that being moderately active for 30 minutes a day can

be a life saver, and it doesn't have to be done all at once.

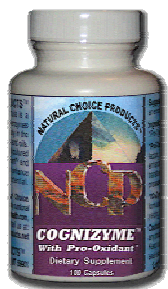
It's important to include more vegetables and fruits in your diet. While you shouldn't

overdo fat, don't go below 20 percent of total calories. Less means you are probably eating too many carbohydrates, which can mean higher triglyceride and blood glucose levels.

While the experts decide whether the syndrome is actually a disease in itself, if you have factors, do something about them now. Eat right and exercise. Start now while you still can.



Gout: The 'Disease of Kings' can strike anyone, especially the overweight



Gout acting up? Reach for Cognizyme!
Cognizyme 100 count
\$ 29.00

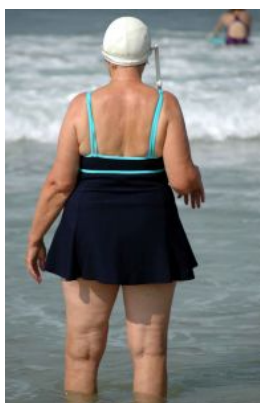
For centuries, gout was thought of as a disease of the wealthy or the gluttonous. It's probably because many foods that cause flare-ups were once luxuries.

Today, one to five million Americans, most neither rich nor self-indulgent, suffer the pain of gout. Most are overweight and over 40. Gout is a type of arthritis in which glasslike shards of uric acid jab into the joints, causing searing pain. The big toe is often effected. Fever and chills may develop during an attack.

Normally, purines are broken down into uric acid. Uric acid dissolves in the blood, is filtered out by the kidneys, and

eliminated in the urine. People with gout either produce too much uric acid or have trouble getting rid of it.

What a patient eats can trigger an attack.



Liver, beef, pork, lamb, and all seafood have a high purine content. Over-indulgence can cause a flare-up.

One study linked lower alcohol consumption to fewer gout

attacks. Study authors noted, however, that those who drank alcohol also drank less milk. Low fat dairy products can help prevent an attack because

the proteins in milk reduce uric acid levels.

There is no cure for gout, but high doses of NSAIDs such as aspirin and ibuprofen may control the pain. Prednisone can reduce the inflammation in people who can't tolerate NSAIDs.

Newer drugs such as Allopurinol lower uric acid levels, but can't be taken during an attack. Allopurinol prevents the conversion of purine to uric acid. Other new drugs are in the pipeline for FDA approval, say doctors at Johns Hopkins. Until then, slimming down, eating right, and drinking plenty of water will help lower uric acid levels and decrease the risk of attacks.

Exercise: Sneak it in or have fun with it

Small changes in your life can have a big impact on your health.

Take exercise. Doing it for half an hour or 45 minutes is very effective for burning calories and improving your fitness level. But sneaking a little more exercise into your life has its benefits.

Sneaking could include parking farther away from the supermarket or your workplace. Using the stairs instead of the elevator if only for a few floors adds quite a bit of exercise to

your day. You could take a walk during your lunch break. Or you could pace in place or ride your exercise bike while watching television. A little added to a little more adds up to a lot.

Burning calories through these activities counts just as much for weight loss as limiting calories. A new study by Pennington Biomedical Research Center at Louisiana State shows there is no difference in calorie use between exercise and diet. Calories are calories no matter

how you choose to reduce them in your life.

If you want to have more fun while burning calories, think about things you like to do. Half an hour of planting vegetables in a garden burns 150 calories. An even better burn comes from dancing.

Experts say the key to getting exercise every day lies in adding exercise to activities that you do all the time. That's a program you are likely to stick to.



Using the stairs instead of the elevator if only for a few floors adds quite a bit of exercise to your day.

The power of enzymes *cont. from page 1*

Why supplement with digestive enzymes?

Raw foods contain the enzymes to break down only those specific foods in which they are found in.

Enzymes are also beneficial for indigestion. NCP's Gastric Digestive Enzymes are very beneficial for people who suffer any

type of indigestion.

Studies have shown, as we age our body's enzyme potential decreases. This is because enzymes wear out and are eventually discarded by the body, another reason to supplement with digestive Enzymes.

Enzymes

Enzymes all end with the suffix "ase" tacked onto the name of the food component it helps to break down. Example, **Protease**, breaks down and digests protein. Below is a list of digestive enzymes:



Different Types of Digestive

Amylase- FOR CARBOHYDRATE AND STARCH DIGESTION Many have found this products helpful for asthma, sore throat, insect bites, stings, skin eruptions, sinus conditions, and stiff joints.

Cellulase- FOR DIGESTION OF DIETARY FIBER Many find this products helpful for food allergies, toxicity, drug withdrawal, environmental allergies, inability to digest raw foods, and pain syndromes.

Lactase- FOR DIGESTION OF DAIRY PRODUCTS Many have found this product the only choice for lactose intolerance and milk related allergies. May be helpful for other food sensitivities.

Lipase- FOR DIGESTION OF FAT AND OILS Many have found this product helpful for chronic inflammatory conditions, hypochlorhydria, lymphatic swelling, psoriasis, and cardiovascular conditions.

Protease- FOR PROTEIN DIGESTION Many find this product helpful for fever, colds, flu, infections, lowered immune response, hypoglycemia, PMS, acne, anxiety, fatigue, and acute traumatic injuries.



NCP's Individual Enzymes are \$22.00 each

We also carry Multiple Digestive Enzymes, Gastric Digestive Enzymes, and Chewable Digestive Enzymes for the entire family!

109 Cooperative Way Suite 101
Kalispell, MT 59901

Phone: 800-626-5143

Fax: 406-257-9148

E-mail: customerservice@naturalchoiceproducts.net

We're on the web!

www.linhealth.com

July Special

Buy Any 4

- ◆ Chewable Enzymes
- ◆ Gastric Digestive Enzymes
- ◆ Multiple Digestive Enzymes 100 count
- ◆ Pet Enzymes

**Get a 5th
for \$3**



These three steps can reduce cancer risk

The goal of Cancer Control Month is to remind us of the various cancer risks we can control. These are three things you can do:

1. See your doctor for a health review and summary of preventive tests that are recommended for your age group and sex. A colonoscopy, mammogram, or a PSA test could be recommended. Make an appointment to have tests and be sure to keep it.

Get serious and follow the doctor's advice about general health issues such as weight control and diet.

2. Create a plan for exercise. If you don't exercise now, you only need 10 or 15 minutes a day to start. Make a point of putting activity into your life: walk up stairs; park farther away from work and the store; work in your yard. Get back to your favorite sport. Tennis and swimming are good choices.

3. Put cancer-fighting foods into your diet. Nutritionists at



Ochsner Clinic in New Orleans recommend:

Apples. Eat one the usual way or put chunks in salads or slices in sandwiches. See wonderful apple recipe below.

Berries. Add them to smoothies or top your breakfast cereal with berries. Blueberries are highest in antioxidants.

Artichokes. They have more antioxidants than other vegetables. Chop an artichoke heart into tomato sauce or a green salad.

Potatoes. Russets have the highest antioxidant count, but it's mostly in the skins. Eat them baked or into soups.

Oregano, cilantro, cinnamon, and cloves. Spices that are high in antioxidants.

Nuts. Pecans have the highest antioxidant count. Crush and add them to chicken or fish before baking.

Beans: Small red beans are best, but all dried beans fight free radicals.

Carmel apple salad

- 3 cups diced apples
- Lemon juice
- 1 cup walnuts
- 1 cup miniature marshmallows
- 1 small butterscotch instant pudding
- 1 8 oz can crushed pineapple
- 1 8 oz container cool whip

Toss diced apples with lemon juice (just enough so the apples don't turn brown). Mix in separate bowl butterscotch, pineapple, and cool whip. Add to apple mixture. Store overnight. When ready to serve, add walnuts and mini marshmallows



Cilantro bean salad

- 1 15 ounce can of Kidney Beans
 - 1 15 ounce can of Garbanzo beans
 - 1 15 ounce can of corn
 - 1/4 cup fresh cilantro
- Mix all ingredients and drizzle with olive oil



Did you know?

Cilantro is high in iron, a good source of dietary fiber, aids in digestion, and is rich in phytonutrients and flavonoids?