

Metabolic Syndrome

Metabolic Syndrome is the name of a group of risk factors linked to overweight and obesity. They increase a person's chances of developing heart disease and other health problems such as diabetes, a stroke, or insulin resistance.

Insulin is a hormone the body uses to help change blood sugar into energy. Resistance to it can cause a person to be overweight or obese.

Metabolic Syndrome is also heredity (a condition passed on to children by their parents).

For Western doctors, reducing resistance to insulin is the main treatment for Metabolic Syndrome.

Chinese medicine practitioners see congenital factors, eating disorders, lack of exercise and emotional disturbance as causes of Metabolic Syndrome. They treat their patients according to these symptoms prescribing herbs for them to take that can lower their blood pressure, blood sugar level, lipid level and insulin resistance.