

A close-up photograph of a person's hands holding a green apple and a donut. The person's face is blurred in the background. The hands have blue nail polish and a tattoo of a diamond on the right ring finger. A teal banner is overlaid across the middle of the image.

What is Metabolic Syndrome?

FLCCC
ALLIANCE



“A group of conditions that together raise your risk of coronary heart disease, diabetes, stroke, and other serious health problems.”

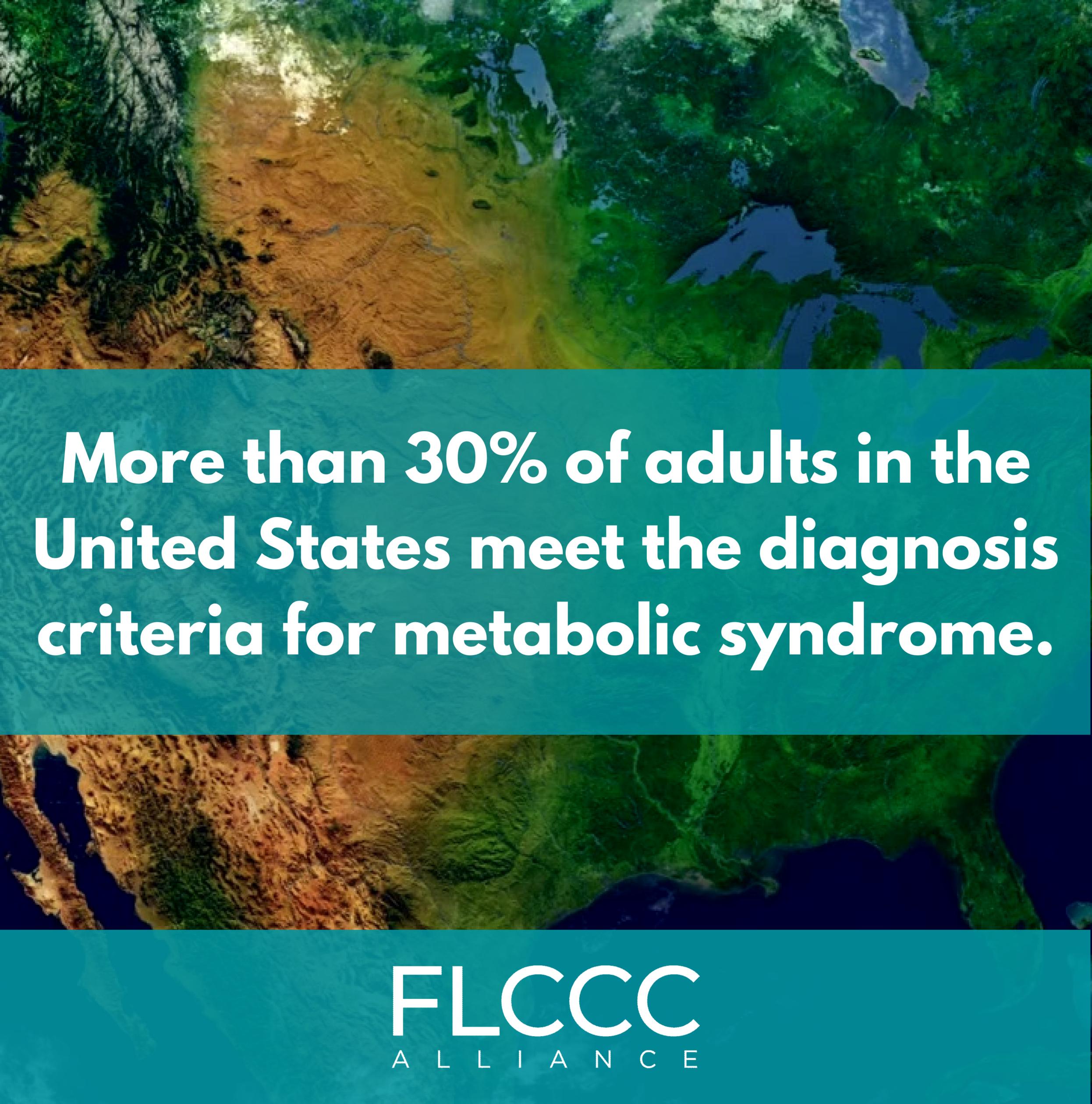
The National Institutes of Health

FLCCC
A L L I A N C E



Metabolic syndrome is also called insulin resistance syndrome.

FLCCC
ALLIANCE

An aerial satellite-style image of the United States, showing the terrain in various shades of green and brown. A large teal rectangular overlay covers the middle portion of the image, containing white text. The text is centered and reads: "More than 30% of adults in the United States meet the diagnosis criteria for metabolic syndrome." The background image shows the continental United States, with the Gulf of Mexico to the south and the Atlantic Ocean to the east.

More than 30% of adults in the United States meet the diagnosis criteria for metabolic syndrome.

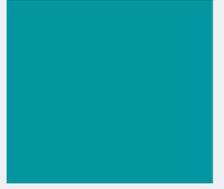
FLCCC
A L L I A N C E



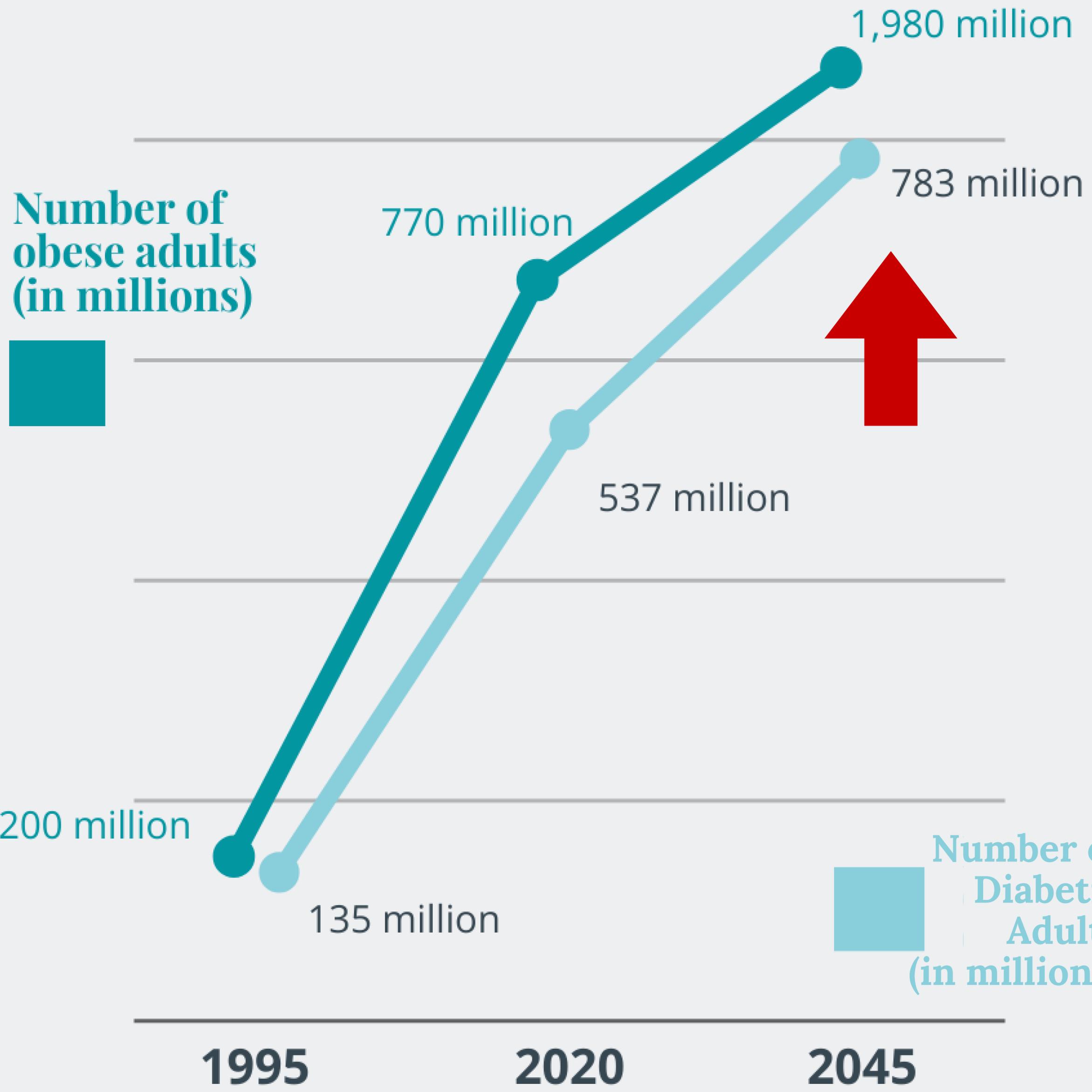
**1/4th of the world population is
estimated to have obesity by
2045.**

FLCCC
ALLIANCE

Number of obese adults (in millions)



Number of Diabetic Adults (in millions)





Metabolic syndrome includes conditions like:

FLCCCC
A L L I A N C E

STOLIC

mmHg

DIASTOI

118/77

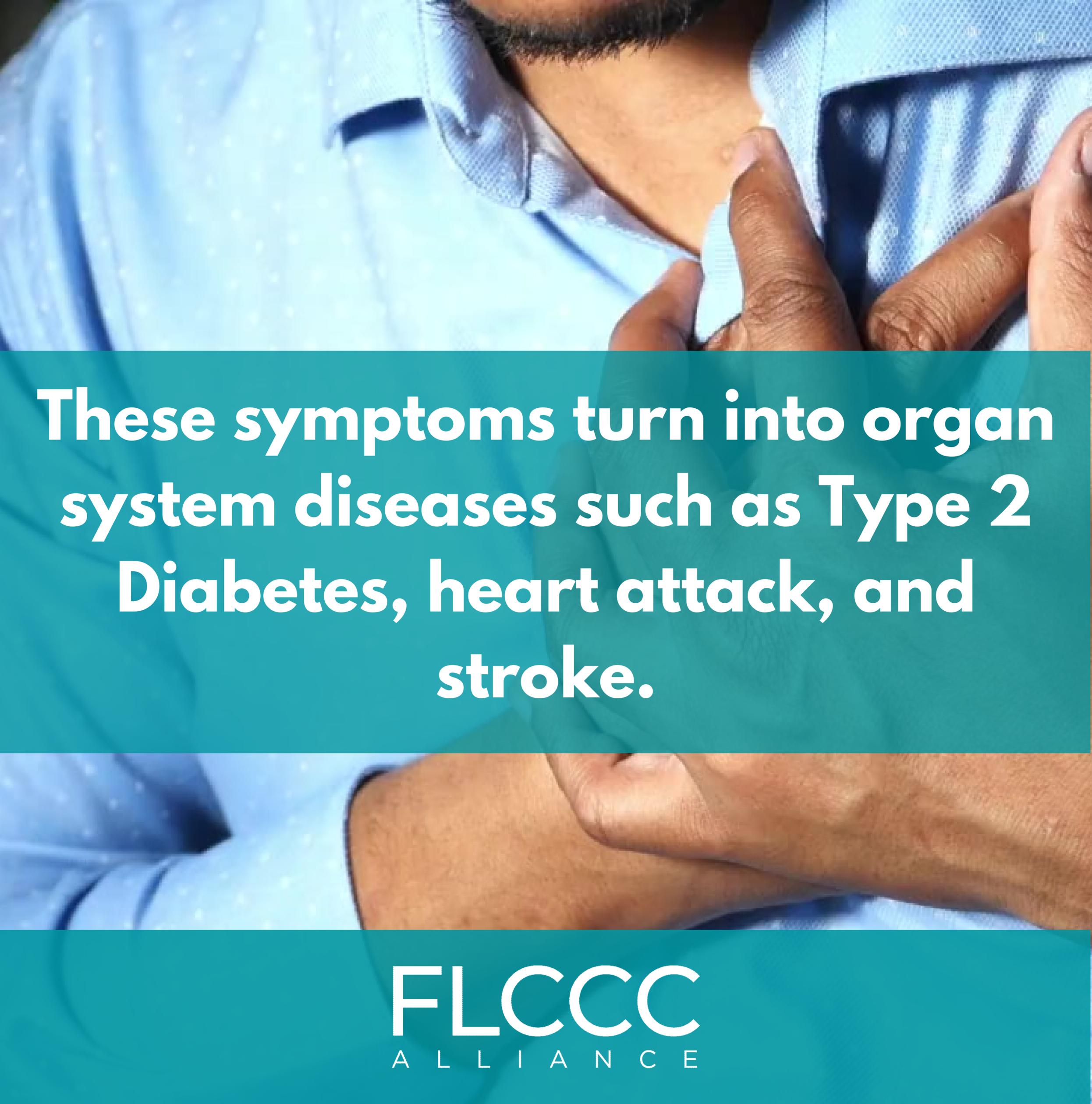
- High blood pressure
- High blood sugar
- Increased body fat
- Abnormal cholesterol

PULSE

TIME

04:30

FLCCC
ALLIANCE



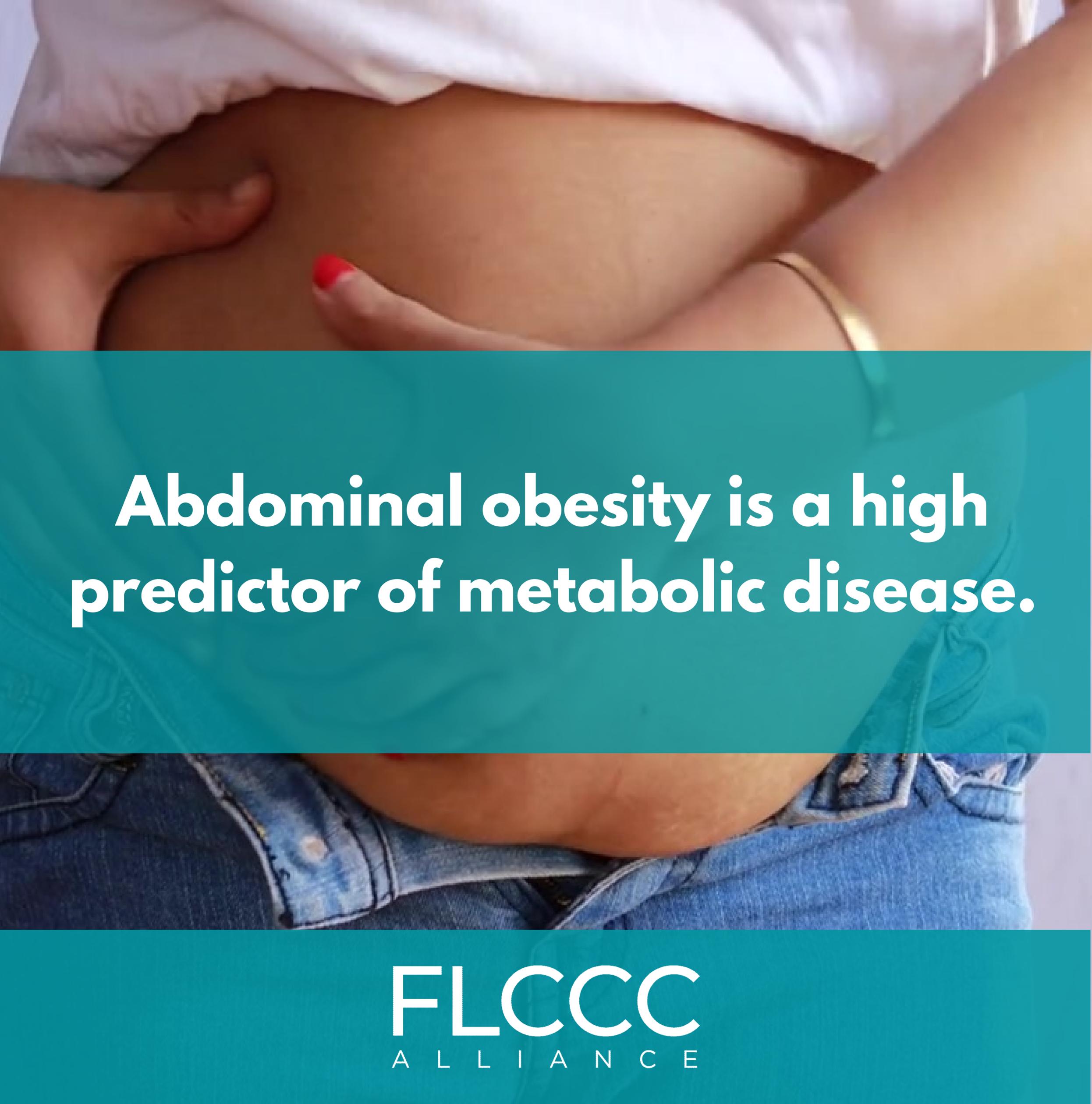
These symptoms turn into organ system diseases such as Type 2 Diabetes, heart attack, and stroke.

FLCCC
ALLIANCE



**This can also accelerate the aging
process of not only the organs,
but your whole body!**

FLCCC
A L L I A N C E



Abdominal obesity is a high predictor of metabolic disease.

FLCCC
ALLIANCE

High blood sugar causes insulin resistance. These factors also influence insulin resistance:

- **Genetics**
- **High sugar intake**
- **Fat accumulation in the liver**



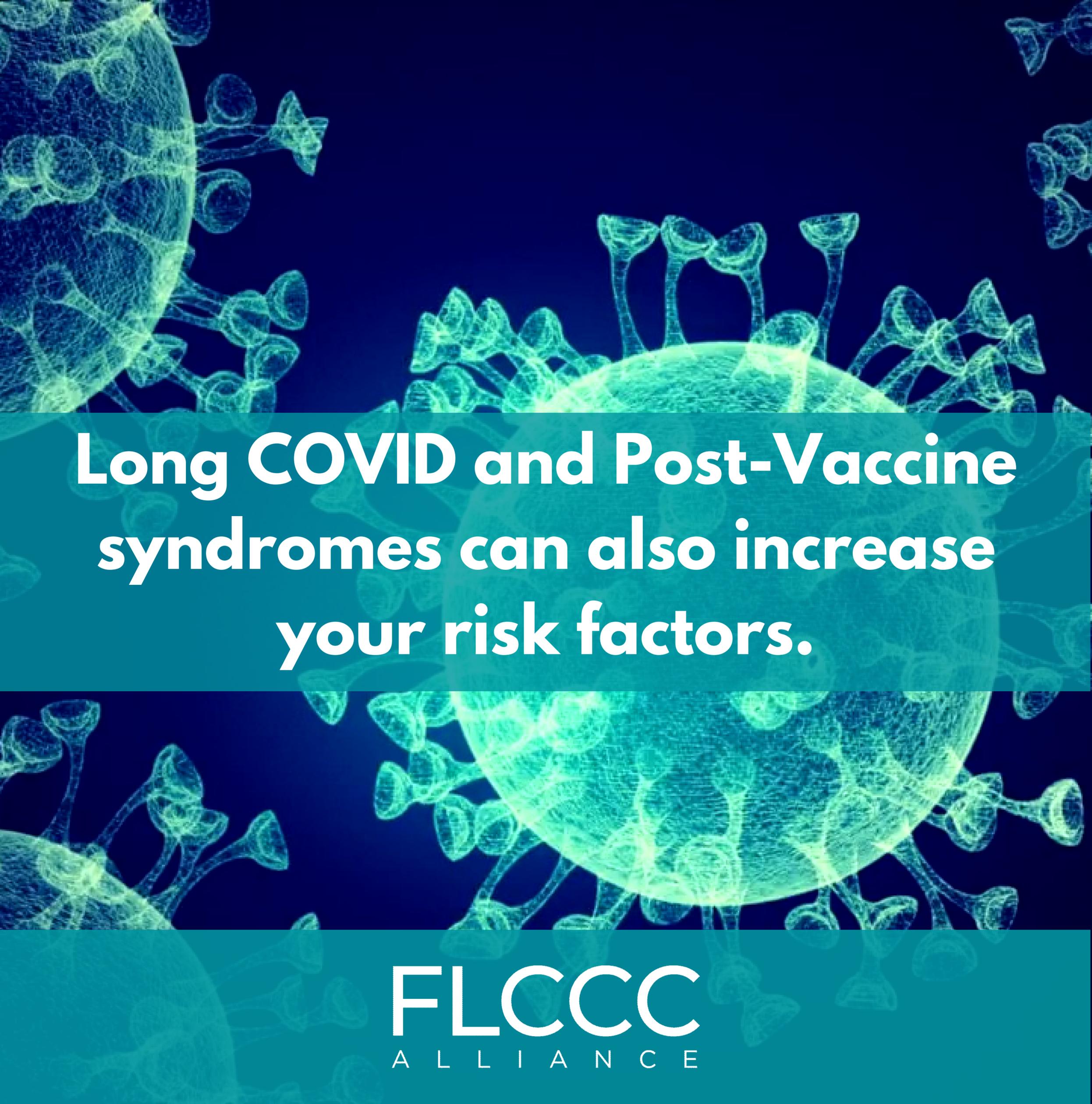
**Risk factors for metabolic
disease include:**

FLCCC
A L L I A N C E



- **High carb/processed food diet**
- **Obesity**
- **Inactive lifestyle**
- **Diabetes**
- **Family history of diabetes**





**Long COVID and Post-Vaccine
syndromes can also increase
your risk factors.**

FLCCC
A L L I A N C E

What can I do to prevent metabolic syndrome or improve my body's condition if I have already been diagnosed?

FLCCC
A L L I A N C E

A photograph of a woman with curly hair, smiling, wearing a blue lab coat. A teal semi-transparent overlay covers the middle of the image, containing white text. The background is a blurred clinical setting with other people.

(NOTE: Always consult with a healthcare provider before starting a new treatment, therapy, or intervention.)

FLCCC
A L L I A N C E



1

**Take control of your health.
Get screened for diabetes and
heart disease.**

FLCCC
ALLIANCE

**Click here for
more information:**



<https://covid19criticalcare.com/treatment-protocols/insulin-resistance/>

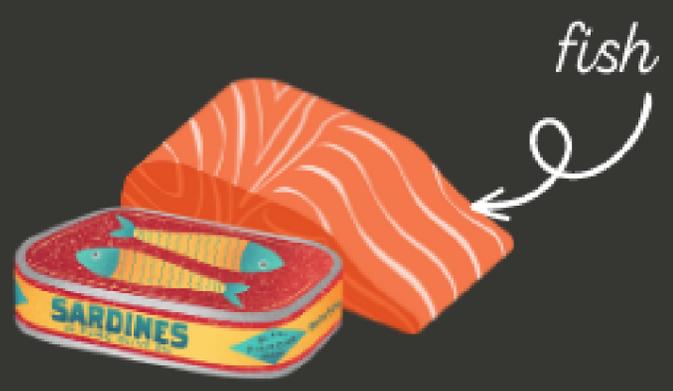
FLCCC
ALLIANCE



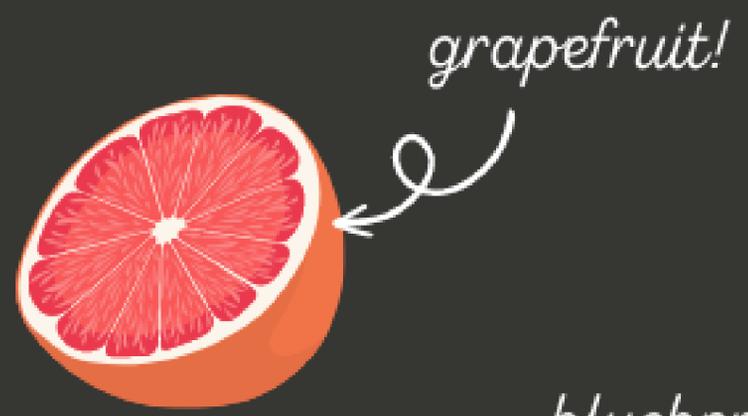
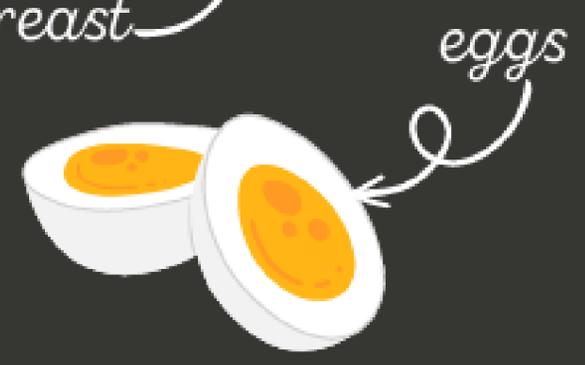
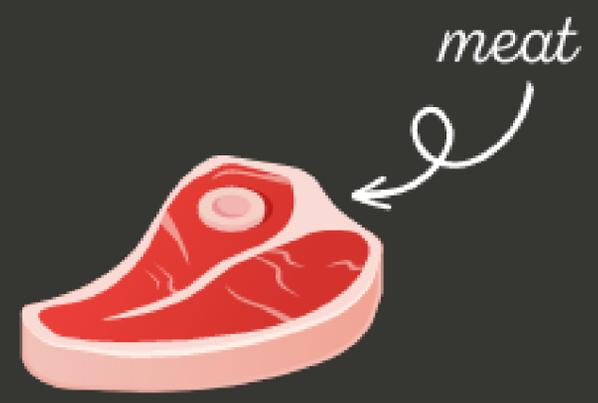
2

Commit to eating right and adopting intermittent fasting (unless you have medical reasons why you cannot).

FLCCC
ALLIANCE

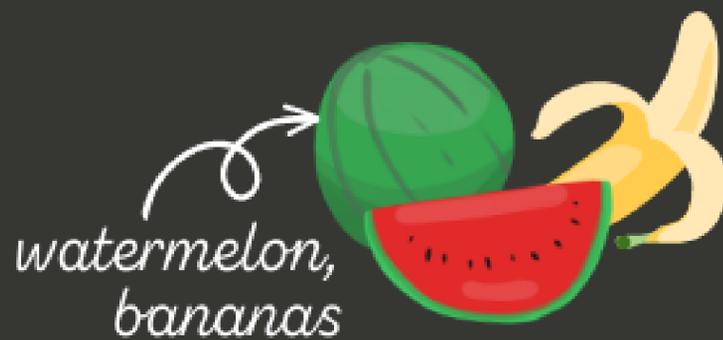
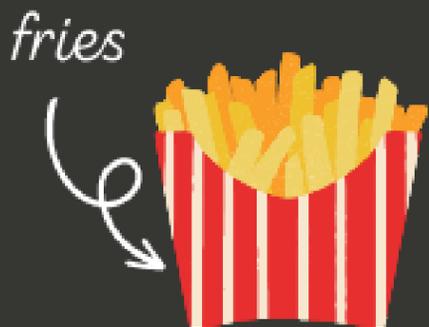
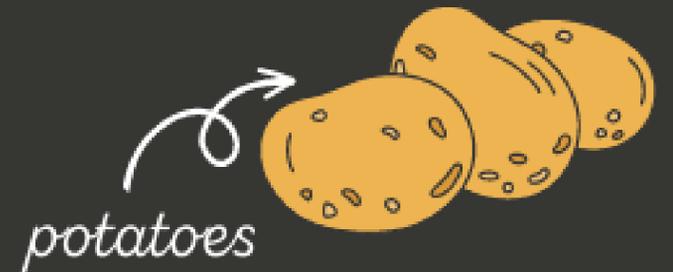
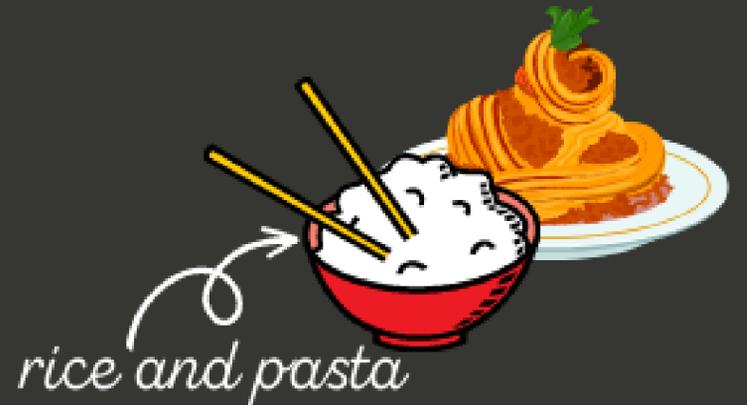


what to eat





what not to eat



* ALSO no artificial sweeteners and no soda!





butter



*avocado
oil*



coconut oil

healthy oils & fats



olive oil



*walnut &
pecan oil
(should be
refrigerated)*



flaxseed oil



Healthy eating habits

Eat your meals at the table



Don't eat

- at the computer
- in the car
- on the sofa
- in the lecture hall
- in bed
- in front of the TV

HABITS

FLCACC
ALLIANCE



3

Plan to exercise and block the time off in your calendar. Make it a healthy habit. Do something fun outside!

FLCCC
ALLIANCE



4

Add these supplements/drugs:

- **Berberine**
- **Metformin**
- **Magnesium**
- **Reseveratrol**
- **Melatonin**
- **Cinnamon**
- **Omega-3**
- **Probiotics**

5

Reduce stress.

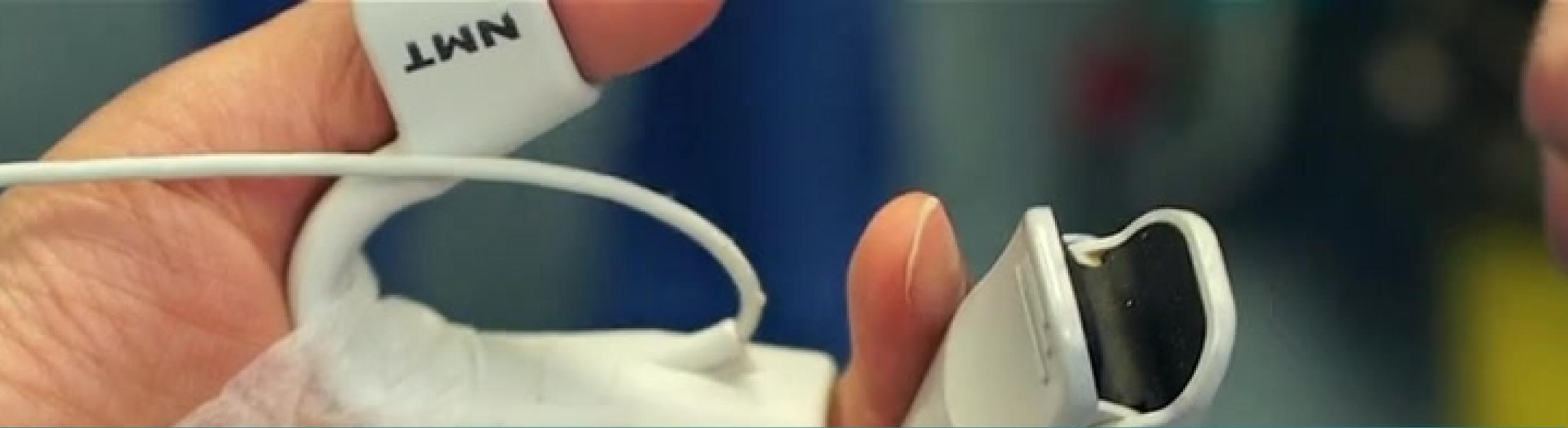
Try yoga, tai-chi, breathing exercises, meditation, or positive intention-setting.

FLCCC
ALLIANCE



REMEMBER: This is a lifestyle change, not a temporary diet or exercise plan. Learn to love this new way of living.

FLCCC
ALLIANCE



(NOTE: If you are scheduled for surgery, let your anesthesia team know if you take supplements. Sometimes they can interact with anesthesia medication.)



Take control of your health!

**For more information:
FLCCC.NET**

FLCCC
ALLIANCE