

## Dealing with Degenerative Conditions

Degeneration definition – the progressive decline or breakdown of normal function

Examples –

Arthritis – disc, joint or spine

Cancer

Macular degeneration (eyes)

Inflammation (anywhere)

Diabetes

Myasthenia gravis (nerve impulses to muscles)

Definition of Metabolic Syndrome -

Abdominal obesity

Men: Waist circumference >40 inches

Women: Waist circumference >35 inches

1. Fasting glucose  $\geq 110 < 126$  mg/dL
2. Blood pressure  $\geq 130/80$  mm Hg
3. Triglycerides  $\geq 150$  mg/dL
4. HDL cholesterol  
Men  $<40$  mg/dL  
Women  $<50$  mg/dL

- “Metabolic Syndrome” is present when 3 or more of the 5 criteria are met

Heart disease

Premature aging and wrinkling

Premature aging of the brain, circulation, heart, joints, skin, digestive tract, etc.

Alzheimers, Dementia

Obesity

Osteoporosis

Aging skin is first visible sign of poor health and degeneration!

Common causes –

Adrenal function, cortisol levels

Poor digestion, leaky gut

Foods that are processed, treated, etc

Stress

Toxin and endocrine disruptors

Increased free radical exposures (smoking, working in a refinery, etc)

Lack of exercise

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Acidic pH

#1 Cause – Insulin resistance, 64 – 93% of the US population, most significant contributor to premature aging and all its related diseases. Not only sugar, but high glycemic foods and starchy carbohydrates. Linked to all condition listed above.

The following are other disorders that are the result of insulin resistance or have been linked to insulin resistance. Some of these disorders also cause insulin resistance – research is ongoing and hopes to clarify some of the mysteries that still exist around insulin resistance.

Diabetes (Type 2)

Autoimmune disorders including arthritis and multiple sclerosis

Inflammation

Kidney Dysfunction

Nonalcoholic Fatty Liver Disease

Gallstones

Certain Forms of Cancer

Sleep Apnea

Chronic Fatigue

Osteoarthritis

Gum Disease

System wide Hormonal abnormalities

Candidiasis (yeast overgrowth)

Celiac disease (sprue)

Compulsive overeating/food addiction

Depression

Panic/anxiety attacks

Mitochondrial impairment

Digestive disorders: heartburn, GERD, irritable bowel, inflammatory bowel disease

Chronic Pain

Gestational diabetes

Heart disease

Hyperlipidemia (abnormal levels of blood fats) (Metabolic Syndrome)

Hypertension (high blood pressure) (Metabolic Syndrome)

Thrombosis (blood clotting disorder) (Metabolic Syndrome)

Infertility

Obesity

Abdominal Fat

Reactive hypoglycemia

Osteoporosis

Polycystic ovarian syndrome (PCOS)

Brain Disorders

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Insulin levels are predictors of life expectancy – the higher the levels the shorter the life-span

### Tests and Results for Diagnosing Metabolic Syndrome

Testing for Metabolic Syndrome is not yet a part of a yearly examination. You must make sure your doctor includes them. You must also make sure you receive a copy of these test results.

**Here are the minimum (orthodox medical) tests** you should have done and the results you are looking for:

#### **Fasting blood glucose**

110 mg/dL (6.1 mmol/L) or more (some think this number should be 70 - 90 mg/dL (3.9 - 5 mmol/L))

#### **Fasting Blood Insulin Levels [AT LEAST]**

10 or less

#### **Abdominal girth Waist circumference**

Men >102 cm (40 in)

Women >88 cm (35 in)

Scientists are now saying that this should be:

Men 36 to 37 in

Women 30 to 32 in

But, **a better measurement** is when you start putting weight on and it is settling around your waist – this is an earlier indicator than actual inches.

Remember to measure **after** you have let out your breath.

#### **Fasting plasma HDL -C (Cholesterol)**

Men <40 mg/dL (1.03 mmol/L)

Women <50 mg/dL (1.29 mmol/L)

#### **Fasting plasma triglycerides**

150 mg/dL (1.69 mmol/L)

#### **Homocystine:**

5.0 – 15.0  $\mu$ mol/L

#### **Fibrinogen:**

170 – 460 mg/dL

#### **C-Reactive Protein:**

0.0 – 4.9 mg/L

**Blood pressure** 120/80 to 130/85 mm Hg (no higher)

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