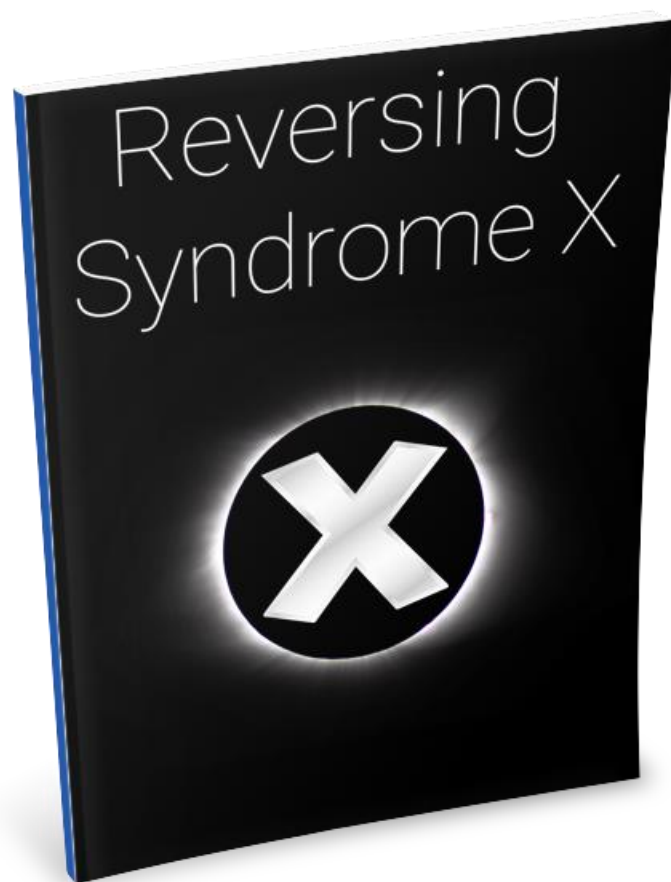


Reversing Syndrome X



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DISCLAIMER

These statements have not been evaluated by the Food and Drug Administration (FDA). The products mentioned on this site are not intended to diagnose, treat, cure or prevent any disease. Note that the contents here are not presented by a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents an overview based upon research for educational purposes and does not replace medical advice from a practicing physician. Further, the information in this manual is provided "as is" and without warranties of any kind either expressed or implied. Under no circumstances, including, but not limited to, negligence, shall the seller/distributor of this information be liable for any special or consequential damages that result from the use of, or the inability to use, the information presented here. Do not follow this program if you are pregnant or nursing

A Medical Condition That Forces Your Body To Store Fat

Have you ever had the feeling that there's more to fat loss than diet and exercise?

How many times have you tried eating better and made a point of staying active and not lost a single pound?

You're not alone.

Did you know that there's a health condition that's said to affect as much as 25% of the population that forces your body to store fat?

It's called Syndrome X, but it's officially known as Metabolic Syndrome.

Metabolic Syndrome is one of the biggest health epidemics we face but no one is talking about it. If you have this condition, losing weight is a challenge no matter how much you diet and exercise.

You won't hear about Metabolic Syndrome from the media until there's a prescription drug ready to treat it, but I'll be showing you how to stop it without any drugs which will unleash your body's true fat-burning potential.

It's important that you have this information because Metabolic Syndrome doesn't just make you gain weight. It's also responsible for many other health problems...

The metabolic syndrome (MetS) is a major and escalating public-health and clinical challenge worldwide in the wake of urbanization, surplus energy intake, increasing obesity, and sedentary life habits.

MetS confers a 5-fold increase in the risk of type 2 diabetes mellitus (T2DM) and 2-fold the risk of developing cardiovascular disease (CVD) over the next 5 to 10 years.

Further, patients with the MetS are at 2- to 4-fold increased risk of stroke, a 3- to 4-fold increased risk of myocardial infarction (MI), and 2-fold the risk of dying from such an event compared with those without the syndrome regardless of a previous history of cardiovascular events.

National Center for Biotechnology Information (1)

If you've been trying to lose weight you're used to hearing the same old advice about diet and exercise.

Sometimes they'll dress it up a bit, or pay a celebrity to give you the advice, but it's still the same old "eat less and exercise more".

You won't find that here.

What you're about to discover is almost the exact opposite of the hype and lies the diet industry has been feeding you.

Unlike Mass Market Diets This Works!

I know you're probably fed up with diets.

Trust me, I've been there.

But this is different.

- You won't be hungry
- You won't have cravings
- You won't be starving yourself

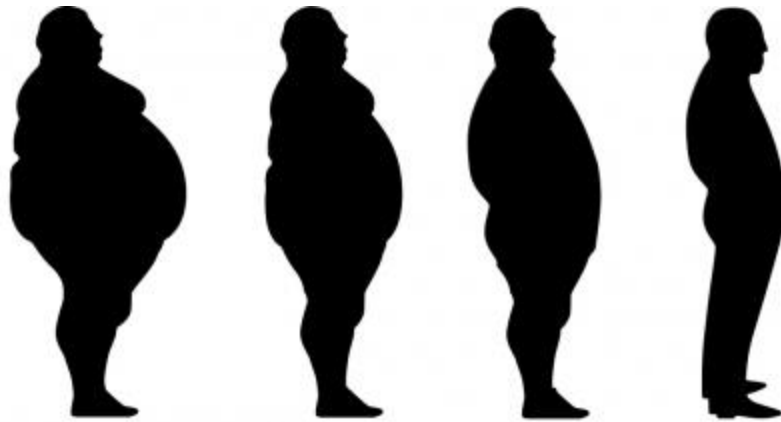
And as hard as it is to believe when you follow this plan you'll find it's easier to stay on it and lose weight than to keep doing the things you're doing now that are preventing you from losing weight.

Let me repeat that:

When you know the secrets to losing weight by correcting Metabolic Syndrome you'll find it's easier to use them to lose weight than to not use them and stay the way you are.

And when you use this system something magical will happen...

Easy Weight Loss



It's happened to most of us. We put on a pair of jeans and to our surprise, they fit a little looser.

Or maybe you step on the scale and you're delighted to find you lost a couple of pounds. This overnight weight loss happens when we're not even paying attention to our diet. **What caused it?**

You stumbled upon the process that shifts your body into fat-burning mode.

And we know you've had this happen...

You follow a strict diet, maybe even workout a little, and nothing happens. You struggle and sacrifice and don't lose a single pound.

It's enraging.

For many, Metabolic Syndrome is the reason weight loss is such a challenge.

And those times you experienced accidental weight loss can be explained having done the things that reverse Metabolic Syndrome.

We'll share more about how you can consciously do that in a bit, but first we have to fill you in about the corrupt system that conditions your body to store fat and makes it almost impossible to lose weight...

Lies Lies Lies: Corporate Food Industry Lies Exposed

We know that many of the richest corporations in the world either grow, manufacture, or sell "junk food."

We know lobbyists have fought to stop accurate food labels so you never know just how bad the food you're eating is.

We know that sugar is more addicting than most drugs and that corporations use it to keep you coming back for more.

We know that almost every food that comes in a bag, box, or can is laced with sugar - even whole wheat bread!

We know they put sugar in baby formula to get you addicted from birth.

We know that nice-sounding words like "healthy" and "natural" on the package are used to deceive you into thinking it's good for you - It's usually not.

We know the reason healthy food is expensive and junk food is cheap is because they want us eating junk food that's cheap to make and can sit on a shelf for months without going bad.

We know that drug companies make billions from the side effects of being overweight - I'm talking about heart disease, high cholesterol, diabetes, depression, impotence, and many more.

We know that stress and anxiety trigger overeating and that food commercials are intentionally shown during violent and hateful news stories to make you eat.

Being Overweight Is Not a Choice When The System Is Designed To Keep Us Eating!

"We already know we're being lied to!"

Yeah, nothing you didn't already know, but it's worth repeating.

If you choose to listen to what we have to say you can train your body to automatically release stored fat by correcting Metabolic Syndrome.

In many cases, you will drop weight fast...

You won't know how fast your body will release weight until you start, but it can be a drastic amount in a very short time when you follow the steps.

When you know how this works you'll never have to struggle with losing weight again.

You'll Discover Ways To...

Elevate your metabolism so you're burning fat 24 hours a day

Supplements that actually work - You will be provided with the names of supplements that will help you achieve weight loss

How to eat so you correct Metabolic Syndrome

It's Not That Hard

This system uses small adjustments that will go virtually unnoticed.

You won't have to struggle to lose weight.

There's a synergy that happens when you make this series of small adjustments to your diet and lifestyle. The combination unlocks your body's ability to burn fat fast.

You must understand what Metabolic Syndrome is because it's getting harder to avoid.

The reason for that is our food supply is being compromised...

Surrendering Control Of Our Food Supply To Corporations Has Robbed Us Of Our Health and Vitality



We're sick. We're overweight. We're depressed. And they're to blame. They stripped our food of valuable nutrients and now we're suffering.

Corporate farming that only cares about higher yields has bled the vitamins and minerals out of our food.

“Recent studies of historical nutrient content data for fruits and vegetables spanning 50 to 70 years show apparent median declines of 5% to 40% or

more in minerals, vitamins, and protein in groups of foods, especially in vegetables.”

“Over three billion of the world's population is malnourished in nutrient elements and vitamins (Welch and Graham, 2004), including in developed countries. Vegetables and fruits are among the richest sources of many nutrients. Thus, declining nutrient concentrations in horticultural products are most unwelcome. Past and ongoing efforts to increase yields, combined with apparent broad tradeoffs between yield and the concentrations of perhaps half of all essential nutrients, work against recent efforts to increase one or a few micronutrients in individual foods.”

American Society for Horticultural Science (2)

What Causes Metabolic Syndrome?

Metabolic Syndrome is caused by abnormally high levels of insulin and cortisol in the body.

When your diet results in drastic highs and lows in your blood sugar levels, your blood can eventually become insulin resistant.

As a result, your body maintains a high level of insulin to address blood sugar regulation.

The body then releases high amounts of cortisol to help lower your insulin levels. These chemical levels mimic your body's environment when it's highly stressed.

The symptoms of Metabolic Syndrome are numerous, making it very difficult to diagnose and address.

Metabolic Syndrome can result in a number of mood disorders such as chronic PMS, high stress, and depression.

High levels of cortisol can also cause your body to store fat around the middle and make it very difficult to release that fat, regardless of diet and calorie restriction.

It can also cause ovarian cysts leading to infertility, baldness, premature aging and sleeplessness.

So many of these symptoms have become accepted as a way of life for people living in Western societies that they never think to look at what's causing it, but when you understand what causes Metabolic Syndrome and how to stop it, you'll find that you don't have to starve yourself or live at the gym to have a sleek body.

Modern foods like soda and fast-food are a big contributor to Metabolic Syndrome.

These foods are rapidly becoming staples in what's called the "Western Diet."

Not only do these foods cause Metabolic Syndrome, but they are engineered to be addictive.

Researchers have found sugar to be as addictive as many drugs.

Almost every item sold at fast food restaurants has sugar in it. The french fries, ketchup, even the hamburger buns are laced with sugar to get you hooked on their product.

These fast food tyrants are no better than drug dealers.

The good news is we can fix Metabolic Syndrome with a few easy lifestyle changes.

Metabolic syndrome is becoming more common due to a rise in obesity rates among adults. In the future, metabolic syndrome may overtake smoking as the leading risk factor for heart disease.

It is possible to prevent or delay metabolic syndrome, mainly with lifestyle changes.

National Heart, Lung, and Blood Institute (4)

The Western Diet



The term “Western Diet” is a term used to describe the unhealthy eating habits found many Western cultures (Americans, Canadians, Europeans, and other “developed” countries).

The typical Western Diet includes frequent meals at fast-food restaurants, downing one soda after another, consuming processed food, and eating our lunches out of vending machines.

These days, everyone is on the go and no one has time to prepare healthy meals.

We zip through the drive-through and eat our breakfast on the way to work or we grab a candy bar in between classes.

It’s quite clear what this doing to our health. Skyrocketing obesity rates are no joke and should be a major concern.

Next, we’ll go over some specific things, including some very effective supplements, that will help you break free from the grips of Metabolic Syndrome.

How Eating Smaller Meals Can Prevent Metabolic Syndrome



It is common knowledge that when you eat, your blood sugar rises.

As long as it only rises a small amount, the insulin triggered by the presence of glucose will push the sugars into the body's cells where they are converted into energy.

This is a necessary and beneficial process - the problem is, with our habit of eating three large meals per day, the process doesn't run as smoothly as it should.

Instead, our blood sugar levels spike after eating, then drop too low when we won't eat again for many hours.

If you've ever "crashed" shortly after a big meal now you know why.

The solution to this roller-coaster is to eat five or six small meals per day instead of three larger ones.

This will result in consistent levels of insulin, and consequently, a consistent level of energy and improved overall health.

Avoid foods with sugars, and those that won't turn into sugar almost instantaneously, such as simple carbohydrates.

Instead, try to eat foods such as leafy vegetables, proteins, and healthy non-saturated fats.

Foods and Supplements That Protect You From Metabolic Syndrome

After a lot of research into supplements that help undo the damage caused by the Western Diet, we found the following to be the most effective.

Another benefit is that by taking these you'll automatically avoid the energy crash that comes with eating certain foods because these supplements help your body do a better job of breaking down food and turning it into energy.

Alpha Lipoic Acid

Alpha lipoic acid is a coenzyme and powerful antioxidant, and it controls blood-sugar levels in a similar manner to insulin. Additional benefits include its ability to remove excess iron, copper, and toxic molecules such as cadmium, lead, and mercury from our bodies. Take 100-200mg. per day.

[Shop Amazon for Alpha lipoic acid](#)

Quercetin

The phytochemical Quercetin can found in the skin of red apples and onions, or in pill supplement form. It was proven to reduce the production of the insulin-like growth factor in a study published by the Department of Endocrinology at the University of Madras, India.

[Shop Amazon for Quercetin](#)

Apple Cider Vinegar

Swallowing 2 tablespoons of unfiltered, unpasteurized Apple Cider Vinegar after consuming carbohydrates is another effective way to lower the production of insulin-like growth factors in the body.

[Shop Amazon for Apple Cider Vinegar](#)

Cinnamon

Finally, an easy (and tasty) remedy for controlling insulin levels is the addition of half a teaspoon of cinnamon a day to your diet! In a study by Richard Anderson at the US Department of Agriculture's Human Nutrition Research Center in Beltsville, Maryland, he discovered that this dosage led to an average of a twenty percent decrease in the blood sugar levels of his test patients after only two weeks!

[Shop Amazon for Organic cinnamon](#)

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