



Greetings Tom,

Welcome to Alternatives newsletter, a monthly publication designed to empower readers with knowledge and resources to achieve physical, emotional, mental and spiritual healing.

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Has Syndrome X Made Its Mark on You?



No doubt you’ve heard about insulin resistance – a condition where the body is unable to adequately process insulin. The disorder, if not addressed, can lead to a variety of health problems. But people who suffer from insulin resistance often have bigger – even

deadlier – issues at play.

Metabolic Syndrome X is a group of disorders that can wreak havoc in the lives of people whose body tissues do not respond normally to insulin. “When that happens, insulin levels rise often leading to other abnormalities and, eventually, to diabetes,” said Dr. Patricia Ryan, founder of Alternatives: A Center for Conscious Health. It’s estimated that about one-fourth of the entire U.S. population has the characteristics of Metabolic Syndrome X. According to Dr. Ryan, those are:

- Fat around the middle – In men, a waist greater than 40 inches and in women a waist greater than 35 inches.
- Low HDL and high LDL cholesterol levels – More specifically that means fasting blood triglycerides greater than or equal to 150 mg/dL and HDL levels less than 40 mg/dL for men and less than 50 mg/dL for women.
- High blood pressure – Blood pressure is considered too high for good health when it is greater or equal to 130/85 mm/Hg.
- High blood sugar – Fasting glucose greater or equal to 110 mg/dL is considered abnormal.

Those with Syndrome X not only are at increased risk for diabetes, but also for coronary heart disease, stroke and vascular disease. “Genetics are often responsible for this condition, but obesity and inactivity can play a role as well,” Dr. Ryan said. “The good news is that the conditions that comprise Syndrome X are treatable with a health plan that often includes diet, exercise and other healthy options such as vitamins,” she said.

“But they are issues that need to be addressed before they develop into full-blown health problems that can have more serious consequences,” Dr. Ryan added. For more information, contact Alternatives: A Center for Conscious Health at 827-9450.

Hormone Trouble? Check for Rising Sugar Levels

Hormonal imbalance and decreasing levels of estrogen can trigger many changes in the body. And among the most dangerous is an increase in blood sugar, sometimes referred to as hyperglycemia. This condition can be difficult to detect and is sometimes discovered when other problems begin to manifest. “If left undiagnosed and untreated, hyperglycemia can easily lead to diabetes,” said Dr. Patricia Ryan, founder of Alternatives: A Center for Conscious Health.



“Not a lot is yet understood about the connection between abnormal glucose levels and hormones,” Dr. Ryan said.

“But I have seen female patients whose blood sugar levels increase when they begin to lose estrogen. One patient, in particular, was having recurrent bladder problems and yeast infections. All of her blood work, including the fasting blood test that checks for diabetes, was normal. So her OB/GYN sent her to a urologist, who ordered a postprandial blood test - which measures blood sugar after a meal. A patient eats a full breakfast and blood is drawn two to four hours later and tested.

“My patient discovered that she had hyperglycemia which, her urologist told her, was causing many of the problems she was experiencing. Since her father has Type 2 diabetes, she was concerned about the ways that she could reduce her blood sugar levels, not only to feel better but to halt her progression toward diabetes,” Dr. Ryan said.

The patient met with Rosie Vincent, RN, the Alternatives nutritionist, to learn what foods she should avoid and how to look for too much sugar in products. “In addition, I recommended a combination vitamin/herb supplement designed for people with high blood sugar,” Dr Ryan said.

“I have also prescribed bio-identical hormone replacement for some women who have these types of problems. Increasing estrogen levels has improved blood sugar in some women. However, women should always check with a doctor and review their health history before deciding whether hormone supplementation is right for them,” Dr. Ryan said.

For more information, contact Dr. Patricia Ryan at Alternatives: A Center for Conscious Health at 827-9450.

Support Group Meeting and Potluck Scheduled

Alternatives currently is organizing a free support group and potluck for patients to provide an opportunity to socialize and hear more in-depth lifestyle and nutrition information to better manage their health.

The potluck will be held at the Alternatives clinic, 11036 Oak St., in Rockbrook Village on Sunday, Sept. 24, from 6:30 to 8 p.m. If you are planning to attend, please contact the Alternatives office at 827-9450.

Alternatives Partners with Metro Community College

Alternatives: A Center for Conscious Health, has partnered with Metro Community College to offer a series of classes on upcoming Monday nights this fall that can help you improve your health and wellness. Three registered nurses who have studied and practiced natural principles for many years will teach these classes at the Alternatives clinic, 11036 Oak St. Cost per class is \$25 and those interested should contact Metropolitan Community College at 457-5231 to register.

Following is the schedule: Healthy Fats (Sept. 11), Top 10 Power Foods (Sept. 18), How Sweet It Is (Sept. 25), Digestive Wellness (Oct. 2), Don’t Cross Your Heart (Oct. 9), No More Wheat-Ease (Oct. 16), Toxic Fats (Oct. 23) and Stress and You (Oct. 30).

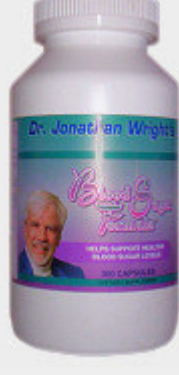
September Special

Repair damage from summer sun and prepare for fall climate changes; an Eminence organic skin care facial will revive and replenish your complexion, and bring a smile to your face. Even sensitive skin types will benefit from the nutrient rich natural ingredients found in Eminence products from Hungary. Call 402-827-9450 to make an appointment for an Eminence organic skin care facial at the special discounted price of \$45, regularly priced at \$70.

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Featured Product – Dr. Jonathan Wright’s Blood Sugar Formula*



Dr. Jonathan Wright’s Blood Sugar Formula is a dietary supplement that features a number of vitamins and herbs that are designed to help control blood sugar levels in the body.

The combination of these vitamins and herbs has been found to help people who suffer from high blood glucose levels as well as diabetes.* Consult your doctor or contact Alternatives: A Center for Conscious Health, before starting use of this product.

Currently Dr. Jonathan Wright’s Blood Sugar Formula is being offered by Alternatives at a 25 percent discount. Please refer to the September newsletter when purchasing this product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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