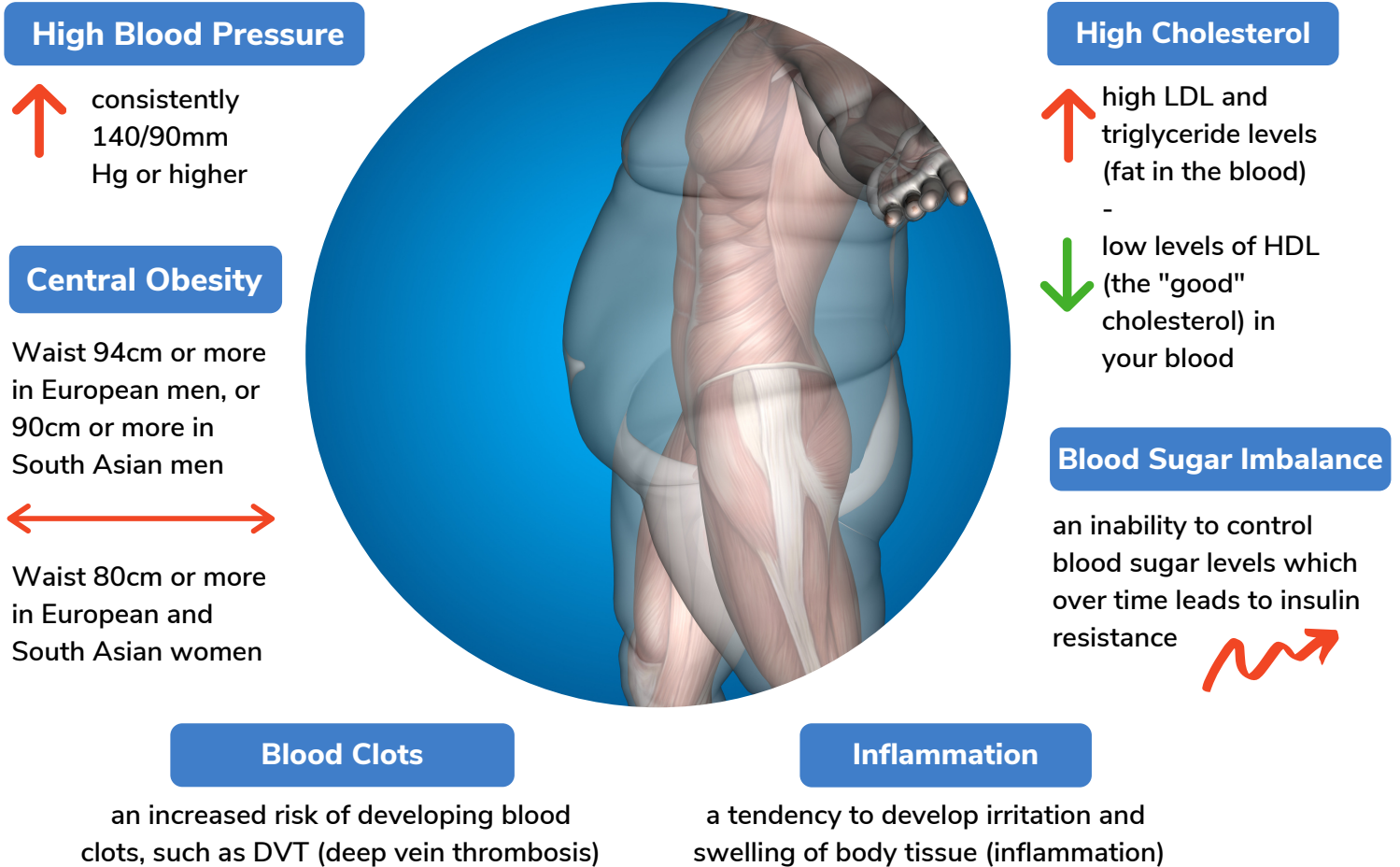


What is Metabolic Dysregulation?

Metabolic dysregulation (or imbalance) is not a disease but a cluster of symptoms that together are risk factors for cardiovascular and overall metabolic health

Symptoms of Metabolic Dysregulation



Risk Factors

The risk for developing metabolic imbalances increases with age.

Metabolism is defined as the bodily processes needed to maintain life. So, when the processes shown above are disrupted or imbalanced it can trigger a cascade leading to well-established risk factors for chronic conditions such as cardiovascular disease, type 2 diabetes (T2DM), depression, pregnancy related complications, musculoskeletal disorders, certain cancers and overall morbidity (1).

Diet & Nutrition

Food is the first line of prevention against diet-induced metabolic illness

The foods we eat play an important role in supporting our long-term health and wellbeing. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.

