





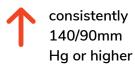


What is Metabolic Dysregulation?

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

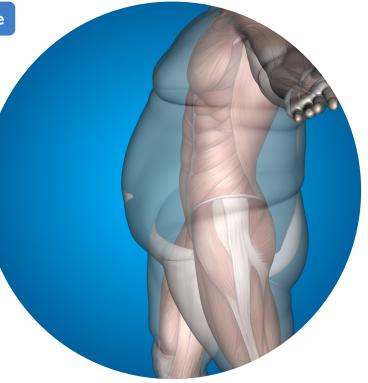
High Blood Pressure



Central Obesity

Waist 94cm or more in European men, or 90cm or more in South Asian men

Waist 80cm or more in European and South Asian women



High Cholesterol

high LDL and triglyceride levels (fat in the blood)

low levels of HDL (the "good" cholesterol) in your blood

Blood Sugar Imbalance

an inability to control blood sugar levels which over time leads to insulin resistance

Blood Clots

an increased risk of developing blood clots, such as DVT (deep vein thrombosis)

Inflammation

a tendency to develop irritation and swelling of body tissue (inflammation)

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.

