

X SYNDROME

The World Health Organization considers X Syndrome, also named Metabolic Syndrome, as "epidemic of the century" and other experts do not hesitate to call it "disease of civilization". In recent years, X Syndrome has received many denominations precisely because of the difficulty to identify the great unknown. Once resolved, we could reach the conclusion that this is a multifactorial syndrome, ie, a set of symptoms directly related to incorrect diet and inadequate lifestyle.

Specifically, the Metabolic Syndrome includes insulin resistance, high cholesterol and triglyceride levels, abdominal obesity and hypertension (some doctors also add hyperuricemia), but it is not necessary to maintain all these conditions. This group of disorders occurring in the body in silence and often are, at first, difficult to measure. Needless to say, this table can lead to major disorders such as cardiovascular disease or diabetes mellitus type 2.

The basic component of this syndrome is insulin resistance, characterized by high production of this hormone and an inefficient glucose metabolism. Insulin is a hormone produced and secreted by the pancreas and whose main function is to control glucose levels in blood, but she is also involved in fat metabolism and the conversion of glucose into energy needed for the operation of muscle cells. Some cells placed in the liver, muscle and adipose tissue have receptors to which possess insulin unit, in order to allow the entry of glucose into the cell. In a person with the Metabolic Syndrome, the pancreatic hormone is not able to come into contact with the receptor properly, which create hyperglycemia which, in turn, will stimulate the pancreatic cells to exhaustion to produce more insulin, causing a vicious circle.

It is obvious that a correction in the diet may be the fundamental pillar in the prevention and treatment of Metabolic Syndrome. From the middle of last century, the diet was replaced by the fast food meals, sweets, sugary drinks, etc.. which contain high amounts of carbohydrates in rapid absorption, saturated fat and sodium, not including different additives. Thus, a major fresh and seasonal fruit and vegetables, whole grains, legumes, nuts, olive oil and an adequate intake of protein (preferably, vegetable and fish) is of utmost importance not only to prevent and cure this syndrome, but also to prevent and cure a considerable number of diseases.

If to an improper food we add the lack of physical activity and inactivity, the probability of developing disorders that comprise the Metabolic Syndrome increases greatly. Exercise is beneficial in reducing insulin resistance, reduces cardiovascular risk, improve blood glucose levels and helps weight loss. It also affects the emotional state, generating a feeling of well-being. Physical activity will always be age appropriate and individual conditions, being the most recommended moderate aerobic exercise such as walking, cycling or swimming.

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Besides a good diet and exercise program, we will take into account the psychological, social, economic, environmental and genetic factors, the habits (smoking, alcohol, ...), not to mention the level of stress.

It may be the good time to think on what we eat, how do we do it and the lifestyle we lead. Be aware of that prevention is, in any case, the best and most effective treatments.

** The information presented in this article has informational purpose only and does not exclude nor does not replace any medical or pharmacological care.*

