

## Metabolic Syndrome - what is it?

It is a combination of medical disorders that increase the risk of developing cardiovascular disease and diabetes. Sometimes called Syndrome X. It affects a large segment of our population, especially in the middle to later years of life. The symptoms used to diagnosis this condition are:

elevated fasting blood sugars or insulin resistance  
high blood pressure  
central obesity: fat deposits around the middle  
decreased HDL cholesterol (the good cholesterol)  
elevated triglycerides (fat in the blood)

A recent study (Atherosclerosis Risk in Communities Study) reported by the National Heart Lung and Blood Institute showed that there were several dietary factors that increased the risk of developing metabolic syndrome.

- 1) diet soda (1 serving per day) increased the risk 34%
- 2) meat consumption increased the risk 35% (particularly processed meat and red meat)
- 3) fried foods increased the risk 25%

These diet choices along with inactivity (a lack of exercise) are responsible for the increasing numbers of people diagnosed with Type II Diabetes, obesity and heart disease.

Good health takes a balance of a many lifestyle factors; natural diet, ideally from whole plant foods, exercise, fresh air and sunshine, water, rest from stress and peace of mind.. Learning to prepare some simple, tasty home cooked vegetarian dishes and sharing them with others may help someone avoid a life threatening and debilitating disease.

Try this simple recipe from *Vegan Homestyle*:

### **CHINESE CABBAGE SALAD**

1 med. Napa cabbage, sliced fine  
1 bunch green onions, chopped fine

1 c. sliced almonds, toasted  
½ c. sesame seeds, toasted

Dressing:

¼ c. fresh lemon juice  
¼ c. olive oil  
2 T. honey  
½ t. salt  
1 t. Live-for-Health curry powder (curry powder: 1 ½ T. garlic powder, 2T. turmeric, 2 T. coriander, 2 T. cumin) or Vegesal

Mix together cabbage and green onions. Toast almonds and sesame seeds in a dry pan, separately, until lightly toasted. Add to cabbage. Mix dressing and dress salad just before serving.

For more recipes and ideas try the cookbook, *Vegan Homestyle: Simple Recipes For Healthy Living* by Kay Hansen. Experience better health – one recipe at a time!