

## **Syndrome X – Cause and Cure**

Syndrome X is a silent killer, and possibly the leading cause of heart disease in America. Chronic, decades-old consumption of high-carb foods finally makes the body's cells less reactive to insulin. This is called ***insulin-resistance***, and it is the cause of Syndrome X and Type II Diabetes. The resistance to insulin leads to increased levels of triglycerides in the blood, high insulin levels, low HDL (good) cholesterol, increased levels of fat in the blood, increased blood clots, and high blood pressure. This combination spells disaster – either in the form of diabetes or heart attack. There is no reversing this condition without the low-carb diet.

Is a diet lower in carbohydrates really that important? Well, what if I told you that there are between 60 and 70 million Americans with Syndrome X caused primarily by eating too many carbohydrates? And what if you found that most of these people were being prescribed powerful and dangerous drugs to treat the symptoms of problems caused by too many carbohydrates? And even worse, with proper dietary changes and reductions in carbohydrates, most of their problems would simply disappear, eliminating the need for drugs or surgery altogether.

Most of the conditions caused by Syndrome X and excess dietary carbohydrates are the main health problems in this country. Here are some of the things you may be suffering from that can often be eliminated by changing your diet away from excess carbohydrates: yeast problems and related hormonal imbalances; fibromyalgia and chronic pain; gallbladder problems; diabetes; obesity; high blood pressure; heart disease; atherosclerosis; kidney stones; kidney disease; gout; gut diseases including colitis and Crohn's disease; osteoporosis; infertility; arthritis; hypoglycemia; prostate, breast and colorectal cancers; high cholesterol and more.

### ***Instead of Carbs***

So get with it. It is simple – and **free**. Just stop eating carbohydrates. If you eliminate bread, pasta, pastries, rice, crackers, and all processed foods (anything in a package), you are on your way. In their place eat real, whole foods which are high in protein and fat. These include eggs, meat, fish, poultry, real butter, flax, seeds, nuts, sprouts and more. With these have unlimited quantities of greens, including broccoli, cabbage, endive, garlic, celery, peppers, sprouts, leeks, lettuce, watercress, zucchini, and more. Other non-greens you should be eating include avocado, red beets, cauliflower, eggplant, mushrooms, radish, squash, onions, and more.

You can also eat fruits. The lower carbohydrate fruits include apples, apricots, berries, melons, cherries, coconut, grapes, kiwi, lemons, limes, oranges, tangerines and more. So you will not be starving. You will go into withdrawal for a while, usually with cravings for sweets and carbohydrates. But you will soon get over this, and when you do it is permanent. And while all this is going on, you will start to feel better – whether it is less arthritis or fewer allergies.

***There is no simple solution***

Remember that protocols must be designed to be comprehensive. Just taking a bunch of vitamins and hoping for the best will usually fail. In fact more than 90% of all synthetic or processed vitamin protocols have failed for all people with any kind of disorder. But when you incorporate all the things necessary to balance body chemistry and then include the necessary whole-food phytochemical complexes to rebuild damaged or diseased tissues, glands, and organs, you can beat the odds. So have at it. Start with the right diet and real nutritional complex supplements.

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