

# 2020



**TREE of LIFE**  
WELLNESS CENTER

## The #1 Health Risk in America!

Metabolic Syndrome/Pre-Diabetes/Diabetes/Cardio Risks

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You should not use the information in this book for diagnosis or treatment of any health problem

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Hello, my name is Todd Nelson. I am a Naturopath, serving the Colorado area for the past 38 years.

In my practice, I see many people who have a number of health issues, including imbalances in blood sugar, high cholesterol, excess body fat, and high blood pressure. They want to improve their health using natural methods and alternative strategies. As you may know, there are many research studies on the potential side effects of regular medication for these problems, which has prompted many health conscious people to seek natural alternatives that are safe, effective, and clinically researched.

That's why I'm offering you this FREE report called "**The #1 Health Risk in America that Almost No-one is Aware of!**" In this report, you will discover one of the biggest health risks that very few people are either aware of or pay enough attention to.

Learning more about this risk could help you avoid potential side effects of conventional treatment, improve your overall health, and possibly prevent serious illness. I've created this Free Report based on thousands of actual consultations I have provided over the last 38 years in Colorado as a Naturopath. Here are some of the key points that we will go through in this report:

- What is the most prevalent health problem sweeping across America that most people are not paying enough attention to ?
- Is there an easy way to determine if you are at risk?
- Can it be reversed? What are the natural alternative options available?

I trust this report will be helpful for you.

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# The #1 Health Risk in America that Almost No-one is Aware of!

It's the most prevalent health problem sweeping America and almost no one has heard of it: Metabolic Syndrome. I am always amazed when I ask audiences attending my lectures if they know about Metabolic Syndrome and invariably only a couple of people will raise their hand. Yet, ***1 in 3 Americans have it, and the majority of those people have not been diagnosed or screened for the condition, therefore they go untreated.***

Once you have Metabolic Syndrome your risk for heart disease, diabetes, cancer, arthritis, and many other life-threatening illnesses can increase by more than 50%! (1 in 2 adults die from heart disease or cancer).

Diabetes has grown to epidemic proportions – at least 30 million people have diagnosed diabetes, 83 million have pre-diabetes, and about 8 million people have diabetes but have not been diagnosed!

So, it's vital to find out what this syndrome is, if you have it or are at risk for it, and most importantly, what can you do to prevent and reverse the condition with natural lifestyle interventions.



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## What is Metabolic Syndrome?

Metabolic syndrome is an umbrella name for a collection of health risk factors -- high blood pressure, high blood sugar, high triglycerides, low HDL cholesterol, high LDL cholesterol, and excess belly fat. If you have only 2 of these markers out of balance you **double** your risk of early death.

**With 4 markers you increase risk of death by 3 and half times!** At the root of the problem is something called insulin resistance; your cells start losing their ability to use insulin- even though you have plenty of it- and process blood sugar correctly. So, blood sugar creeps up, along with body fat, blood pressure, cholesterol and triglycerides. Over time, insulin resistance turns into diabetes and heart disease.

**Here is an easy way to determine if you are at risk with this simple test you can do at home:**

Measure how big your belly is at the thickest point of your waist with a tape measure. Men's belly should not be over 40 inches in diameter, and women's not over 35 inches. **If your belly is too large, you are at a 50% higher risk for Metabolic Syndrome.**

### The Tape Test

- Measure Waist:
- **>35 in. women**
- **>40 in. men**
- Increases risk for Metabolic Syndrome by 50%!



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A blood test will verify if you are going into the syndrome. Ask for a Comprehensive Metabolic Panel, a VAP- or other comprehensive cholesterol test, and an HgB A1C – which screens for pre-diabetes and diabetes.

## **What causes Metabolic Syndrome?**

Metabolic Syndrome is caused primarily by poor lifestyle choices and secondarily by genetic influences. Being sedentary, eating too much sugar and high glycemic foods:

- Food like white rice,
- Excess grains,
- White potatoes,
- Too much junk food with refined carbohydrates like white flour

These foods rapidly turn into simple sugars, raising your blood sugar, and creating an excess demand for insulin. They also set you up for Metabolic Syndrome. Deficiencies of nutrients like chromium, B vitamins, zinc, and others add to the risk.

Given the fact that Americans consume an average of 130 pounds of sugar a year, and 200 pounds of flour, no wonder 1 in 3 people have the Metabolic Syndrome!

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## **Can Metabolic Syndrome be reversed?**

The good news is that Metabolic Syndrome and the risks associated to having it can be reversed! There is a program called FirstLine Therapy - a nationally certified program for health professionals- that helps patients reverse the syndrome up to 90% of the time!

FirstLine Therapy (FLT) is a clinically researched program that integrates a simple low-glycemic, Mediterranean diet plan, regular aerobic exercise, and a few highly researched medical grade dietary supplements.

A few studies have found that many people can reverse the syndrome in just 12 weeks! By cutting out the sugar and excess carbs, getting more fit, and supplying your cells with key nutrients and herbal extracts that re-sensitize your cells to insulin, you can dramatically reduce your risks for some of the most deadly diseases!

There are new, natural Medical Foods that have good science and clinical outcomes, that speed up the process of of your cells re-balancing, utilizing

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insulin and blood sugar better, burning fat and lowering cholesterol, and resetting your metabolism.

You might even reverse diabetes, high blood pressure, high cholesterol and shed the excess pounds of body fat.

I am a Certified FirstLine Therapy Practitioner and have used FirstLine Therapy with hundreds of clients with exceptional results over the past 10 years.

In the next section, I will provide you additional information about FirstLine Therapy.

# Dramatically reduce your risk for chronic illness while losing weight naturally!

**Are you overweight? Do you have excess belly fat? High cholesterol, high triglycerides, low HDL in your blood work? Diabetes, pre-diabetes or Metabolic Syndrome? High Blood Pressure? Other chronic health problems? Then you are an ideal candidate for FirstLine Therapy®.**

You may have tried a number of other health programs without much success in reducing weight, improving your blood scores, restoring your energy, and significantly reducing your risk for common chronic diseases.

A therapeutic lifestyle program is now recommended by many national health organizations as the most effective “first line of therapy” for individuals with many of the following conditions:

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- Metabolic syndrome,
- Diabetes/pre-diabetes,
- Heart disease,
- High cholesterol,
- Overweight/obesity,
- High blood pressure,
- Stroke,
- Osteoarthritis,
- Osteoporosis,
- PCOS,
- Alzheimer's disease.

## What is FirstLine Therapy?

FirstLine Therapy (FLT) is a therapeutic lifestyle program that targets the underlying causes of chronic illnesses by incorporating an easy-to-do individualized eating plan, exercise, medical-grade nutritional supplementation, detoxification, and stress management skills. FLT has been demonstrated to be very effective in human clinical studies; it has been shown to reverse Metabolic Syndrome and dramatically improve abnormal blood scores like high cholesterol, blood sugar and more!

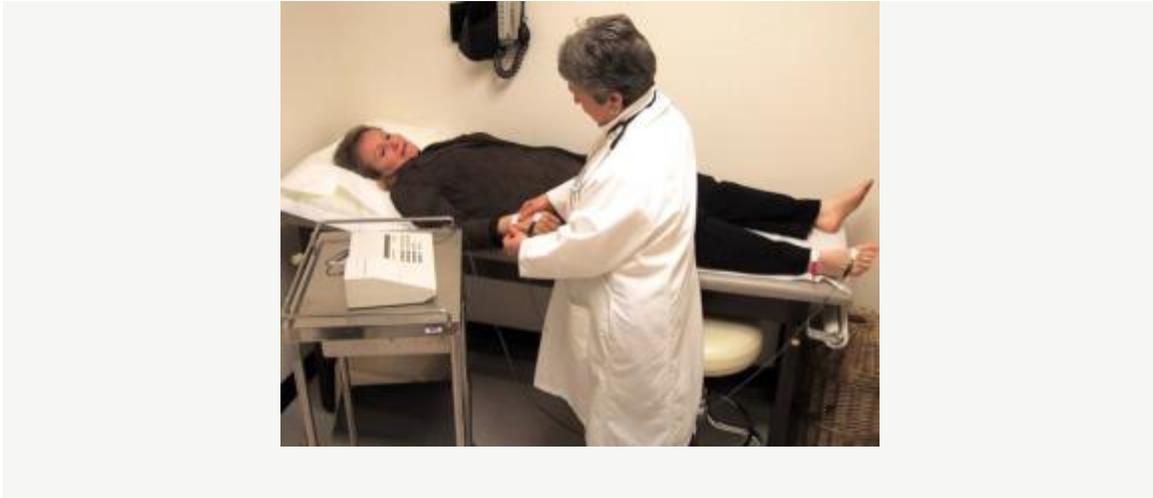
FLT is a 6-visit clinical course in creating a new metabolism, reducing chronic disease risk, establishing a new relationship to food and your body, and practicing exceptional self-care. Instead of another passing diet fad that will ultimately fail, FirstLine Therapy is an integrated, highly researched health plan that provides personalized support and sophisticated nutritional, exercise, and mind/body techniques that can last a lifetime!

Not only will you lose weight, you will gain energy, increase fitness levels & self-esteem, and significantly reduce your risks for heart disease, high blood lipids, arthritis, metabolic syndrome, diabetes, cancer, pre-mature aging, and immune dysfunction. It includes 1 hour evaluation and six visits over three months. Your

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progress is measured with a state-of-the-art body composition machine called BIA test, pictured below.



FirstLine Therapy© — Achieving optimal health while losing body fat. Benefits include:

- Reduce heart risk
- Normalize cholesterol / lipids
- Prevent Metabolic Syndrome
- Lose weight & gain muscle
- Achieve normal blood pressure
- Reduce or eliminate blood sugar problems
- Overcome cravings

So there you have it.

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I've given you some effective considerations to this important and impending health concern for you and your family. It is a serious challenge that every family should be aware of and consider taking all the precautions to avoid it. It's time to take action so you can lead a healthy and happy life!

BUT, as you can also see, this is just a brief starting point for you for addressing the questions about Metabolic Syndrome. If you or anyone in your family has any health problems, you might consider visiting a Naturopath.

A Naturopath can thoroughly assess your current condition and then provide expert consultations for Metabolic Syndrome. As well as many other issues like digestive health, women's health, chronic pain, bone loss, fatigue, serious insomnia, low libido, memory loss, weight gain, or other health challenges.

As a Naturopath serving the Colorado area for the last 38 years, I have helped many people. I even provide telephone or skype sessions for anyone that cannot visit my practice.

So, if you're serious about wanting to get a free consultation about Metabolic syndrome, then I invite you to consider scheduling a FREE 15 minute Health Strategy Session with me to discuss your situation right now.

Have a great day!

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