



# **Dr. Alex Jimenez Presents:**

**The Effects Of Metabolic Syndrome**

Dr. Alex Jimenez D.C.

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01

# The Effects Of Metabolic Syndrome

Dr. Alex Jimenez, D.C., presents the effects of metabolic syndrome that can disrupt the body's functionality. Metabolic syndrome is a common disorder that can range from insulin resistance to inflammation and muscle pain. Considering how every person is different, we look at how metabolic syndrome is associated with insulin dysfunction and correlated with inflammation. We direct patients to certified providers that provide functional medicine treatments related to metabolic syndrome to restore body functionality. We acknowledge each patient and their symptoms by referring them to our associated medical providers based on their diagnosis for a better understanding of what they are dealing with. We understand that education is a tremendous way to ask our providers various questions that apply to the patient's knowledge. Dr. Jimenez, D.C., applies this information as an educational service. [Disclaimer](#)

Dr. Alex Jimenez, D.C., presents: Metabolic syndrome is a cluster of disorders that can affect the body and cause other issues to vital organs and muscle and joint functionality.

Metabolic syndrome can also correlate with other conditions like diabetes and insulin resistance, which can cause referred pain in different body locations.

For example, back pain associated with metabolic syndrome could overlap with obesity. So in the last article, we looked at how to recognize the causes of metabolic syndrome. In trying to understand how many people are prone to develop metabolic syndrome, we need to look at what they are eating, what kind of lifestyle they have, and if they have any pre-existing conditions. All these matters when they undergo an examination with their primary doctor.

Another thing to look into when diagnosing patients for metabolic syndrome is by looking at their genes. Whether it is a person's lifestyle or environment, looking at a person's genes, you will get a certain phenotype in the DNA sequence. To that point, if someone has an inflammatory lifestyle combined with a unique genetic code, functional medicine doctors can identify a bunch of comorbidities affecting the individual. With this information, doctors can inform their patients that if they don't make small lifestyle changes, they could be at risk of developing overlapping conditions that can affect their bodies and invoke pain in the muscles, organs, and joints.



02

# Functional Medicine & Metabolic Syndrome

Dr. Alex Jimenez, D.C., presents:  
That's what the functional medicine conversation is about because we are trying to catch the issue before microvascular and macrovascular complications even set in the body. Since metabolic syndrome is a cluster of disorders, can it potentially correlate with other problems like insulin dysfunction?

Well, it can. When the body doesn't produce enough insulin to provide energy to the body, it can lead to chronic inflammation. So whether it's a poor lifestyle, microbiome dysfunction, visceral adiposity, or constant stress, inflammation associated with insulin dysfunction can drive the HPA axis into overdrive. Sometimes it could be not inflammation based.

It could be related to mitochondrial dysfunction. So by looking at the analysis of the person dealing with metabolic syndrome, you look at their timeline, lifestyle, and the clinical imbalances driving the inflammatory markers to affect the body.

The data can also look for signs of mitochondrial insults and comorbidities that could create insulin dysfunction that can lead to the development of the metabolic syndrome. This information will give functional medicine doctors a sense of what they are genetically predisposed to in their bodies.

Everyone is different, and catering to unique treatment plans for them can provide lasting results in the future. So when it comes to the functional and conventional approaches to metabolic syndrome associated with other various disorders, it is important to compare and contrast both methods to determine what the patient should consider doing to regain their health and wellness. This could be from the treatments that can work for the individual, what kind of foods can reduce the inflammatory markers and regulate hormone production, or their physical activity level. To that point, we will treat the cause through various techniques beyond pharmaceuticals and surgery as much as possible and, simultaneously, meet the patients where they are because sometimes people do well with lifestyle intervention. In contrast, others with more risks need more screening time and diagnostic tests.





03

# **Insulin Dysfunction Associated With Inflammation**

Dr. Alex Jimenez, D.C., presents: Our main goal is to detect insulin dysfunction associated with inflammation that correlates with early metabolic syndrome. The lab results from our associated medical providers can tell us a story of what the patient is going through and determine whether we need to either put in nutrients that the body needs to correct or take out toxins, let's say, that are interfering with the ability of the body to self-correct insulin dysfunction. Because preventing these comorbidities associated with metabolic syndrome can help many individuals regain their health and wellness.

Since we all have different microbiomes, the beautiful thing about functional medicine is that it brings awareness that needs to be addressed when our bodies are dealing with inflammation and insulin dysfunction that causes us to respond and use that response as an understanding of our microbiome. It allows us to reduce the effects of many issues and symptoms associated with metabolic syndrome that we may not even know about if we left it untreated. By being aware of what is causing problems in our bodies, we can make small changes in our daily life to better ourselves and our health.

Dr. Alex Jimenez, D.C., presents: With that being said, as stated earlier, metabolic syndrome can be a cluster of conditions that includes inflammation, insulin resistance, obesity, and hormonal dysfunction that can develop into somato-visceral or visceral-somatic issues that affect the organs and muscle groups. When all these issues begin to affect the body, they can lead to pre-existing conditions that can lead to joint and muscle pain. Regarding health and wellness, treating the effects of metabolic syndrome can do wonders for the body, mind, and soul. Making small changes to a lifestyle can provide numerous positive results and can restore functionality to the body.



## Disclaimer

**Blog Information & Scope Discussions:** Our information scope is limited to Chiropractic, musculoskeletal, physical medicines, wellness, contributing etiological viscerosomatic disturbances within clinical presentations, associated somato-visceral reflex clinical dynamics, subluxation complexes, sensitive health issues, and/or functional medicine articles, topics, and discussions. We provide and present clinical collaboration with specialists from a wide array of disciplines. Each specialist is governed by their professional scope of practice and their jurisdiction of licensure. We use functional health & wellness protocols to treat and support care for the injuries or disorders of the musculoskeletal system. Our videos, posts, topics, subjects, and insights cover clinical matters, issues, and topics that relate to and support, directly or indirectly, our clinical scope of practice.\* Our office has made a reasonable attempt to provide supportive citations and has identified the relevant research study or studies supporting our posts. We provide copies of supporting research studies available to regulatory boards and the public upon request.

We provide copies of supporting research studies available to regulatory boards and the public upon request. We understand that we cover matters that require an additional explanation of how it may assist in a particular care plan or treatment protocol; therefore, to further discuss the subject matter above, please feel free to ask Dr. Alex Jimenez DC or contact us at 915-850-0900. We are here to help you and your family. Blessings Dr. Alex Jimenez DC,

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