



Understanding Poor Cardiometabolic Function

What is Cardiometabolic Function?

Cardiometabolic function refers to the interconnected health of the cardiovascular system (heart and blood vessels) and metabolic processes (how the body uses energy). Poor cardiometabolic function can lead to conditions such as obesity, insulin resistance, type 2 diabetes, hypertension, and cardiovascular diseases.

Causes of Poor Cardiometabolic Function

Several factors can contribute to poor cardiometabolic function, including:

- **Unhealthy Diet:** High intake of processed foods, sugars, and unhealthy fats.
- **Physical Inactivity:** Sedentary lifestyle can lead to weight gain and metabolic issues.
- **Obesity:** Excess body fat, particularly around the abdomen, is a significant risk factor.
- **Chronic Stress:** Stress can lead to unhealthy eating habits and hormonal imbalances.
- **Genetic Factors:** Family history of metabolic disorders can increase risk.
- **Sleep Disorders:** Poor sleep quality and sleep apnea can negatively impact metabolic health.

Symptoms of Poor Cardiometabolic Function

Symptoms may vary but can include:

- **Weight Gain:** Particularly around the abdomen.
- **Fatigue:** Low energy levels and difficulty concentrating.
- **Increased Hunger:** Cravings for sugary or high-calorie foods.
- **High Blood Pressure:** Often asymptomatic but can lead to serious health issues.
- **Elevated Blood Sugar Levels:** Can lead to increased thirst and frequent urination.
- **Cholesterol Imbalances:** High levels of LDL (bad cholesterol) and low levels of HDL (good cholesterol).

The Impact of Poor Cardiometabolic Function on Health

Poor cardiometabolic function can lead to serious health complications, including:

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- **Type 2 Diabetes:** Insulin resistance can develop, leading to elevated blood sugar levels.
- **Cardiovascular Disease:** Increased risk of heart attack, stroke, and other heart-related issues.
- **Metabolic Syndrome:** A cluster of conditions that increase the risk of heart disease and diabetes.
- **Fatty Liver Disease:** Accumulation of fat in the liver can lead to liver damage.

Managing Poor Cardiometabolic Function

1. Lifestyle Modifications

- **Balanced Diet:** Focus on whole foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit processed foods, sugars, and trans fats.
- **Regular Exercise:** Aim for at least 150 minutes of moderate-intensity aerobic activity each week, along with strength training exercises.
- **Stress Management:** Incorporate relaxation techniques such as mindfulness, yoga, or deep breathing exercises.
- **Adequate Sleep:** Aim for 7-9 hours of quality sleep each night to support metabolic health.

2. Avoiding Toxins

- Minimize exposure to environmental toxins, such as heavy metals and chemicals, that can disrupt metabolic processes.

3. Supplementation for Cardiometabolic Support

Consider the following supplements to support cardiometabolic health. Always consult with your healthcare provider before starting any new supplements.

Recommended Supplements for Poor Cardiometabolic Function

1. Omega-3 Fatty Acids

- **Role:** Help reduce inflammation, lower triglycerides, and improve heart health.
- **Sources:** Fish oil supplements or algal oil for a plant-based option.
- **Dosage:** 1,000-2,000 mg of combined EPA and DHA daily.

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2. Magnesium

- **Role:** Supports blood pressure regulation, insulin sensitivity, and overall metabolic function.
- **Dosage:** 300-400 mg daily, preferably in the form of magnesium citrate or glycinate.

3. Coenzyme Q10 (CoQ10)

- **Role:** An antioxidant that supports heart health and energy production in cells.
- **Dosage:** 100-200 mg daily.

4. Chromium

- **Role:** Enhances insulin sensitivity and helps regulate blood sugar levels.
- **Dosage:** 200-1,000 mcg daily.

5. Alpha-Lipoic Acid

- **Role:** An antioxidant that may improve insulin sensitivity and support metabolic health.
- **Dosage:** 300-600 mg daily.

6. Berberine

- **Role:** A compound that can help lower blood sugar levels and improve lipid profiles.
- **Dosage:** 500 mg two to three times daily.

7. Fiber Supplements

- **Role:** Soluble fiber can help lower cholesterol levels and improve blood sugar control.
- **Sources:** Psyllium husk or glucomannan.
- **Dosage:** Follow product recommendations, typically 5-10 grams daily.

8. Vitamin D

- **Role:** Supports overall health, including cardiovascular health and insulin sensitivity.
- **Dosage:** 1,000-2,000 IU daily, but consult your healthcare provider for personalized recommendations based on your levels.

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