



Cardio-Metabolic Disease Reversal And Nutraceutical Supplementation

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Abstract:

Metabolic syndrome (MetS) is characterized as a group of cardiometabolic risk factors that raise the risk for heart disease and other health problems, such as diabetes mellitus and stroke. Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

Nutraceuticals represent an alternative form of medicine compared with the healing traditions that in the recent past were not part of standard medical education. Some of many existing nutraceutical compounds could be used as integrators in a daily diet thanks to their easy availability and to their beneficial properties, such as in polyphenols, omega-3 fatty acids, macroelements and vitamins used as non-pharmacologic treatment (1).

Nutraceuticals had positive effects in reducing cardiovascular risks, both in biochemical parameters and by hormonal modulation, and demonstrated hepato-protective effects. In addition, the presence of phenolic compounds and catechins reduced body weight in adults, being a potential adjuvant treatment for obesity. The inclusion of fish oil in the diet, especially with EPA and DHA, improved the lipid profile, inflammatory markers, and endothelial function (2).

This review aims at establishing a possible relationship between the use of nutraceuticals and prevention and treatment of CVD, in the light of recent evidences and research studies.

Methodology: A comprehensive literature review was carried out through a synthesis of quantitative findings stemming from quantitative research studies and qualitative findings extracted from the qualitative research studies based on the role of nutraceutical supplementation in



cardio-metabolic disease reversal.

Biography:

Qualified in Hospital Administration, Manjari Chandra has a Master's degree in Therapeutic Nutrition and Clinical Dietetics. She is a Diabetes Consultant and Educator, Onco-nutritionist, Functional Nutritionist and Weight Management Specialist and has an advanced certification in Intravenous Nutrition Therapy and Chelation. She is a guest speaker and expert panelist at several National Seminars and Continuous Medical Education programs and a keynote speaker at public health conferences at FSSAI, FICCI, ASSOCHAM and ISMA.

Publication of speakers:

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4. Sosnowska B, Penson P, Banach M. The role of nutraceuticals in the prevention of cardiovascular disease. *Cardiovasc Diagn Ther.* 2017;7(Suppl 1):S21-S31. doi:10.21037/cdt.2017.03.20

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