



Weight Management & The Evexia Complete Weight Management Panel

As you most likely know, being overweight or obese is strongly associated with conditions such as type 2 diabetes, hypertension, and cardiovascular disease. The Evexia Diagnostics Complete Weight Management Panel can identify insulin resistance, pre-diabetes, metabolic syndrome, and cardiovascular disease risk; and as you most likely know, recognizing risk means earlier intervention to stop or delay the progression of these conditions.



Particular to this panel are the analytes adiponectin and leptin. Recent studies have suggested that adipose tissue plays an important role in the development of these conditions and their complications through the secretion of various bioactive molecules referred to as adipokines.

Learn more about the Evexia Complete Weight Management Panel by [clicking here](#).

To learn more about Evexia Diagnostics scan the QR Code.



SCAN ME

THE PRE-BUILT EVEXIA WEIGHT MANAGEMENT PANEL

The Complete Weight Management Panel offers an array of biomarkers that assess factors associated with body weight as well as overall health.

Dr. Sodano's Featured Biomarkers:

ADIPONECTIN

Diminished levels of adiponectin have been associated with the increased prevalence of obesity-linked cardiovascular diseases, including ischemic heart disease and peripheral artery disease. Adiponectin is a plasma adipokine protein secreted specifically by adipose tissue. Plasma levels of adiponectin are inversely correlated with body fat percentage in adults.

Adiponectin has been associated with insulin resistance and linked with type II diabetes, as well as glucose and lipid metabolism. Adiponectin may have relevance for energy metabolism through the regulation of fatty acid oxidation. A number of studies have suggested that adiponectin plays a regulatory role in atherogenesis, endothelial function, and vascular remodeling. Adiponectin is also involved in the inflammatory process and is of importance in the appearance of arteriosclerosis.

LEPTIN

Leptin secreted by adipose tissue regulates energy homeostasis, neuroendocrine function, metabolism, immune function, and other systems through its effects on the central nervous system and peripheral tissues. Increased leptin levels stimulate the central nervous system to reduce appetite and increase energy expenditure. Leptin is thought to play an important role in the body's response to food deprivation or starvation.

Hyperleptinemia and resistance to reducing body mass are two characteristics of typical obesity. Strong positive associations exist between plasma leptin levels and body fat percentage. A decrease in tissue sensitivity to leptin leads is characterized by reduced satiety, overconsumption of nutrients, increased total body mass, and the development of metabolic disorders, such as insulin resistance and dyslipidemia.

A role for leptin has been implicated in the control of angiogenesis, hematopoiesis, immunity and bone formation, and a number of other functions. Studies also suggest that leptin levels affect fertility in females and may be involved in the development of normal pregnancy. During pregnancy, the placenta produces leptin, and maternal circulating levels during the second and third trimesters are approximate twice the level of the non-pregnant state.



Weight Management & The Evexia Complete Weight Management Panel -part 2



Recommendations related to weight management.



Lifestyle recommendations to support proper weight management:

Weight Management Support Packs

Weight Management Support Packs' are designed to assist the body in using fat for fuel and to help support healthy insulin, cortisol and energy levels. They are a great boost for any weight loss program. Each packet contains two EndocrineBalance Forte capsules; two L-carnitine capsules; and one ThermoGenX capsule.

EndocrineBalance Forte

EndocrineBalance Forte is a comprehensive endocrine-balancing formula that focuses on healthy insulin, leptin, and cortisol function to support normal fat metabolism and maintenance of lean body mass. The addition of Coleus forskohlii, Garcinia cambogia, and epigallocatechin gallate (EGCg) may also help to maintain lean body mass and support basal metabolic rate. This unique array of nutrients and botanicals is also useful for promoting normal appetite and supporting normal blood glucose metabolism.

PhytoMeal Plus Lean Body Program

PhytoMeal Plus Lean Body Program is designed to support healthy weight loss and successful weight maintenance by helping individuals lose fat while maintaining lean muscle. The program is easy to follow, which translates into high compliance and great outcomes. The simple steps to success are highlighted in the patient guidebook, which is included in every program kit.

PROPER HYDRATION:

Staying well hydrated can assist with weight reduction by reducing appetite, increasing metabolism, supporting detoxification, and fueling exercise.

DIETARY:

Adhering to a Mediterranean or a Modified Mediterranean diet has been shown to support a healthy weight. Focus on fish, lean protein sources, lots of fresh vegetables, fruit, whole grains, and olive oil. Additionally, avoid highly processed and refined foods, which are often calorie dense and can increase cravings.

PHYSICAL ACTIVITY:

Movement can assist with weight loss. Lean muscle burns calories at rest, so weightlifting can be an important tool in long-term weight loss. Other forms of movement like jogging, walking, cycling, dancing, and yoga can all support weight management as well. Most importantly, find a form of exercise you enjoy! Encourage purposeful activity.

INCREASE FIBER:

Dietary fiber helps keep us full and satisfied. It can also help keep blood sugar levels stable, and feeds the good bacteria in our gut. All of these things can help with weight management.

Learn more about the Evexia Complete Weight Management Panel by [clicking here](#).

Learn more about the Evexia Nutraceuticals by [clicking here](#).

To learn more about Evexia Diagnostics scan the QR Code.

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