

Supplements for Metabolic Health

Supplements to support metabolism and all body processes

- ✔ *Cell eXtra* (multi-mineral, vitamin, and antioxidant) or *CAA* (multi-mineral and vitamin) combined with *Fruit Antioxidant* (multi-antioxidant). The combination of minerals, antioxidants, and vitamins provides a foundation for metabolic health.
- ✔ *Vitamin D3/K2*: Both nutrients have a direct impact on metabolic health.
- ✔ *Premium Fish Oil*: To help reduce inflammation.

Specific supplement to support metabolic health

- ✔ *Berberine Balance* provides strong support for key metabolic processes, including blood sugar regulation, blood fats, and weight management, especially abdominal (visceral) fat.

John Arts

John Arts is a Nutritional Medicine Practitioner and founder of Abundant Health, with a particular interest in metabolic health and blood glucose control.

Please contact me on john@healthhouse.co.nz if you need assistance in creating a metabolic health programme for your circumstances.

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Metabolic Health

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Metabolic health refers to how well the body converts food into energy, stores excess energy safely, and keeps key internal systems in balance. A person with good metabolic health can usually maintain stable blood glucose, healthy blood fats, appropriate blood pressure, and a healthy waist measurement without medication. It is not simply body weight: someone can have a normal body mass index but still show insulin resistance, fatty liver, high triglycerides, or raised blood pressure.

At the centre of metabolic health is insulin sensitivity. Insulin moves glucose from the bloodstream into muscle, liver, and fat cells. When cells become less responsive, the body compensates by producing more insulin. Over time, this can contribute to higher blood sugar, abdominal fat storage, abnormal triglyceride and cholesterol patterns, inflammation, and increased risk of type 2 diabetes, cardiovascular disease, stroke, and fatty liver disease. Good metabolic health reflects coordinated function of the pancreas, liver, muscles, fat tissue, blood vessels, and hormones.

Note: Some people have excellent metabolic health yet abnormal or high **LDL cholesterol**. This may occur in lean, active people, including some following low-carbohydrate or ketogenic diets, where LDL can rise while triglycerides remain low, HDL is high, glucose control is good, and blood pressure is normal. These people should consider a Coronary Calcium CT scan, ideally with an ApoB blood test. This can help determine whether elevated LDL is causing, or may later cause, cardiovascular issues, especially coronary artery disease.

What the tests show

Common medical tests give useful snapshots of this system. **Fasting glucose** measures blood sugar after an overnight fast and helps identify impaired glucose regulation. **HbA1c** is the most important because it estimates average blood glucose over the previous two to three months, helping detect prediabetes or diabetes and monitor longer-term glucose control.

A **lipid profile** is also central. **High triglycerides** suggest that the body is struggling to process or store excess energy efficiently, often in association with high refined carbohydrate intake, alcohol use, insulin resistance, or fatty liver. Low **HDL cholesterol** is relevant because HDL helps transport cholesterol away from tissues; low HDL combined with high triglycerides is a common metabolic risk pattern. **LDL cholesterol** and, where available, **ApoB** are important for assessing cardiovascular risk because they reflect the burden of cholesterol-carrying particles that can contribute to artery disease.

Blood pressure is a practical marker of vascular health and is one of the standard features used to assess metabolic syndrome. **Waist circumference** is highly relevant because abdominal fat is metabolically active and strongly linked with insulin resistance.

Other useful tests include **ALT** and **GGT**, which can point toward liver stress or fatty liver, and **high-sensitivity C-reactive protein**, a marker of low-grade inflammation that may accompany poor metabolic health. No single test defines metabolic health on its own; the pattern across glucose control, lipids, blood pressure, liver markers, inflammation, and body fat distribution gives the most meaningful picture.