

METABOLIC DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE (the new name for non-alcohol fatty liver disease) A lifestyle driven disease. **By Melissa Cohen**

You may have visited your GP and received blood test results that show elevated triglycerides, and these are formed through foods that your body cannot utilise through eating too many processed foods and excess carbohydrates. We all need a certain number of triglycerides as these are stored for energy and released when we need this. Though eating more than your body can store leads to excess fat in the liver, elevated cholesterol, inflammation, and Diabetes Type 2.

Prediabetes is a sign that your body is not able to keep up with the amount of sugar your body is metabolising from foods. These sugars are not necessarily just from chocolate or sweets though also from empty calories. When the body cannot keep up with the number of processed foods, this eventually reduces insulin sensitivity, the hormone required to balance blood sugars. Early signs are hunger, low energy, and weight gain (not always), especially around the middle. Therefore, a word of warning, it's not just what you look on the outside, as you can be a "normal" weight and still have prediabetes type 2, elevated cholesterol, and triglycerides.

A healthy lifestyle including fresh foods is a great start, aim for a colourful plate of foods to enable a wide array of nutrients to fuel your body. An example of this is baked salmon, on a bed of sauté red cabbage, sweet potato with a parsley dressing. Utilising fats that help clear the cholesterol out of the blood stream, back to the liver, ready for elimination. These foods include avocados, extra virgin olive oil and mixed seeds.

Eating well is not complicated, though I always say, the question we should be asking is what is driving us to eat the wrong foods. I believe there are 3 essences: hormones, microbiome, and neurotransmitter imbalance.

Our gut is linked to how we feel and can dictate what we crave, due to fuelling our bacteria that we house in our gut. In other words, if we have an overgrowth of the wrong type of bacteria, this can lead to craving the wrong foods, increasing fatigue, and impacting our gut health. Hormonal imbalance also disrupts the gut, along with low mood and insufficiencies of key nutrients to support our mental well-being.

Not one size fits all, which is why I believe these lifestyles induced metabolic disorders are on the increase. This is why I am now delivering podcasts to share my thoughts on how to manage this and check in with your own symptoms before any diagnosis is made.