

How does Dr. Hoffman treat metabolic syndrome?

Dr. Hoffman believes that in many cases, while judicious use of drugs sometimes is needed to control symptoms, nutrition, diet change, supplementation and, where appropriate, use of bioidentical hormones are essential to full resolution of health problems.

What results can you expect? Depending on the severity of your condition, our program can enable your conventional medications to work better, be partially tapered or, in the best case scenario, be discontinued altogether.

Depending on your condition, some or all of the tests, supplements or therapies described here will be employed in treating you, and others may be ordered. Care at the Hoffman Center is highly individualized, and no two patients are alike.

Request Information from the Hoffman Center to have a member of our staff contact you.


TESTING: Glucose tolerance test with insulin curve, vitamin D, IgG RAST food panel, neurotransmitter testing, magnesium, Adrenal Stress Profile (cortisol), advanced lipid fractionation (VAPS), testosterone, DHEA.

DIET: Low carbohydrate Salad and Salmon, tailored to food intolerances

SUPPLEMENTS: Advanced Sugar Support, chromium, alpha lipoic acid, WellBetX, fish oil, vitamin D, magnesium taurate, NT Factor

OTHER THERAPIES: Bioidentical testosterone, blood sugar intravenous “drips” neurotransmitter support, metformin, Byetta

Learn more about the Hoffman Center

 OR email

Read Important articles about metabolic syndrome:

Glucose tolerance test (GTT): Why do I need a GTT?

Sugar disease

How sweet it is: An examination of alternatives to sugar

Diabetes, diet and herbs

Diabetes mellitus: Nutritional protocol and analysis

Fatty liver disease

Vitamin D