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Cincotta

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(54) **THERAPEUTIC PROCESS FOR THE TREATMENT OF THE METABOLIC SYNDROME AND ASSOCIATED METABOLIC DISORDERS**

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(52) **U.S. Cl.** **424/439**; 514/23; 514/419; 514/560; 514/567; 514/866; 514/909

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See application file for complete search history.

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(57) **ABSTRACT**

The present invention is directed to a method of treating a patient suffering from the metabolic syndrome and/or related disorders including obesity, Type 2 diabetes, pre-diabetes, hypertension, dyslipidemia, insulin resistance, endothelial dysfunction, pro-inflammatory state, and pro-coagulative state, and having the steps of (a) providing to the patient a dietary regimen that decreases overactive CNS noradrenergic tone; followed by (b) providing to the patient a dietary regimen that increases dopaminergic tone while maintaining the above decreased overactive CNS noradrenergic tone. The present invention is also directed to prepackaged meals and recipes useful in implementing the dietary regimens.

10 Claims, No Drawings