Reviewer's report

Title: Effects of Lifestyle Modification on Metabolic Syndrome: A Meta-analysis

Version: 1 Date: 28 June 2012

Reviewer: Michel de Lorgeril

Reviewer's report:

The big problem of this systematic review and meta-analysis is the huge heterogeneity of the included studies, which has been acknowledged by the authors.

Also, data are lacking in several studies (for instance the standard deviations, SD) and the way the authors did calculate them require the expertise of a statistician. Some missing data have even been "modeled" by using a Metabolic syndrome "simulator" and once again the opinion of an expert statistician is required ...

Minor issues:

1) the Methods and Results sections are mixed. Most of the "results" should be inserted in the Methods

2) References do not follow the BMC "guidelines"

Quality of written English: Needs some language corrections before being published

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

No conflict of interest to be declared, beyond the fact to have been included in several research consortium of the FP6 and FP7 of the European Community (and this is not considered a conflict of interest so far)