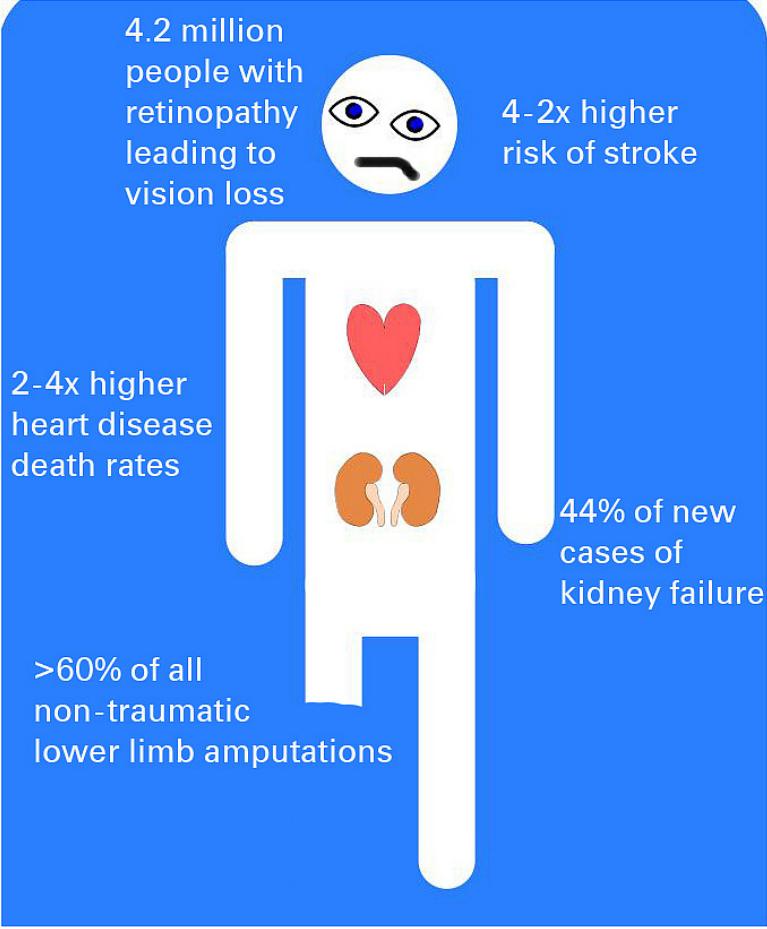
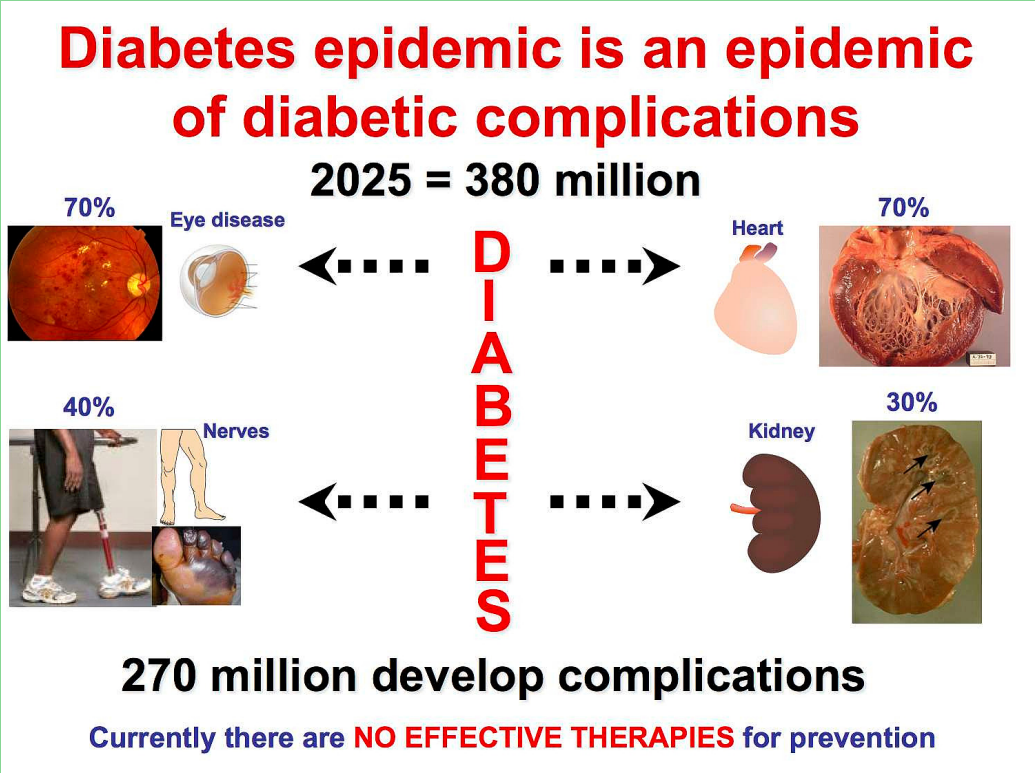


Diabetes: Responsible for...



Deaths  
per year  
75,578  
due to  
diabetes



What can you do?



Regular eye exams



Eat Healthy

DIABETES SUPER FOODS				
THAT WILL HELP CONTROL AND MINIMIZE BLOOD SUGAR				
 LADY FINGER	 CAULIFLOWER	 LETTUCE LEAF	 CABBAGE	 SPINACH
 BRINJAL	 ONIONS	 GREEN ONIONS	 BEET ROOT	 TURNIP
 CUCUMBER	 SKINNY CUCUMBER	 TOMATOES	 CAPSICUM	 GREEN CHILLIES
 BITTER GOURD	 CARROT	 LEMON	 WHITE RADDISH	 RED RADDISH
 RIDGED GOURD	 EGG WHITE	 LIGHT SOUP OR STEW	 SODA WATER	 BOTTLE GOURD
 INDIAN BLACKBERRY	 CINNAMON	 GARLIC	 FENUGREEK	

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## Exercise Benefits

1. Reduces body fat

2. Increases lifespan

3. Oxygenates body

4. Strengthens muscles

5. Manages chronic pain

6. Wards off viruses

7. Reduces diabetes risk

8. Strengthens heart

9. Clears arteries

10. Boosts mood

11. Maintains mobility

12. Improves memory

13. Improves coordination

14. Strengthens bones

15. Improves complexion

16. Detoxifies body

17. Decreases stress

18. Boosts immune system

19. Lowers blood pressure

20. Reduces cancer risk



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Exercise Daily