

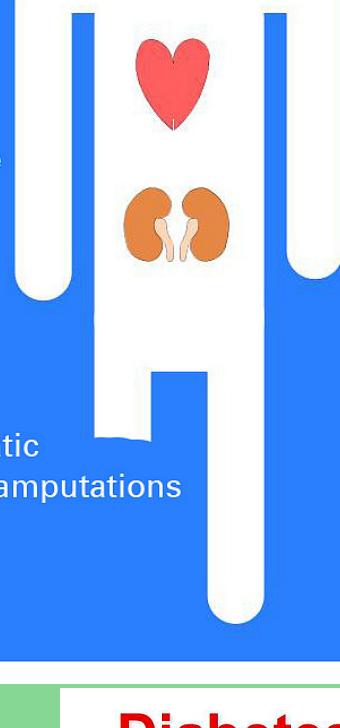
Diabetes: Responsible for...

4.2 million people with retinopathy leading to vision loss



4-2x higher risk of stroke

2-4x higher heart disease death rates



44% of new cases of kidney failure

>60% of all non-traumatic lower limb amputations

Deaths per year 75,578 due to diabetes

Diabetes epidemic is an epidemic of diabetic complications

2025 = 380 million



270 million develop complications

Currently there are **NO EFFECTIVE THERAPIES** for prevention

What can you do?

Thoroughly inspect your feet daily, and keep them clean and dry

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Check your blood sugar



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Exercise Benefits

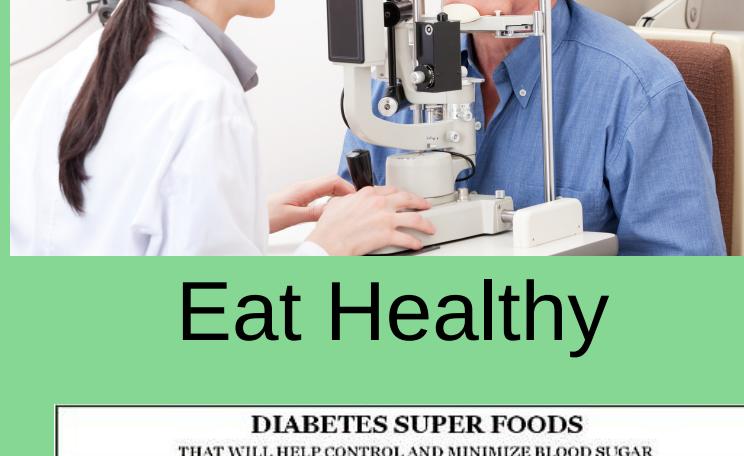
1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
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

Regular eye exams



Eat Healthy

