

# Diabetes SOLUTIONS

will educate and empower you to improve your health, increase your energy and thrive.

## *What will you learn from us?*

Have you ever wondered...

What happened to your energy?

Why your waistline started to expand?

Why you feel anxious or depressed?

Why you have digestive issues?

Why your blood sugar started running high?

What made your blood pressure high?

Why your thyroid stopped functioning optimally?

You will learn answers to all of the above as well as many other things that will serve and equip you well as you work to improve your health and well-being.

## *We'll teach you about:*

**WEIGHT LOSS:** The key to sustained weight loss and increased energy.

**METABOLIC SYNDROME:** Understanding the causes of and relationship among high blood pressure, high cholesterol, high blood sugar, low thyroid, and excess weight gain.

**INSULIN RESISTANCE:** Understanding the role of insulin in chronic disease and weight loss. Did you know it is estimated that 90% of all chronic health conditions are due to insulin resistance?

**INFLAMMATION:** The role of inflammation as the cause of many health concerns and what we can do about it. Think anxiety, acne, brain fog, insomnia, chronic pain, diabetes, heart disease, IBS, auto-immune conditions – the common thread in most of all these conditions is inflammation.

**INTERMITTENT FASTING/TIME RESTRICTED FEEDING:** Is fasting the “new” best tool in our toolbox for health? Quite possibly! We will teach you about different fasting protocols, the benefits of fasting and how to get started.

**SELF-CARE BEHAVIORS:** Self-care is one of the most important things we can do for ourselves. We will discuss all sorts of self-care tips and practices to ensure you are your best you.

**GUT HEALTH & GUT-BRAIN CONNECTION:** The gut is referred to as the second brain and many things that inflame our gut also inflame our brain. This inflammation can lead to anxiety, depression, poor sleep and low energy.

**ANTI-INFLAMMATORY WAYS OF EATING:** We will discuss lots of way you can eat an anti-inflammatory diet while still feeling satisfied.

**KETOGENIC DIET AND LOW CARB:** Interested in low-carb or the Ketogenic way of eating? We will cover how to adopt these ways of eating in a healthy manner by consuming real, whole foods.

**EXERCISE (STRENGTH TRAINING, CARDIO, FLEXIBILITY):** We will ensure you feel comfortable exercising and come up with a plan of action, including examples of home exercises.

**SLEEP:** Why we sleep, how you can improve your sleep and ensuring you get enough sleep.

**MANAGING STRESS:** Stress is a silent killer and reducing your stress is important for health. We will teach you about mindfulness, meditation, deep breathing, yoga and other means known to lower stress.

**NAVIGATING SOCIAL SITUATIONS:** We will help you navigate the holidays and avoid the dreaded holiday weight gain as well as provide tips for dining out and other social functions.

**DIABETES 101:** Survival skills and how to prevent diabetes complications.

**BEHAVIOR CHANGE:** We will teach you about goal setting, making action plans, and discovering micro habits to help you reach your health and fitness goals.

**AND MORE!**