



# Diabetic Health Clinic

Lifestyle Designed To Help Normalise Blood Sugar Levels

[www..DiabeticHealthClinic.org](http://www.DiabeticHealthClinic.org)

## The D.H.C. Lifestyle Program

For most diabetics finding out that your sugar levels are elevated comes as a shock. There are serious consequences of not treating this disease that is known as a silent killer. For this reason your doctor has most likely prescribed medications.

There is good news, and that is that you have been diagnosed, and being diagnosed gives you the opportunity to do something about the condition. Leaving Type 2 Diabetes untreated can lead to a large number of health issues. For example:

- Blindness
- Loss of Limbs
- Coronary Disease
- Obstructive Sleep Apnea
- Kidney Disease
- Liver Disease
- Stroke

Just to name a few.

For a schedule of our upcoming programs, please check [www.diabetichealthclinic.org](http://www.diabetichealthclinic.org)

If you are like most Diabetics you have been told by your doctor that altering your lifestyle can make all the difference. The Question is who actually seriously does this? If you were to do it, what does it mean?

The D.H.C. Lifestyle Program is an intense, life changing, three month program. Here is what you will gain:

- Over the three months you will gain a solid understanding of the disease.
- You will understand under what conditions sugar levels sky rocket.
- You will understand why certain foods elevate blood sugar levels.
- You will gain knowledge in relation to the latest medical research on Type 2 Diabetes.
- You will learn how to identify sugar elevating foods without having a list.
- You will be guided through a lifestyle change by an accredited Results trained coach.
- You will learn how to make healthy choices and reject unhealthy choices.
- It is likely that when your blood sugars normalise your doctor will take you off the diabetic medications.
- By the end of the Program you will have improved your health for life through a lifestyle change.

**For most people this program means a reversal of their condition.**

For more information Phone 0419 777 440 or email [program@DiabeticHealthClinic.org](mailto:program@DiabeticHealthClinic.org)