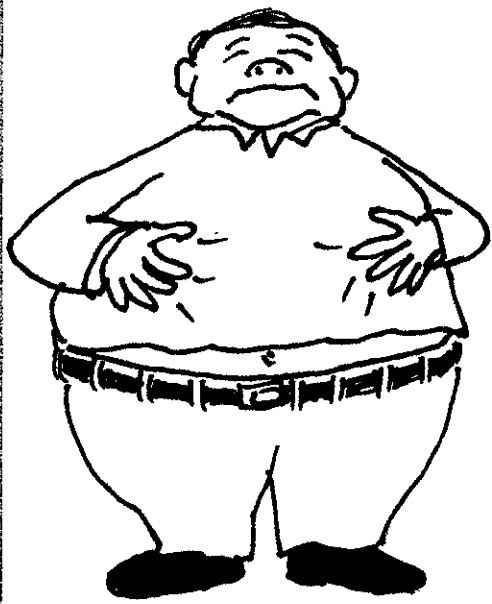


SUPPERS

Diabetes is not so easy to manage after all.
Anyone of these 4 signs calls for immediate investigation.



① Obesity, central body and visceral



② High Blood Pressure

③ Insulin Resistance



④ High Cholesterol and Triglycerides.



Wilkie

Prevention of diabetes is simple, if not easy: Eat Whole Food.
Exercise. Manage Stress. www.TheSuppersPrograms.org