



Optimal Health

Reversing and Preventing Diabetes and Heart Disease



- Proven effective plan
- Based on latest scientific research
- Physician supervised
- Recipes
- Meal plans
- Food Samples

WHO SHOULD ATTEND: **YOU.**

Especially if you have been diagnosed with diabetes, pre-diabetes, or are at high risk for diabetes, like being overweight or having high blood pressure.

Begins September 12, 2017 at 7 pm

(and each Tuesday for six weeks - September 19, September 26, October 3, October 10, October 17)

Registration includes Blood testing at beginning and end of course, 2 books and all materials. Food samples every evening.

\$45/person or \$65/Couple

PRE-REGISTER now! Seating is limited!
Call 828.490.1371

LOCATION: Arden Seventh-day Adventist Community Center
35 Airport Road, Arden NC

Questions? Call or Email: OptimalHealthArden@gmail.com

REVERSE TYPE II DIABETES

Learn how thousands have reversed Type II Diabetes

MEDICATIONS / INSULIN - Learn to live so medications and insulin can be reduced or eliminated altogether

DIABETIC COMPLICATIONS - Learn how to reverse the complications of diabetes such as cardio-vascular disease

WEIGHT LOSS - Learn how to lose weight without being hungry

NEUROPATHY - Learn how thousands have reduced or eliminated neuropathy pain



First night fast for at least 2 hours before coming for blood test for best results.

Testing will be from 6-6:45 pm. Blood tests in cooperation with Park Ridge Health.