

# Are you at Risk ?



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## Secrets of Wellness

Obesity, diabetes and heart disease are reaching epidemic proportions. Although diabetes can be diagnosed at an early stage through relatively inexpensive blood

testing, 50% of people with diabetes may be undiagnosed. Other important measures to decrease your risk factors include control of blood pressure and cholesterol level. **Is your blood sugar normal? Are your blood pressure and cholesterol normal? Do you have them checked regularly?** A healthy natural plant-based diet, combined with regular moderate exercise,

avoiding tobacco use, and maintaining a normal body weight **are effective in the prevention of diabetes and heart disease.** “The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” *Socrates* 🍷

## You can start today!

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



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