

### Improve Diabetes Control

Are you:

- Eating too much?
- Eating at the right time?
- Eating too many high GI foods?
- At a sensible body weight?
- Taking your medication correctly?

Do you need extra / different medication?

### Lose Weight

- Do you get enough physical activity?
- Including fatty foods in your diet?
- Are your portion sizes too big?
- Do you eat regular meals?
- Do you drink too much alcohol?

### Lower Your (LDL - Bad Cholesterol)

- Watch your fat intake.
- Reduce saturated fat.
- Obtain a sensible weight.
- Increase physical activity.

### Lower Your Triglycerides

- Try eating oily fish.
- Lower your blood glucose levels.
- Are you eating too many sweets?
- Drink less sweet liquids...  
(Including Unsweetened Juice)
- Watch your alcohol intake

# Your Environment's Diabetes Management Program

### Increase Your (HDL – Good Cholesterol)

- Do you exercise enough?
- Do you need to lose weight?
- Can you lower your triglycerides?
- Have a small amount of alcohol.

### Lower Your Blood Pressure

Are you:

- Adding salt to your meals?
- Eating too many salty foods?
- Having enough fruit, vegetables & dairy food?
- Drinking too much alcohol?
- Overweight / Inactive?
- Taking your blood pressure medication?

Your Environment's solution is a simple, and Drug-Free approach designed to manage your diabetes.

### *The benefits are enormous, ranging from:*

- STOPPING DIABETES COMPLICATIONS,
- REDUCING BLOOD SUGAR LEVELS,
- LOWERING BLOOD PRESSURE,
- LOWERING TRIGLYCERIDES,
- LOWERING YOUR (LDL - BAD CHOLESTEROL)
- INCREASING YOUR (HDL) - GOOD CHOLESTEROL)
- MAINTAINING A HEALTHY BODY WEIGHT