# **How Diabetes Reversal Can Lead to Better Days**



#### MONTH 1

A life with less meds becomes possible as blood sugar levels improve

## MONTH 2

Clothes can fit better from early weight loss thanks to nutritional changes





### MONTH 3

More active days lie ahead thanks to better sleep and a body put into balance

## **MONTH 4**

Joint aches and pains can lessen when the body has less inflammation





## **MONTH 5**

Overall health improves, like risk factors for heart disease and mental health

Find out if diabetes reversal is right for you or a loved one