

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

Powers & Jans Centre

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Ask The Experts



on
Chiropractic
Care

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Type 2 Diabetes- Are You At Risk??

Did you know that 1 in 4 people in Canada will develop diabetes in their lifetime, and that diabetes is the leading cause of blindness, lower limb amputation, and kidney failure, and it's one of the major risk factors in heart attack and stroke!

In fact it reduces lifespan by 12-15 years. Insulin resistance or metabolic syndrome is the beginning of this and may be known as the pre-diabetic stage. If this happens your cells have become so insensitive or resistant to insulin and its effects that you can have high levels of

blood insulin and high levels of blood sugar at the same time. If things continue unchecked, the insulin-producing cells of the pancreas become exhausted and lose the ability to produce insulin. (This is how someone with type 2 diabetes can become dependent on insulin.)

The damage that occurs when this happens undermines your health and can kill you. If you are in a pre-diabetic state your health and arteries are already at risk. Remember this is 1 in 4 of us! But how do you know if you are at risk? One of the ways is to know your numbers. You are at risk if you have 3 out of 5 of these numbers elevated. 1. An increase in waist circumference (>40 inches in males and >35 inches in females), 2. Elevated triglycerides (which are a type of fat found in the blood), 3. Decrease in HDL cholesterol, 4. Elevated blood pressure, and 5. Elevated fasting glucose.

So what can you do if you find yourself in this situation? Can this condition be helped or even cured? The answer is YES!

For most people you don't need a lifetime of drugs or other drastic therapy. Instead following a modified Mediterranean diet, as well as using the appropriate supplements and losing weight, takes care of almost every case of high blood pressure, fatty liver disease, and most gallbladder

problems, and could prevent almost half of all breast and colon cancers as well. For most people, excess weight is simply an indication of a deeper underlying problem.

Don't wait until your health deteriorates; make the right choices now to make sure you're not just another statistic. Take back your life, come in to find out how we can help you reach your health goals.

**Unsure whether chiropractic is for you?
Call 403-529-9069 for a FREE Consultation**



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