

American Diabetes Month

Back Care Classes resume this month!

By: Chis Bergstrom

November 9, 7-8 pm
November 21, 1-2 pm
December 7, 7-8 pm

Healing Crisis Classes resume this month!

By: Dr Patricia Bender

November 11, 10-11am
November 16, 7-8 pm
December 9, 10-11 am
December 14, 7-8 pm

Please call (513)772-9065 for
more information or RSVP for
these **FREE CLASSES!**

November 1st marks the beginning of American Diabetes Month, and with that in mind it is important to look more closely at a disease that affects millions of Americans. "There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease." There are currently 2 types of diabetes that are most common in the public today: Type I and Type II diabetes.

Type I diabetes occurs when the body is unable to produce insulin, a key ingredi-



"unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease."

ent in order to pump energy into the cells. It is estimated that only between 5-10 percent of the population suffers

from this form of diabetes.

Type II diabetes occurs when the body resists insulin and does not make insulin properly. Most Americans afflicted with diabetes are afflicted with this form.

It is important to avoid being diagnosed with diabetes through proper diet and exercise. A simple blood plasma test can determine whether one has diabetes. Cincinnati Rehabilitation Center carries many products, including **UltraGlycemX**, a nutritional support supplement that aids in the treatment of both Type I and Type II diabetes. In addition, an all natural supplement

used by insulin dependent diabetics and non-insulin dependent diabetic patients to help regulate blood sugar is a product by Biotics Research Corp. called **Glucobalance**. It is a vitamin and mineral combination designed to support glycemic problems and is best used when combined with correct diet, exercise, and

other required nutrients. If you are interested in either of these products or any additional information about products we carry for diabetics please feel free to contact our office at (513) 772-9065 or visit www.chiropractic4U.com and look under the product section. With the New Year Approaching quickly it is im-

portant to make a resolution for your health. Join the to take control of your health and lose weight in order to prevent diseases like diabetes. Cincinnati Rehabilitation Center will be offering a **FREE INTRODUCTORY WEIGHT LOSS CLASS** on January 13th from 11a.m.-12.