

Diabetes



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LESSON 1-a

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Understanding the Anatomy of Creation, not just the Physical Body



Let's look at the human body simplistically for a minute. No matter what part of the body one wishes to look at, be it the liver, kidneys, skin, bones, hair, finger nails, etc.... all we are talking about are CELLS! The physical body is said to be made up of approximately 76 trillion cells. So no matter what group of cells called tissue (organs, glands, bones, etc.), the body is simply made up of a whole bunch of cells. Some are so small you can hardly see them. Others are as much as a foot long! So we can say the human body is simply a bunch of cells and two major fluids. Yes, we have a lot of chemistry in our physical bodies as well: minerals (especially calcium,) vitamins, toxins, microbes, e.g. janitorial bacterium, fungus, etc. But simply put: Our physical bodies are comprised of cells and two major fluids. Those two fluids are: Blood and Lymphatic fluid. One feeds the cells (blood) and one cleans them (lymph). Water is only a catalyst in both fluids;

The cells that make up your physical body aren't clumped together. There are spaces between them. These spaces are called interstitial spaces. These interstitial spaces are all filled with fluids: part blood, part lymphatic fluid. Why? Because this is how you feed them and how you clean them. Simply put: from the cells, the blood goes back into the venous system, which goes back to the lungs and liver for more "goodies" (nutrition and fuel. The lymph fluids (which collect cellular wastes) flow to the lymph vessels, and then on to the septic tanks (called lymph nodes) and then on to the body's eliminative organs (kidneys, colon and skin) for elimination of wastes. What an efficient system this is!

Your cells are very much like your car engine or any other machine that has moving parts. Energy is the main factor in function and mobility in this universe. Energy is the intelligence of creation. Chemistry is simply irrational frequencies of energy. With this understood, the most popular source of energy on this planet is carbon and oxygen. These are the two main constituents of the air you breathe, besides nitrogen. Carbon and oxygen keep the air predominantly alkaline as well as providing a source of energy to all life.

Diabetes

We use the chemistry of carbon and oxygen to provide fuel to run most engines at this time. Even crystal energy has carbon in its matrix. In most engines we combine oxygen (*carburetor*) with carbon (*gasoline*) to create energy; then we funnel the acid wastes out of the exhaust (*lymphatic system*). Your physical body requires the same process. Oxygen and carbon (*sugars, which are carbohydrates*) combine at the cellular level to create **ATP** (Adrenison Triphosphate) **ATP is cellular energy**.

Without sugar (*carbon*) your cells will die. The same is said about oxygen. Sugar is the main need of a cell in it's functional ability, without which it will begin to die and mutate. This then sets up an Immune Response to the cell (s). Your body does not burn amino acids (*proteins*) for energy, nor fats. They can be broken down into glucose for this purpose, but at great cost to the health of the individual. Burning a protein for energy is like using the walls of your house to burn in your fireplace.

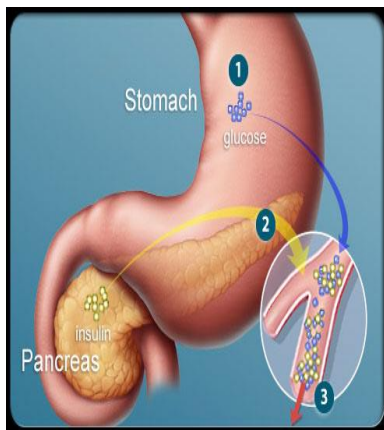
What does it mean when you're fasting blood glucose level is high? This is an indicator that either your pancreas is not supplying enough insulin to "carry" glucose through the cell wall or your adrenal glands are not controlling sugar metabolism properly. (Always remember your Adrenal Glands **control** sugar metabolism!!!)

Now glucose, even being a simple sugar and found in vegetables, requires insulin to "carry" it into a cell. This is very important to note, as fructose is also a simple sugar, but much more "electrically alive." Fructose does not require insulin to be "carried" through a cell wall, it is merely pulled in by diffusion.

This is ideal for diabetics or anyone with adrenal gland problems (*most cancers*) as fructose will "feed" the cell and allow ATP to be formed. If you are having insulin or adrenal problems and you starve your body for sugars, you are starving **all** your cells. **Your body's health depends upon the health of its cells!**

WHAT IS DIABETES? Diabetes is a disease in which the body fails to produce or properly use insulin.

WHAT IS INSULIN? Insulin is a hormone secreted by the islets of pancreas. It helps the body use carbohydrates, which are the starches and sugars found in the food we eat.



The pancreas is a 6-inch-long spongy, tube-shaped organ located in the back of the abdomen, behind the stomach. It has two major jobs in the body:

- It makes digestive juices (enzymes) that help the intestines break down food.
- It produces hormones -- including insulin -- that regulate the body's use of sugars and starches.

There are three main types of diabetes:

- [Type 1 diabetes](#): results from the body's failure to produce insulin, and presently requires the person to inject insulin. (Also referred to as *insulin-dependent* diabetes mellitus, *IDDM* for short, and *juvenile* diabetes.)
- [Type 2 diabetes](#): results from [insulin resistance](#), a condition in which cells fail to use insulin properly, sometimes combined with an absolute insulin deficiency. (Formerly referred to as *non-insulin-dependent* diabetes mellitus, *NIDDM* for short, and *adult-onset* diabetes.)

Diabetes

- [Gestational diabetes](#): is when pregnant women, who have never had diabetes before, have a high blood glucose level during pregnancy. It may precede development of type 2 DM.

[Pre-diabetes](#) indicates a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. Many people destined to develop type 2 diabetes spend many years in a state of pre-diabetes which has been termed "America's largest healthcare epidemic."¹



Testing for diabetes is very important. In fact, about half of those with type 2 diabetes don't know they have it because so many of the individual symptoms could be indicative of other problems.

- Frequent urination***
- Excessive thirst***
- Extreme hunger***
- Unusual weight loss***
- Extreme fatigue***
- Irritability***
- Blurred vision***
- Poor wound healing***

Diabetes without proper treatments can cause many complications. Acute complications include **hypoglycemia, diabetic ketoacidosis, or nonketotic hyperosmolar coma**. Serious long-term complications include **cardiovascular disease, chronic renal failure, retinal damage, cancer**. Adequate treatment of diabetes is thus important, as well as blood pressure control and lifestyle factors such as smoking cessation and maintaining a healthy body weight.

When diagnosed with diabetes, most people are told to avoid sugar (good step, not the solution). If the problem is bad enough, they are told to take medication to give the body insulin. The problem is, as we saw above, diabetes is a problem with the body's regulation of insulin, caused by a resistance to insulin and an overproduction to remove toxic amounts of glucose in the bloodstream. Insulin is also dangerous if it is left circulating the blood. Somehow, treating too much circulating glucose and insulin with more insulin doesn't seem like the right approach...

It isn't just keeping blood sugar levels down through insulin control that helps diabetes, but fixing the actual problem causing the diabetes. Addressing just one aspect of the problem (blood sugar or insulin) ignores all the other factors like poor diet, toxins, stress, gut problems, immune issues etc. Instead, this single focuses approach can contribute to the problem, making insulin resistance worse and eventually leading to insulin dependent diabetes when the pancreas shuts down completely.

Diabetes

Questions to answer:

- How can i prevent myself from getting diabetes?
- So what's the best way to treat this disease?
- Do I want to stay on medication for the rest of my life?
- As a diabetic, do i have a chance to have other health problems?
- Can vegan diet cure diabetes?

Good News for People with Type 2 Diabetes:

- **Medical research confirms that up to 95% of people with type 2 diabetes can eliminate diabetes risk and discontinue medication within five to eight weeks by adopting a low- fat plant food diet and regular daily exercise!**
- **Research from around the world shows that type-2 diabetes isn't common in countries in which carbohydrates are dietary staples, such as Japan, China, and Thailand, where people eat a lot of rice and other grains, starchy vegetables, bean dishes, and noodles. The latest scientific thinking? A low-carbohydrate diet may not be the best way to manage diabetes. It's the diet eaten by most Americans—one that's high in fat and loaded with meat, dairy products, fried foods, and oils.**
- **Neal Barnard, MD, is an adjunct associate professor of medicine at George Washington University School of Medicine and author of several books, including Dr. Neal Barnard's *Program for Reversing Diabetes* (Rodale, 2007), which presents a low-fat, vegan diet as a unique and groundbreaking solution to the problem of diabetes.**
- **Dr. Hans Diehl, founder and director of the lifestyle medicine institute in Loma Linda, California and founder of the CHIP program:" When less fat is eaten, less fat reaches the bloodstream. This begins a complicated process which gradually unblocks the insulin, which can facilitate the entry of sugar from blood stream in to the cells. The effect is often dramatic. A type 2 diabetic who lowers daily fat intake down to 10 percent to 15 percent of total calories can often bring blood sugar levels to normal in less than eight weeks. Many are eventually able to get of diabetic medication entirely-both pills and injections.**

Did you know?

Food consumption in the most advanced countries of the world has changed from nutritious raw foods to highly processed foods very low in **nutritional value**. New chemicals have been introduced to our foods, air, and water, which have put even greater stresses on our system's ability to control the chemistry of our body fluids, and therefore functionality of our **inner biological terrain** is at risk. As a result, we see huge increases in the incidence of life-threatening or chronic diseases. That's why it is of utmost importance to our healthiness to finding the ideal **balance of alkaline and acid forming foods**.

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Diabetes



LESSON 1-b

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Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to metabolize sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics, dietary factors and lack of exercise appear to play roles.

According to the American Diabetes Association 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.

No one can determine how much insulin or insulin herbs a person needs but the person himself. So you must determine how much you need. Do not stop taking your insulin (medicine). Your body will let you know when to decrease the dosage. You will continue to cut back until you will no longer need your insulin (medicine).

This program should be done until the desired results can be accomplished; blood sugar levels normalized.

What You Can Do:

Do not eat sweet or russet potatoes, white rice, sugar, honey, junk foods, meat, ice cream, cookies, cakes, ripe bananas, dry fruits or fruit juices, and white pastas.

Check your blood sugar before each meal, this will allow you to know how the food you eat 5 hours before affected your blood sugar. Keep a piece of fruit by your bed when you sleep, just in case your blood sugar drops.

You may eat : whole grains, vegetable soups, cooked beans, green beans, grapefruits, oranges, strawberries, blueberries, sour apples, lettuce, turnips, almonds, seeds, small amounts of oats 3 times a week, Jerusalem artichokes, and greens. (Note: start with a little of the fruit that is listed, do not eat too much, once you check your blood sugar it will give indication if it was too much. That includes the grains as well)

- Do not eat between meals. (4-5 hours) Only water should be taken. [Meal example](#)
- Do not eat fruit and vegetables at the same meal time.
- Eat a large salad 2 times daily.
- Exercise daily. (WALKING IS BEST!)
- Re-establish right conditions in the system. For Bowel cleansing take 1 Tbsp Psyllium Husk powder in 4 oz water, shake well. Drink before it gets too thick. Do 3 times daily. It is very important to have at least one bowel movement for each meal eaten!
- Take 3 Senna capsules every other day around 5:00pm. Stay home after.
- Drink tea of 1 Tbsp each Huckleberry, Blueberry, Uva Ursi, in cup of water. Drink 2-3 cups daily.

Diabetes

- Take the following supplements and vitamins:

Item:	Dosage:
• Vitamin B-Complex	Use as directed
• Magnesium	400 mg 2 times daily
• Calcium	1000 mgs 1 time daily
• Vitamin C	5000 mgs 1 time daily
• Beta Carotene	Use as directed
• Garlic	3 tablets 3 times daily
• Vanadium Sulfate	25 mg 3 times daily
• Goldenseal	3 capsules 3 time daily
• Chromium	200 mcg before meals
• Periwinkle extract	1 dropper full 2 times daily
• Licorice root	3 capsules 2 times daily (take if blood sugar has a tendency to drop low).

Dietary Considerations:

The general health must be improved if the person expects to recover. Correct the diet which is one cause of diabetes. A mild food diet is highly recommended. Diabetics who eat a high protein diet consisting of flesh foods that produce pathogenic and putrefactive bacteria in the bowels do not synthesize the nutrients needed for the pancreas. Infection from the bowels can spread to the gall bladder, liver, pancreas, and even to the throat and gums. Therefore, it is very important when treating chronic disorders such as diabetes to cleanse the bowels and change the bacterial flora in the large intestine.

Eat plenty of whole grains, especially buckwheat, and raw vegetables, Jerusalem artichokes, green beans, and fruits are beneficial. Drink 2 oz. of green string bean juice 3 times daily.

Fresh fruits contain natural sugar, fructose, which does not need insulin for its metabolism, and is well tolerated by diabetics (whole grains, especially buckwheat, millet and oats.)

Eighty percent of the diet should consist of raw foods; these foods stimulate the pancreas and increase insulin production.

Avoid overeating refined foods, such as sugar and white flour and every thing that is made with them. Avoid salt. Diabetics have a tendency for over-acidity because of a slowed down protein and fat metabolism. Therefore, the diet should be alkaline with an emphasis on alkaline foods: vegetables, fruits, string beans, cucumbers, Jerusalem artichokes, and garlic are especially beneficial.

Garlic has been shown to reduce blood sugar in diabetics.

Never eat between meals. Never overeat. Do not drink with your meals. Eat vegetables at one meal and eat fruits at another. Avoid ALL fried foods.

“Disease is a nature’s method for ridding us of poison”

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Diabetes



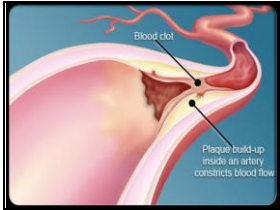
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LESSON 2

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SUMMARY OF DIABETIC COMPLICATIONS:

Cardiovascular Disease is the most common cause of death in people with diabetes.



1. The heart actually has the largest blood vessels in the body so why is it damaged?

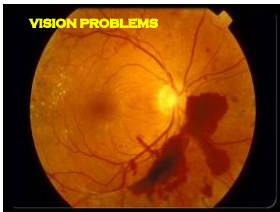
First of all, it is the job of the heart to pump the thick, sticky blood through all the narrowed vessels in the body. That is like canoeing in Jell-O compared with canoeing in water. The heart also has many small vessels that feed and nourish it. When blood sugars are high, they do not get the circulation they need. So not only are we asking the heart to work twice as hard, we are depriving it of nutrition to give it strength.

2. Long-Term Damage: Arteries

Over time, untreated type 2 diabetes can damage many of the body's systems. About two out of three people with diabetes die of heart disease. Having diabetes also puts you at a two to four times higher risk for stroke. People with diabetes are likely to develop plaque in their arteries, reducing blood flow and increasing risk of clots. This hardening of the arteries (atherosclerosis) raises the risk of heart attack and stroke.

3. Long-Term Damage: Eyes

High blood sugar can damage the tiny blood vessels that bring oxygen and nutrients to the retina, a critical part of the eye. This is known as diabetic retinopathy, and it can cause progressive, irreversible vision loss. It is the leading cause of blindness in people between the ages of 20 and 60. Pools of blood, or hemorrhages, on the retina of an eye are visible in this image.

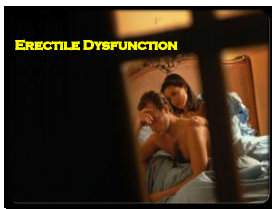


4. Long-Term Damage: Kidneys

The longer you have diabetes, the greater the risk of developing chronic kidney disease. Controlling risk factors such as uncontrolled diabetes, high blood pressure, and high cholesterol reduces your risk of developing this complication. Annual screening for kidney disease and medications, which slow the development and progression of kidney disease, are used to reduce your risk of kidney failure.

5. Diabetes Warning Sign: Erectile Dysfunction

Erectile dysfunction could be a complication of diabetes. Diabetes can cause damage to blood vessels and nerve endings in the penis causing impotence. It's estimated between 35% and 70% of men with diabetes will have at least some degree of impotence in their lifetime.



6. Long-Term Damage: Feet

Diabetic nerve damage can make it difficult to feel your feet and detect injury. At the same time, hardening of the arteries results in poor blood flow to the feet. Foot sores and gangrene can occur, even from small injury. In severe cases, infections can go unchecked and result in an amputation.



7. Sweetened body fluid is an ideal environment for yeast and fungal growth, follow by the invasion of the germs and viruses

8. Immune surveillance mechanism simply does not work well in the face of rising insulin and sugar levels.

9. Abnormal insulin and glucose signaling may contribute to cancer initiation and development.

Diabetes

Complications from diabetes come on over time, and damage has often started before we realize something is wrong. The belief that "as long as I feel well I must be well" does not hold true for the complications of diabetes; they come on quietly. The number of Americans with diabetes has grown to nearly 26 million and an estimated one-third of all U.S. adults over 20 now have prediabetes, according to figures released Wednesday by the Centers for Disease Control and Prevention (CDC).

Gabriel Lai, Ph.D., a cancer prevention fellow at the National Cancer Institute. Lai and colleagues conducted a prospective study using data from more than 500,000 predominantly white, non-Hispanic men and women aged 50 to 71 years. Results showed that diabetes was associated with an 8 percent increased risk for cancer among women and 9 percent increased risk for cancer in men. The findings show an increase from a 2008 CDC report on diabetes. Then, the CDC estimated that 23.6 million Americans had the disease and another 57 million adults had prediabetes. If the trend continues, the CDC projected that as many as one in three US adults will have diabetes by 2050.

What can be done to reduce the risk of this devastating illness, which can lead to heart attack, stroke, blindness, and amputations?

Quite a bit, says diabetes expert Dr. Neal Barnard, , president of the Physicians Committee for Responsible Medicine. The key, he says, is not to fall victim to common **myths** about the disease:

Here are 10 of the worst:

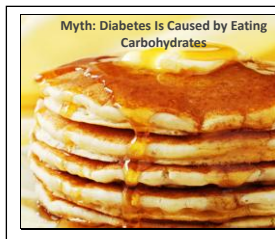


Myth: Diabetes Doesn't Run in My Family, So I'm Safe

Many people develop diabetes despite the fact that they have no family history of the disease. Heredity certainly plays a role, but studies involving identical twins show it is not the only factor.

When one twin has type 1 diabetes, the other has a fifty-fifty chance of having it, too. For type 2 diabetes, twins are more likely to share the diagnosis - the odds of the second twin having it can be as high as 75 percent. But even then, the reason may be that their diets and weight gain are similar.

To minimize your risk for diabetes, you need to exercise and watch what you eat no matter what your family history is.



Myth: Diabetes Is Caused by Eating Carbohydrates

Diabetes is least common in the population groups whose diets emphasize carbohydrates. Take Japan, where rice is a traditional staple. Prior to 1980, fewer than 5 percent of the adult population there had diabetes. But once fast food and meat started to displace rice, diabetes became much more prevalent. By 1990 the prevalence of diabetes in Japan had doubled. In the U.S., the risk for type 2 diabetes is highest among frequent meat-eaters. Vegans have the lowest risk, and other groups (semi-vegetarians, fish-eaters, and lacto-ovo-vegetarians) are in between.

The real problem seems to be not carbohydrates, but fatty foods.

Myth: I'm Not Fat, so I Won't Get Diabetes

Staying slim cuts the risk dramatically, but thin people can certainly develop diabetes. The condition arises when the cells in the body become resistant to insulin, the hormone that escorts blood sugar (glucose) into cells. Doctors think insulin resistance is caused by the build-



Diabetes

up of microscopic fat droplets inside cells - especially muscle cells and fat cells. This can occur even in someone who has little belly or hip fat. Luckily, the same dietary steps that reduce belly fat and hip fat also help prevent the build-up of fat inside cells.

Myth: Diet Has Nothing to Do with Type 1 Diabetes

Type 1 diabetes is caused by antibodies - tiny biological "torpedoes" that under normal circumstances are produced by the body to fight invading bacteria and viruses. Diabetes results when, in the body's version of "friendly fire," antibodies attack the insulin-producing cells of the pancreas.

What turns antibodies against the pancreas? One theory is that certain viral infections are to blame. But another possible culprit is cow's milk. Researchers are now exploring whether avoiding cow's milk early in life can help prevent diabetes. Human milk is no problem. Studies have shown that breast-fed children are much less likely to develop diabetes than children fed milk-based formula.

Myth: Only Adults Get Type 2 Diabetes

At one time, type 2 diabetes was called "adult-onset" diabetes. But more and more cases are showing up in children, likely the result of poor dietary habits and the childhood obesity epidemic.

Read more: http://www.cbsnews.com/2300-204_162-10004842-6.html#ixzz1agtZlBdw

Myth: Gestational Diabetes Is a Problem Only for Pregnant Women

It's true that gestational diabetes occurs during pregnancy and disappears when you are no longer pregnant. But doctors now know that women who have had gestational diabetes are at increased risk for developing type 2 diabetes later on.

Women should take gestational diabetes very seriously - and make the same sorts of dietary changes that help prevent type 2 diabetes.

Myth: Diabetes Is Irreversible

Conventional wisdom long held that once someone developed diabetes, he/she would have it forever. But with the advent of gastric bypass surgery, it became clear that extreme weight loss could reverse some cases of type 2 diabetes.

In 2009, the American Diabetes Association endorsed a new dietary approach to treating diabetes - one that focuses on low-fat, vegan (pure vegetarian) eating.

Of course, going back to poor eating habits is likely to cause diabetes to come roaring back.

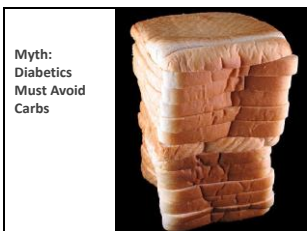
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Myth: Diabetics Must Avoid Carbs

Actually, carbohydrates are essential for good health, and people who eat plenty of whole grains, vegetables, fruits, and beans - all carbohydrate-rich foods - control their diabetes better than people who eat fattier diets.

The key is to know the difference between foods that contain lots of "good" carbs and those rich in "bad" carbs. One way to do this is to use the glycemic index, a rating system that indicates how much a given food affects blood sugar. Foods with low (healthy) glycemic index values include beans, pasta, yams, sweet potatoes, green vegetables, barley, and fresh fruit. 'White bread, white potatoes, and sugar have high glycemic index values and tend to cause blood sugar to rise.



Diabetes



Myth: Drugs Are as Effective as Diet at Controlling Diabetes

Medications can be essential, even life-saving. But they cannot bring about the weight loss that is needed for really tackling diabetes and keeping blood sugar under control. And while medications usually target one problem at a time - blood glucose or cholesterol, for example - a healthy diet tackles all of these at once.

Diet and lifestyle are especially important for preventing diabetes. Recently, scientists tested two methods for preventing type 2 diabetes in at-risk people.

Diet and exercise proved more powerful for prevent diabetes than drug treatments. One of the most popular diabetes drugs, **Avandia**, has been in the news a lot lately. That's because it's been associated with heart problems. But all diabetes medications have side effects.

Metformin, the oral drug most often used as a first line of defence against type 2 diabetes, often causes digestive symptoms. Other drugs used to treat type 2 diabetes cause weight gain - which is unfortunate, since being overweight is a common problem among people with type 2 diabetes. Insulin injections present the same annoying problem.

This doesn't mean that people shouldn't take diabetes medications. But It does emphasize the need for diet and lifestyle approaches that can minimize the need for medicines.

Treating diabetes naturally is not something pharmaceutical companies want shouted out, despite the fact that countless people are successfully doing so, as diabetic drugs are a lucrative business. Reversing diabetes naturally is not about a specific home remedy or natural treatment per se as the solution involves addressing diet and nutrition on a broader scale. Key diet and nutrition factors need to be properly understood, and when appropriately balanced and adjusted, can serve to reverse diabetes successfully and naturally and increase the body's insulin production. Eliminating foods that promote diabetes is paramount. These include sugar and high glycemic foods such as refined carbohydrates (white flour/rice/bread/pasta), sucrose, corn syrup and dextrose and commercial, processed oils (virgin coconut oil is a diabetic-friendly alternative).

CAN A VEGAN DIET PREVENT AND EVEN REVERSE DIABETES?

Foods with a high GI ([Glycemic Index](#)) are those which are rapidly digested and absorbed and result in marked luctuations in blood sugar levels. Low-GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar and insulin levels, and have proven benefits for health.

Low GI diets have been shown to improve both glucose and lipid levels in people with diabetes (type 1 and type 2). They have benefits for weight control because they help control appetite and delay hunger. Low GI diets also reduce insulin levels and insulin resistance. Recent studies from Harvard School of Public Health indicate that the risks of diseases such as type 2 diabetes and coronary heart disease are strongly related to the GI of the overall diet. In 1999, the World Health Organization (WHO) and Food and Agriculture Organization (FAO) recommended that people in industrialized countries base their diets on low-GI foods in order to prevent the most common diseases of affluence, such as coronary heart disease, diabetes and obesity.

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