

Lifestyle MAKEOVER FOR DIABETICS

Worried about *global warming*?

Uncontrolled diabetes kills
over 200,000 people every year!

A guide no diabetic can afford to be without.
You can prevent Diabetes complications.
Take action now! You can do it!

* Special section about **BOOSTING YOUR SEXUAL HEALTH**

by George F. Tohme, Pharmacist

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Pharmacist

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FOR IMMEDIATE RELEASE

Extreme Makeover for 22 Million? Believe it!

*Critically-acclaimed Lifestyle Makeover for Diabetics guide is easy-to-read,
critical information for America's 22 million diabetics*

Millions of Americans tune in each week to witness extreme makeovers that focus on the body's exterior - but what of the 22 million whose interiors are literally falling apart from diabetes complications? And worse: A staggering 250,000 diabetics die **every year** - leg amputations debilitate 100,000 yearly - All preventable. It seems time for America to tune into something different.

In his critically-acclaimed guide, *Lifestyle Makeover for Diabetics*, author and pharmacist George F. Tohme presents the essential information every diabetic must know, including Five powerful Action Steps that have and will change lives.

Not only does he address the monitoring, treatment, and prevention of this deadly disease, he also explains:

Boosting one's sexual health	Real-life success stories
Meal blueprints for all	Breaking the hunger cycle code
Activity and stress relief	The secret to permanent weight loss
3 habits that will transform your life	Getting to know your diabetes meds

Written for anyone who has diabetes, including those diabetics who are overweight, those with family history, smokers, or those with high blood pressure and cholesterol, *Lifestyle Makeover for Diabetics* is a one-stop source for a higher quality of life...and a normal and natural lifespan.

Praise for Lifestyle Makeover for Diabetics!

"This is a concise and powerful resource...written in a simple and practical manner...empowering the reader to prevent diabetic complications, extend life expectancy, and improve quality of life.

In other words, 'an eye opener'."

- Abilio Munoz, MD, president

The American Diabetes Association Leadership Council in Austin, Texas

"...This guide is a must-have tool for diabetics and complements the doctor's and CDE's advice. I will recommend it to my patients."

- Omayra M. Quijano, MD

board certified in endocrinology, diabetes and metabolism

ABOUT THE AUTHOR:

George F. Tohme, pharmacist, graduated from The University of Pittsburgh in 1987 and is currently practicing pharmacy in Texas.

Tohme is certified in diabetes management, cholesterol management, smoking cessation, nutrition guidance and is a certified personal trainer.