



## *Lifestyle Center of America.*

*Stopping Diabetes - Restoring Health*

### **The 9 Costly Mistakes People With Diabetes Make... And How To Avoid Them!**

“The nine costly mistakes come from the cumulative wisdom of more than 10,000 people who’ve shared their struggles with us,” say the co-authors of *The 30-Day Diabetes Miracle*. It is from these experiences that you can recognize and avoid the pitfalls in treating your diabetes and regaining your health.

- 1. FAILING TO RECOGNIZE YOUR DIABETES IS PROGRESSING** -- One of the most dangerous parts of type 2 diabetes is the insidious way it slowly, but surely, creeps up on you and takes control of your life. You must not allow it to gradually steal your health away. Mentor it – and take action.
- 2. THINKING YOUR DIABETES CAN ONLY GET WORSE** – Do not fall into the trap of thinking that your diabetes can only continue to get worse and that there is nothing you can do about it. You can do something about it!
- 3. DEPENDING TOO MUCH ON MEDICATION** -- If you insist it is time for your treatment plan to begin focusing on treating the cause of your diabetes while using medications only as needed, you can change the direction of your disease and dramatically lower your risk of future complications.
- 4. BELIEVING YOUR TREATMENT PLAN IS GOOD ENOUGH WHEN IT ISN'T WORKING** -- The most dangerous part of playing this deadly waiting game lies in believing that your doctor will magically hit upon the right combination and dosage of medication and everything will be fine again. The truth is if you continue to treat your diabetes this way, you are playing with fire.
- 5. THINKING IT'S TOO LATE** -- Perhaps you've begun to settle for less than the good health and quality of life you once enjoyed and cherished. Maybe, like many people with diabetes, you've given up hope and begun to resign yourself to the idea that the way you're feeling now may be as good as it gets.
- 6. THINKING YOUR DOCTOR WILL MANAGE YOUR DIABETES FOR YOU** – By turning over the management of your diabetes to your doctor, you are making a truly costly mistake. Your doctor is helpless to stop your diabetes!
- 7. ACCEPTING DIABETES AS FATE BECAUSE IT RUNS IN YOUR FAMILY** – Just because you may be genetically predisposed to diabetes doesn't mean that you must suffer with the disease.
- 8. LETTING YOUR INSURANCE COMPANY DICTATE THE FUTURE OF YOUR DIABETES** – Demand your insurance company cover treatments other than a 15-minute visit with a doctor or nutritionist every few months.
- 9. FAILING TO REALIZE YOU ARE THE MOST POWERFUL INFLUENCE IN STOPPING YOUR DIABETES** – Good information is out there – find it and act on it.