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HEALTH & WELLNESS



## Shift Happens!

with Karin Weiri



### Shift Happens!

Archives Available

**November 12th 2019: Our #1 The Diabetes Epidemic and our #1 enemy Sugar**

According to the CDC more than 100 million people in the United States have diabetes or prediabetes. People with diabetes are at increased risk of additional serious health complications including vision loss, heart disease, stroke, kidney failure, amputation of toes, feet or legs, and premature death. As many as 2 out of 5 Americans are expected to develop type 2 diabetes in their lifetime. November is Diabetes awareness month and we will give you the tools to make shift Happens in your health and help you to prevent been part of the statistic for diabetes. The food industry and our eating

[Read more](#)



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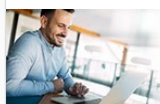
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