

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Occupy Health
Friday at 11 AM Pacific
January 27th 2017: Diabetes: Are you at risk?

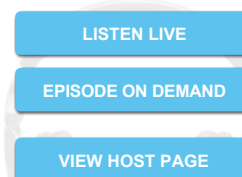
Blood sugar stabilization is essential as each blood glucose spike and dip can cause brain damage. Diabetes increases the risk of heart disease and dementia four fold. Yet persons with normal blood glucose can have the same increased risks because the process towards diabetes starts long before it can be measured in the doctor's office. The risks for diabetes start when the fasting morning glucose levels are 81: the risk for heart disease starts when the the fasting glucose levels are 84. We cannot rely on normal medical laboratory values to be sure that we are healthy. Typically,

[Read more](#)



Tune in

Friday at 11 AM Pacific Time
on VoiceAmerica Health and
Wellness Channel



Questions? Comments?
Call In Live! Call-In
Toll Free: 1-866-472-5792
Intl: 001-480-553-5759

Featured Guest



Filomena Trindade, MD, MPH

Filomena Trindade, MD, MPH is an internationally sought after speaker in functional medicine.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG