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Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific

**March 1st 2018: Prevent and Reverse Diabetes, Obesity,
Heart Disease and More**

Diabetes, high blood pressure, heart disease, obesity and other metabolic diseases are not determined by our genes. They are the result of an unhealthy diet, stress, lack of exercise and other life-style choices. In other words, people are causing their own health problems. Medications and procedures treat the symptoms, but they do not treat the root cause and they do not prevent or reverse disease. Dr. Vij has read the extensive research in this area and put together a simple 8 week program that provides the tools needed to prevent and reverse diabetes and other metabolic diseases. These are

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Featured Guest



Pankaj Vij

Dr. Pankaj Vij, MD, FACP, is the author of Turbo Metabolism: 8 Weeks to a New You: Preventing and Reversing Diabetes, Obesity, Heart Disease, and Other Metabolic Diseases by Treating the Causes.

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