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Occupy Health

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,

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



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Featured Guest

Guest Image

Filomena Trindade, MD, MPH

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

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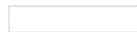


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