

Is It Possible To Be Too Sweet?

**Lookout!—It May Be Time To Rein In Your Runaway
Blood Sugar**

One in three adults over the age of 20 have diabetes or pre-diabetes—and 80% of them haven't a clue!

How can an epidemic of this proportion remain so hidden? Problems with out-of-control blood sugar levels wreck havoc on the body. Heart disease, strokes, kidney and liver disease, nerve pain, blindness, and certain cancers all have one thing in common: *insulin resistance* which is the basis of poor blood sugar control.

In her book, **DIABETES: ARE YOU AT RISK?** Morrone teaches people how to know if they already have trouble metabolizing sugar, and if so, how far advanced their blood sugar regulation problem is. Once a baseline has been determined, the healing can begin.

MORRONE WILL HELP YOU:

- 👉 Guard against diabetes by discovering if you're *already* at risk.
- 👉 Rein in runaway blood sugar with diet and exercise.
- 👉 Reverse early stage diabetes to live a longer, healthier life!

“The remedy for poorly regulated blood sugar can be quite easy”, Morrone says. **DIABETES: ARE YOU AT RISK?** will teach people how to make wiser food choices and how to pair and partner proteins with carbohydrates and fats in order to steady the body's blood sugar level. In addition, Morrone discusses the huge impact that exercise has restoring the body's sensitivity to its own insulin. Many people—who would have been sentenced to a lifetime of blood sugar monitoring, pill-popping, and/or insulin injections—will find they can add years to their life and life to their years! You may be one of them...

LISA MORRONE is a physical therapist, professor, speaker, and the author of five books who is on a mission to encourage people to **Get Healthy For Heaven's Sake**. Comprised from over two decades of experience in the healthcare field, Lisa's can-do instruction will empower you to:

- 👉 Invest in good health now to enjoy every stage of life.
- 👉 Gain control over recurring pain by treating it yourself.
- 👉 Maintain proper focus and fitness to maximize your calling.
- 👉 Increase your lifespan by 7-15 years!

DIABETES

Are You
at Risk?
(1 in 3 Adults Are!)



LISA
MORRONE, PT
AUTHOR OF OVERCOMING OVEREATING



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RESOURCE
www.RestoringYourTemple.com

To book this author contact:

Lisa Morrone, PT
(631) 834-7017
Lisa@RestoringYourTemple.com

Restoring Your Temple, LLC
PO Box 155
Kings Park, NY 11754



Interview Questions

for Lisa Morrone, author of
DIABETES: Are You at Risk?

- ✚ On the cover of your book, you state that 1 in 3 adults have pre-diabetes or diabetes right now...that's an awful lot of people! Do all these people *know* they have this health problem?
- ✚ Most people have heard the terms diabetes or diabetic, but what exactly *is* diabetes?
- ✚ Are there different types of diabetes?
- ✚ What makes diabetes such a dreaded disease to have?
- ✚ What puts a person at risk for this disease?
- ✚ How does someone go from being healthy to having full-blown diabetes?
- ✚ How can a person know if his or her body is having problems regulating blood sugar?
- ✚ Once someone finds out that their blood sugar levels are too high, is there any hope for them of being healed?
- ✚ You just mentioned dietary changes. Does this have anything to do with the chapter in your book entitled *Marshmallows For Dinner*?
- ✚ The second component you mentioned in regard to reversing and restoring blood sugar control is a dreaded word for some...*exercise*. Exercise is something we all know we should do, but most of us don't. How can you convince the couch potatoes out there to get moving?
- ✚ So what about the person who presently has Type 2 Diabetes and is already taking medication or insulin injections to manage their condition? Can you offer them any advice?
- ✚ Finally, while your book addresses the epidemic that is raging among adults, what about today's kids? How at risk are they relative to their parents' generation?

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(1 in 3 Adults Are!)



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MORRONE, PT
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