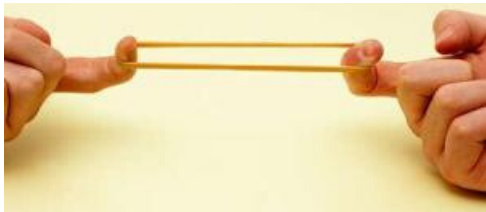


Important Dates:

- *November 6th- National Eating Healthy Day
- *November 11th- Veterans Day
- *November 24th- Thanksgiving
- *November 28th- National Family Health History Day
- *American Diabetes Month
- *Lung Cancer Awareness Month

The "Healthy Band of Stress"



When Stress Arises...

1. **Rethink** the purpose of the stress.
2. **Redesign** your relationship with stress by focusing on the Magnificent 7: Eat, Move, Sleep, Rest, Connect, Learn and Love.
3. **Reconnect** through a personal commitment allowing you to thrive.

Allow stress to be energy you use in a positive way!

Stress with a Purpose!

Sources for Stress:
Arch Fuston; Dr. Heidi Hanna; Dave Alberga

Membership Spotlight!

3natural Bionutrition Diabetes Health

1. In place of sugar utilize Stevia or Monk Fruit

Stevia Leaf - Stevia Extract - Monk Fruit

- 250 – 300 times the sweetness of sugar without the calories
- contains 0 - <1 grams of sugar
- make sure it is 100% stevia / monk fruit without any fillers or additives
- ex. Sweet Leaf, Now Foods, Stevia Select, NuNaturals MF, Now Foods MF, Luo Han Go

Tip



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Continued on the blog...

6 MORE Diabetes Health Tips!

2. ADD Cinnamon to carbs to slow the metabolism of sugars

- greatly aids in metabolizing sugar by breaking down carbs
- acts like insulin
- improves insulin sensitivity by decreasing insulin resistance at the cellular level
- 0.5 to 2 teaspoons per day has shown to reduce blood sugar by up to 29%

Tips and Tricks to get you through Thanksgiving Dinner!



- Sit up straight while eating
- Drink 8 ounces of water before you eat
- Have 1/3 of your plate filled with fruits and vegetables
- Use smaller plates
- DO NOT punish yourself about what your eating! That only creates more STRESS (=gaining weight)
- ENJOY THE SAVORY GOODNESS!
- BE THANKFUL!