

## The Mediterranean Lifestyle Controls Diabetic Costs

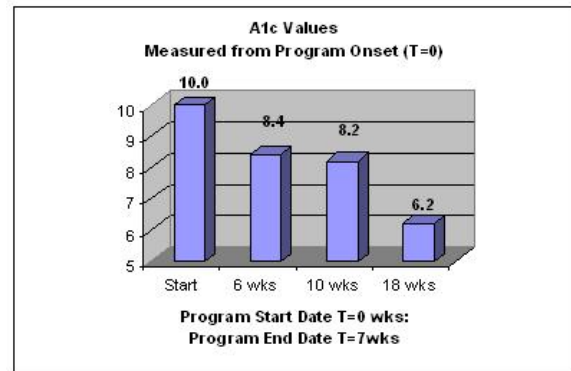
Data from The Mediterranean Healthy Eating Curriculum (Sept 2007- Jan 2008).

### A1c Decreases:

Pre-program, A1c=10  
Post-program, A1c=6.2

### Daily Insulin Decreases:

Pre-program, 63 units per day  
Post-program, 41 units per day



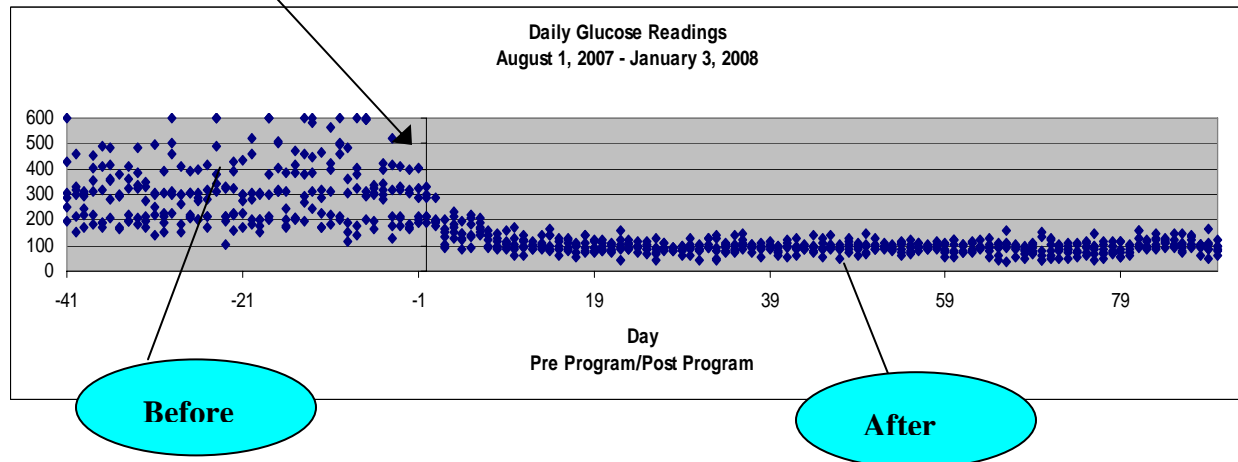
**The PATH  
Begins Here**

### Weight loss:

Weight loss in 10 weeks was 13 pounds  
Weight loss in 16 weeks was 22 pounds

### Cholesterol Reduction:

Pre-program, Total = 210  
Post-program, Total = 190



### Blood Sugar Levels (Average):

Pre-program, 309.94

### Blood Sugar Swings (Dev from average):

Post-program, +/- 107.8

### Blood Sugar Levels (Average):

Pre-program, 98.32

### Blood Sugar Swings (Dev from average):

Post-program, +/- 28.73

**For More Information**

Tel: 412-363-5201

E: [info@willclower.com](mailto:info@willclower.com)