

The Mediterranean Lifestyle Controls Diabetic Costs

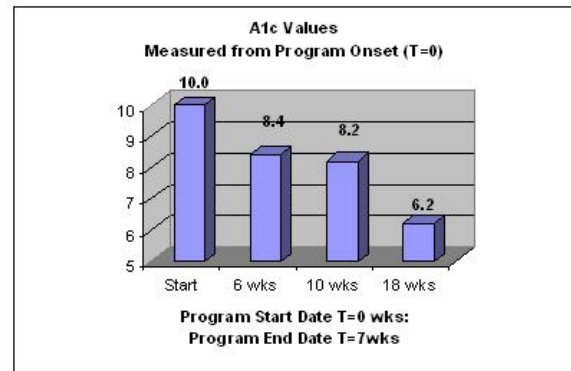
Data from The Mediterranean Healthy Eating Curriculum (Sept 2007- Jan 2008).

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



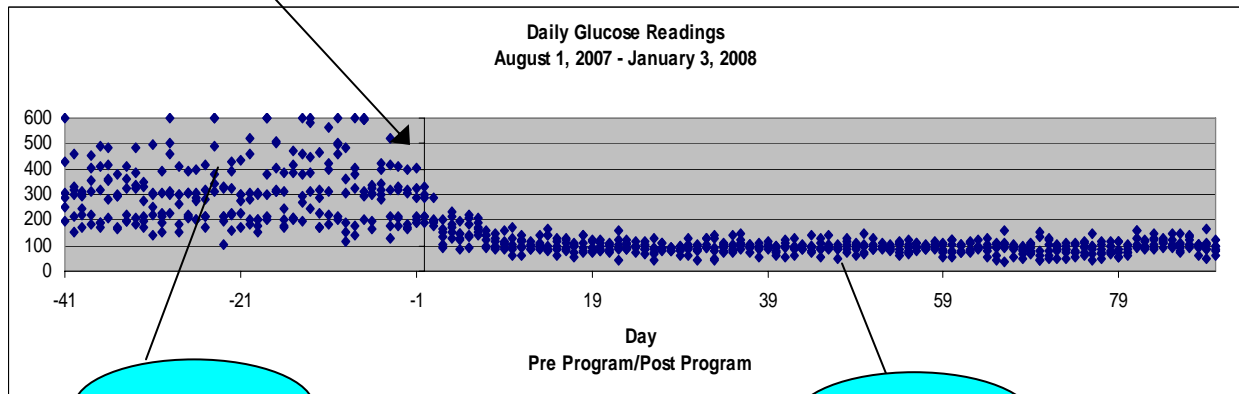
The PATH Begins Here

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



Before

After

Blood Sugar Levels (Average):

Pre-program, 309.94

Blood Sugar Levels (Average):

Post-program, 98.32

Blood Sugar Swings (Dev from average):

Pre-program, +/- 107.8

Blood Sugar Swings (Dev from average):

Post-program, +/- 28.73

For More Information

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