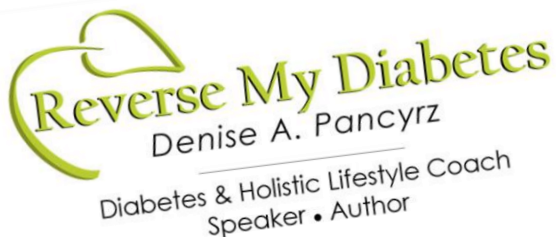


Type 2 Diabetes



Stress Checklist

Stress Affects Diabetes

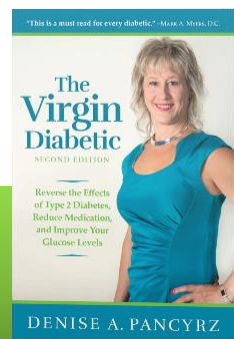
- Memory problems **How often does this happen?** _____
- Inability to concentrate **How often does this happen?** _____
- Anxious or racing thoughts **How often does this happen?** _____
- Mood swings **How often does this happen?** _____
- Changes in appetite **How often does this happen?** _____
- Sleeping too much or too little **How often does this happen?** _____
- Isolating yourself from others **Is this your usual pattern or recent?** _____
- Nervous habits like nail biting or pacing **Is this your usual pattern or recent?** _____

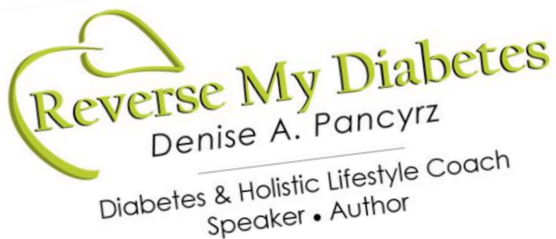
When should this situation end? _____

Do I have a plan in place to ensure this time comes to an end? _____

5 Steps to keep your glucose and stress in check.

1. Pay attention to your glucose levels. Test more not less .
2. Prep a few meals & snacks rather than skipping meals or poor food options. (Avoid protein bars!)
3. Find support/ask for help: other employees; family or friends to help; hire temporary help; search for organizations that may provide you some relief. Never get stuck thinking there is no time to find help, otherwise you are the mouse in the wheel.
4. Find 3 things you can preplan. Everything cannot be managed as an emergency or you never become unstuck.
5. Find your stress reliever: exercise, walk, read, meditate. Take your moments when you can, 5 to 15 minutes can do a lot. Put off tasks that are unimportant in your life (social media, taking on projects you don't have time for).





Type 2 Diabetes



Denise A. Pancyrz

Diabetes & Holistic Lifestyle Coach

Denise was diagnosed with Type 2 Diabetes and prescribed four insulin shots per day along with a handful of medications. She was told by the medical community that she could never stop insulin or drugs – in fact, the dosages would increase with age.

Well, Denise dared to step away from the traditional medical management and reversed her diabetes – no more insulin shots – no more medications. All accomplished through holistic lifestyle changes and understanding that diabetes is not really a ‘sugar’ problem but an energy problem.

Read Denise’s miraculous story of reversing diabetes in *The Virgin Diabetic – Reverse the Effects of Type 2 Diabetes, Reduce Medication, and Improve Your Glucose Levels* (2nd Edition).

Coach Denise is a national diabetes & holistic lifestyle coach, speaker and author, teaching others to improve and reverse diabetes. *Certified Holistic Nutrition & Homeopathy*

Learn to Reverse Your Diabetes

Select a coaching style that works for you

1-on-1 Coaching ~ we work for your individual needs to improve and reverse diabetes

My Diabetes Concierge™

Online Coaching Membership

- Learn on your own time and your own pace. Coach Denise takes you through weekly lessons for 1 year. *It takes time to make long-term changes!*
- No carb counting – no dieting.
- Eat food you love!

Affordable • Practical Learning • Great Food • Motivating

Results!

- Stabilize glucose & reduce spikes
- Lower your A1c
- Reduce medication
- Increase your energy
- Lose weight
- Feel great!

