

NEW OCEANS 12 WEEK VIVALDI PROGRAM

# Reversing Diabetes

12 week life-saving program bringing together the research of Neal D. Barnard, MD and the health, lifestyle, and mindset tools of NLP.

## INTRODUCTION EVENINGS

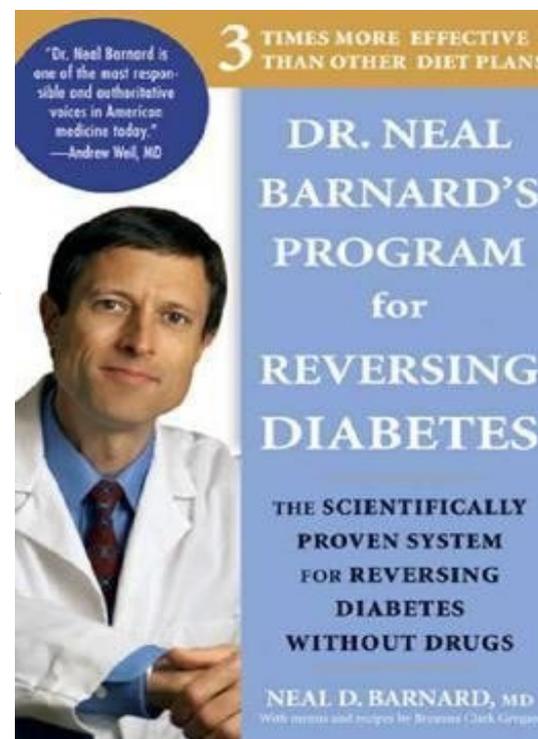
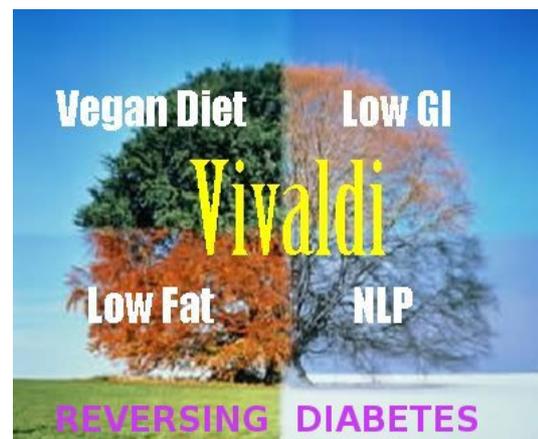
7:00 pm 9<sup>th</sup> DEC,  
THE DOWER HOUSE, HEXTON  
Call Dee on 01462 442 955...

*A program that provides both food recipes and mind recipes so that you can now be the Master Chef of your health for all four seasons of every year of your life from now on!*

**Do you have diabetes? Would you like to reduce or eliminate your need for medications, lose weight, improve your cholesterol, lower your blood pressure, and start living well again?**

*You are invited to join a 12 week program that will introduce you to the most powerful program ever developed for Type 2 diabetes. And our focus is on healthful foods, lifestyle, and mindset, not medications! And it's FREE!*

[www.new-oceans.co.uk](http://www.new-oceans.co.uk)



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