

Master Your Diabetes

A Comprehensive, Integrative Approach
for Both Type 1 and Type 2 Diabetes

Mona Morstein, ND, DHANP

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Black-and-white illustrations throughout

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“This protocol WORKS. I have been using it for nearly thirty years
in my practice with consistent and remarkable success.”

—**DR. MONA MORSTEIN**

The Problem

Diabetes is a worldwide epidemic.

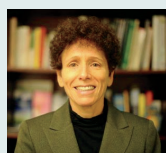
- It is estimated that, by 2035, 600 million people will be a diabetic patient, and nearly 500 million people will be prediabetic; that's nearly 1 billion people.
- In the United States alone, nearly a third of Americans are either diabetic or prediabetic, costing an annual \$242 billion in medical treatments.
- People with diabetes suffer premature death, typically six to twelve years earlier than people without diabetes.
- Between 90 and 95 percent of patients with diabetes have Type 2.
- Studies have shown that only 50 percent of patients with diabetes receive some form of dietary counseling from their medical practitioner's office, and even fewer are referred to a nutritional professional.

The Solution

The Eight Essentials® is a treatment plan designed to prevent, reverse, and control diabetes, developed by naturopathic physician and diabetes expert Dr. Mona Morstein.

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| 1. Low-carb, whole-foods nutrition | 5. Healing the gut and microbiome |
| 2. Optimal exercise | 6. Environmental detoxification |
| 3. Sleep | 7. Supplementation |
| 4. Stress management | 8. Medications |

Master Your Diabetes is the first comprehensive, integrative diabetes guide for patients, caregivers, and medical practitioners. See below for more information about the author. You can learn about her nonprofit educational organization, Low Carb Diabetes Association, at lowcarbdiabetes.org. We urge you to assign coverage of this important book and will be back in touch soon to follow up.



Dr. Mona Morstein, ND, DHANP is a naturopathic physician with a medical practice focused on integrative diabetes treatment. Her clinic, Arizona Integrative Medical Solutions, is located in Tempe, Arizona, where she sees patients of all ages and genders for acute and chronic conditions. An expert on prediabetes and diabetes, she is a frequent lecturer at conferences and on webinars, and is the founder and executive director of the Low Carb Diabetes Association. Dr. Morstein is also a member of the Arizona Diabetes Coalition.

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