

TO UPLIFT CHRIST AND MAKE HIM KNOWN



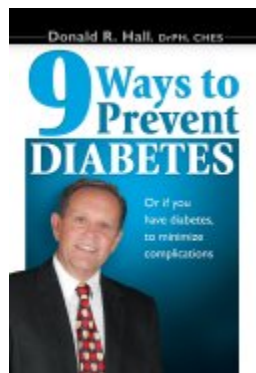
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New Resource for National Diabetes Awareness Month

Nampa, Idaho (November 1, 2012) — Pacific Press® has just released *9 Ways to Prevent Diabetes* a new, 80-page booklet by Dr. Donald R. Hall.

9 Ways to Prevent Diabetes



Currently 26 million Americans have diabetes and 79 million have prediabetes—that's 1 in 3 adults.

In *9 Ways to Prevent Diabetes*, Dr. Hall identifies nine practices that, if followed, will help 90 percent of proponents avoid developing type 2 diabetes. And for those who already have the disease it can reduce its complications and possibly even reverse the disease itself.

The nine practices include weight control, following a plant-based diet, and exercising. They are practical, inexpensive, and Dr. Hall includes many excellent pointers to help make them easier to follow.

With November being National Diabetes Awareness Month, and November 14 being World Diabetes Day, this is a good time to get this material into the hands of those who need it — or those who live with people who do.

Quantity pricing is available through local Adventist Book Centers.

There are three ways to order:

1. Call 1(800) 765-6955
2. Go online at www.AdventistBookCenter.com
3. Visit your local Adventist Book Center.

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