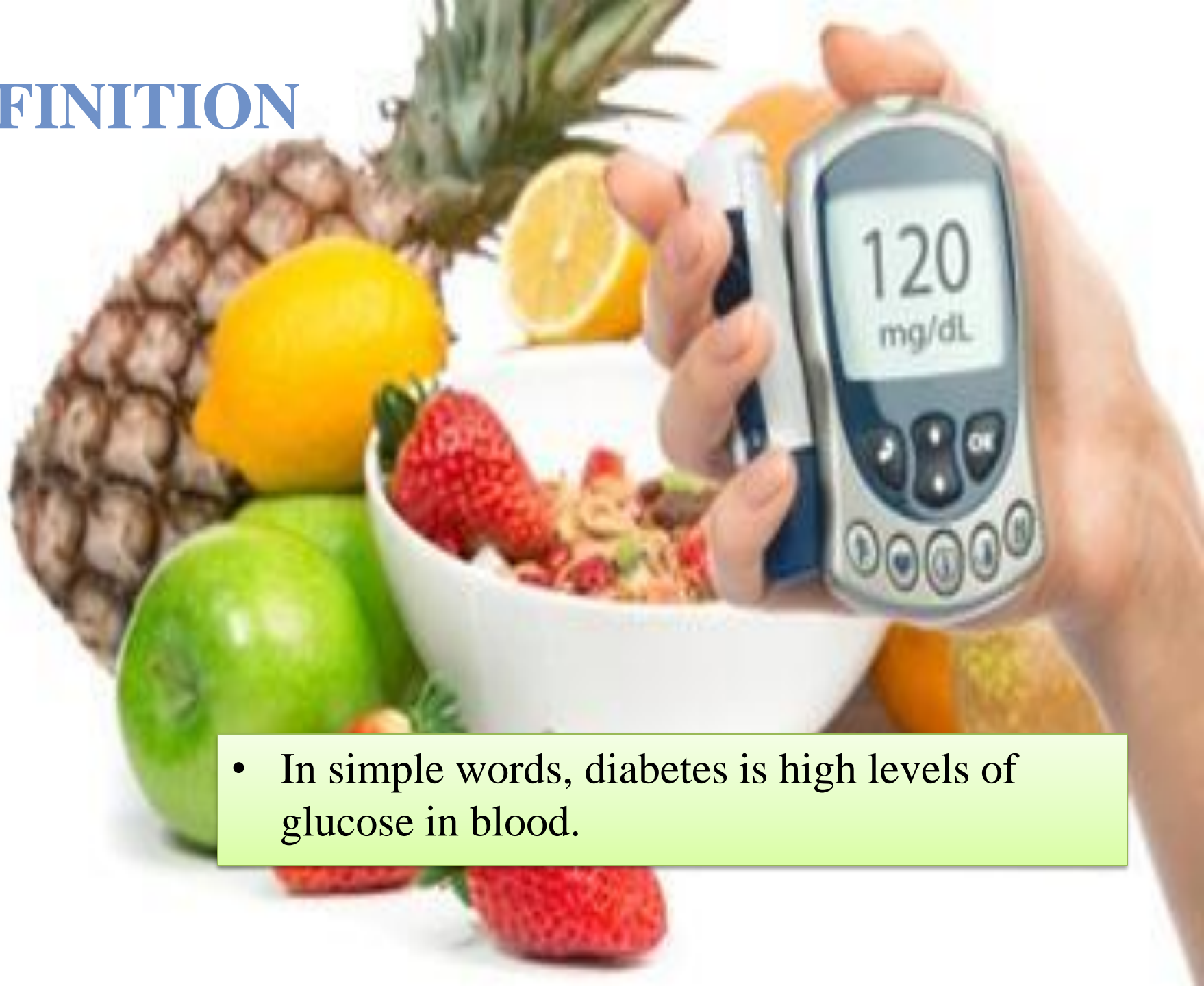


DiABETES



DEFINITION



- In simple words, diabetes is high levels of glucose in blood.

Role of diet

A woman with dark, curly hair is seated at a table, looking towards the right. She is wearing a light-colored, long-sleeved top. In front of her are two plates of food. The plate on the left contains a sandwich and some other items. The plate on the right contains a sandwich, a cupcake, and other items. The background is a plain, light color.

- Role of diet is very important in diabetes.
- Type 2 diabetes which is spreading like an epidemic disease is very much dependent on diet.
- As the BMR(basal metabolic rate) is reduced in the body, all the body systems and glands stop working at their normal pace.
- As a result, the diet which is consumed is not metabolized properly.

Myths and facts

- There are many myths(misconcepts) running in the community about diabetes like avoid sugar, take high protien- diet, skip meals etc
- Are they true? What are the real facts?...How to prevent and control diabetes? How to eat sweets everyday inspite of diabetes?
- We have answer for all these...please visit us today for real answers for your queries.

FEE STRUCTURE

- Fee structure is as

- **Online**

- **1 Portion**

- **Monthly Rs 500.00 (7 Days in a week)**
- **Quarterly Rs.1200.00 (7Days in a week)**
- **Half yearly Rs.2100.00 (7 Days in a week)**

- **Academy**

- **1 Portion**

- **Monthly Rs 500.00 (7 Days in a week)**
- **Quarterly Rs.1200.00 (7Days in a week)**
- **Half yearly Rs.2100.00 (7 Days in a week)**

THANK YOU