

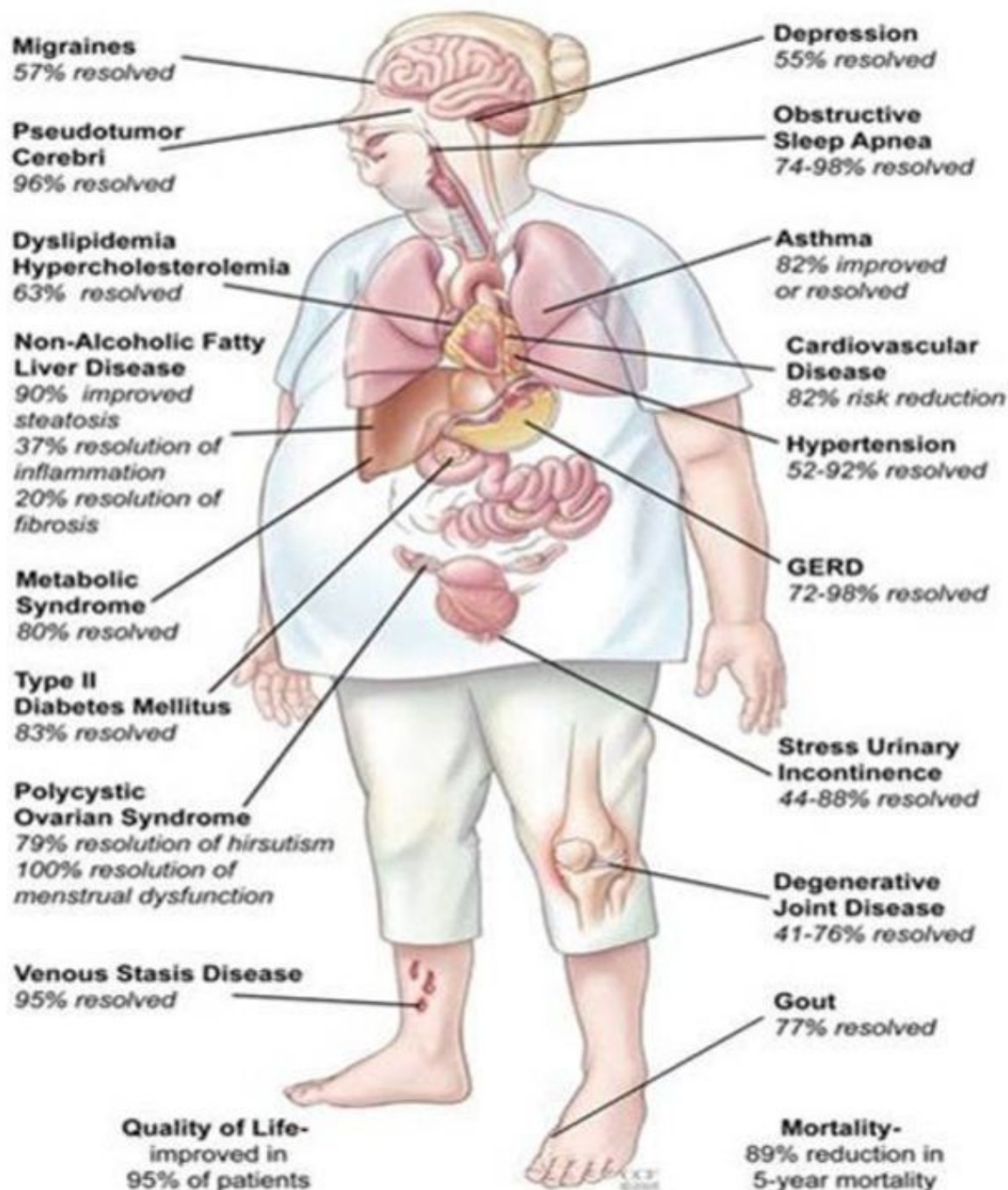
TogetheriCan

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January

WEIGHT LOSS ADVANTAGES

Disease Reductions With Weight Loss



Advantages to losing weight!

- Degenerative joint disease – 41% to 76% resolved.
- Migraines – 57% resolved
- Metabolic syndrome – 80% resolved
- Type two diabetes mellitus – 83% resolved
- Polycystic ovarian syndrome - 79% to 100% resolved
- Gout – 77% resolved
- Stress urinary incontinence – 44 to 88% resolved

- **Gerd** – 72% to 98% resolved
- **Hypertension** – 52% to 92% resolved
- **Cardiovascular disease** – 82% risk reduction
- **Asthma** - 82% improved or resolved
- **Obstructive sleep apnea** – 74% to 98% resolved
- **Depression** - 55% resolved
- **Overall quality of life** – improved in 95% of patients.

The question becomes:

"What do you think of those odds?"

Don't know if you're gambling person or not, but with those odds it might be worth taking the chance of losing weight, to see if that happens!

How healthy are you?

Take this quiz...

Take the Health Assessment and get back to us at 619-596-6920 or e-mail us at info@togetherican.com.

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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