

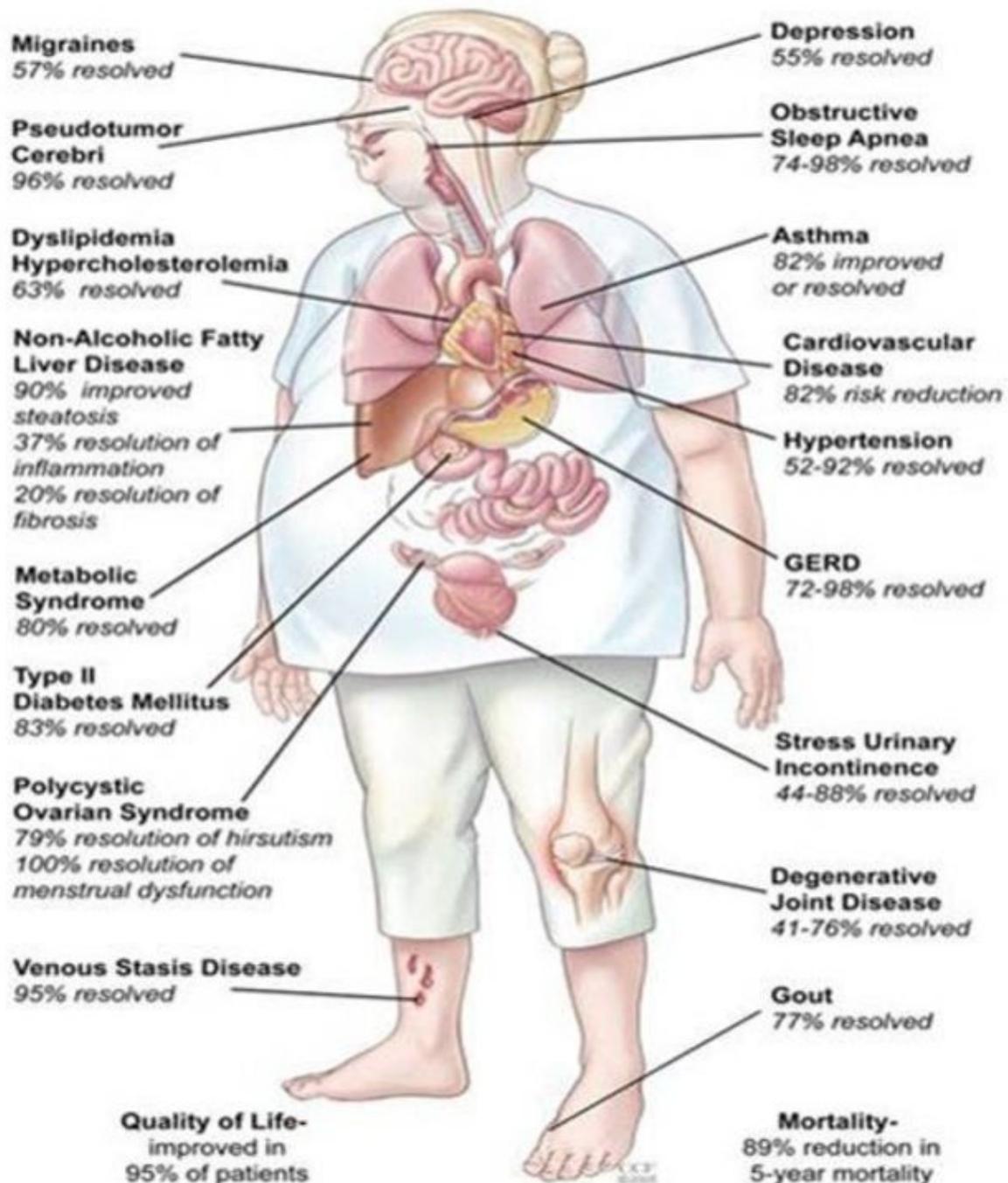
# TogetheriCan

**20**

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](mailto:info@togetherican.com).

*Michael McCright*

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

Togetherican.com

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