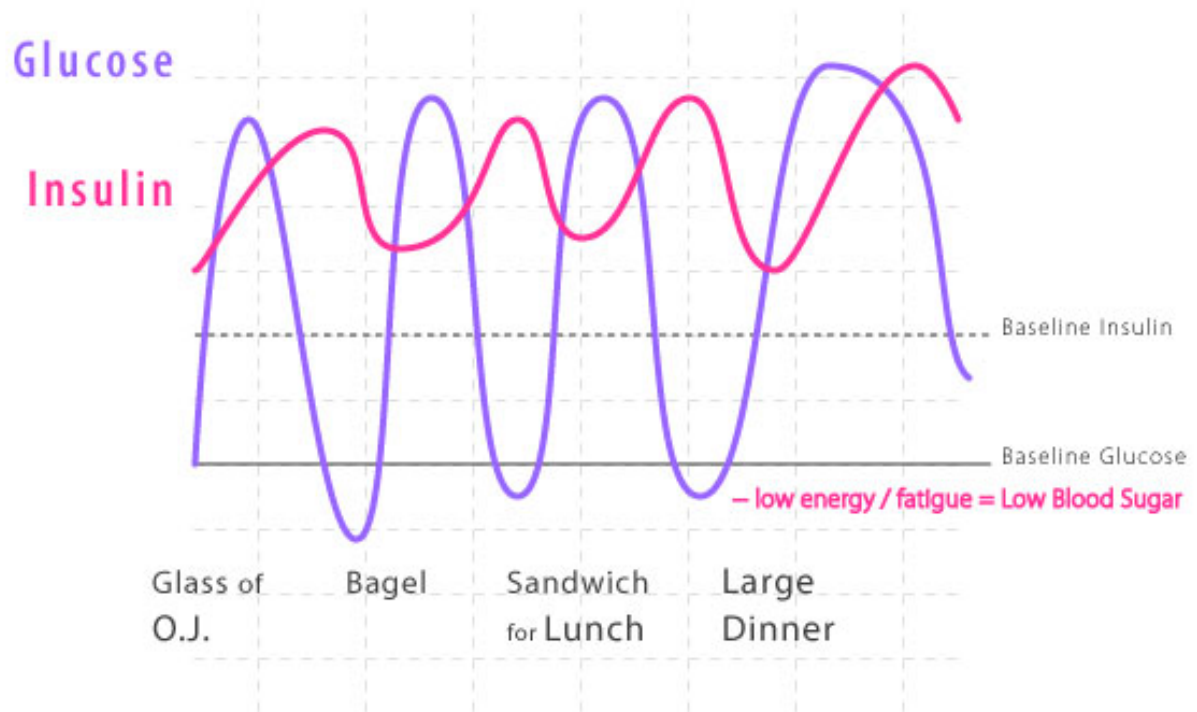


# TogetheriCan

24  
February

THE #1 REASON FOR DIS-EASE

## Path to Dis-Ease

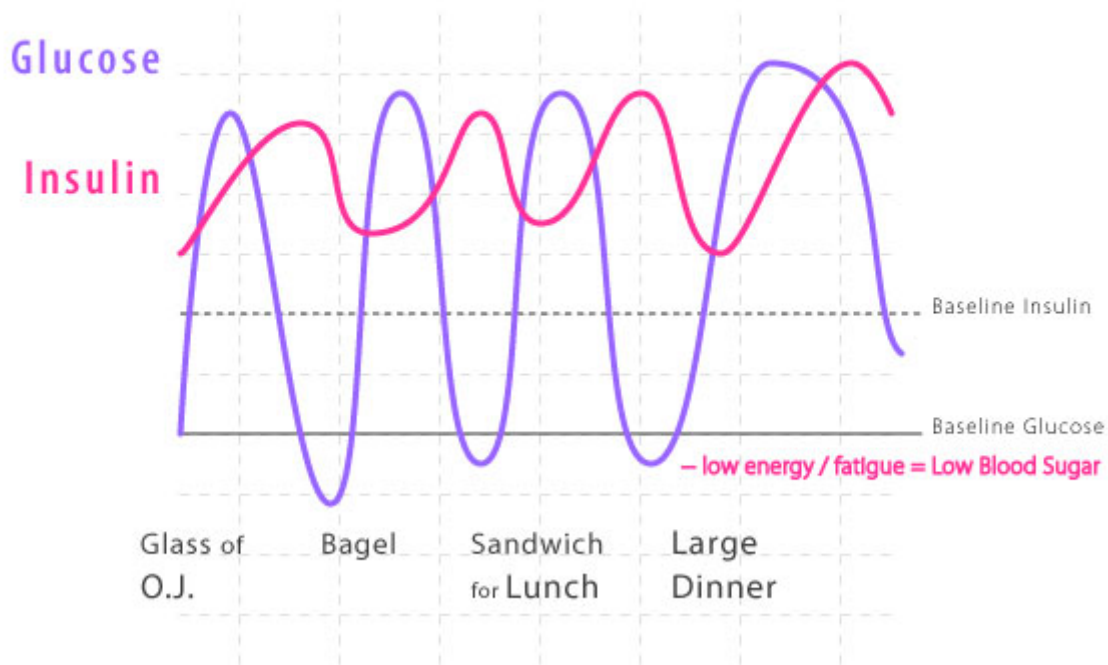


### The #1 Reason for Dis-ease:

**Overworking our Internal Organs / Functions leading to excess inflammation**

Without knowing it, you are probably overworking your pancreas and other internal organs by the way you eat (see article: Foods as Drugs).

# Path to Dis-Ease



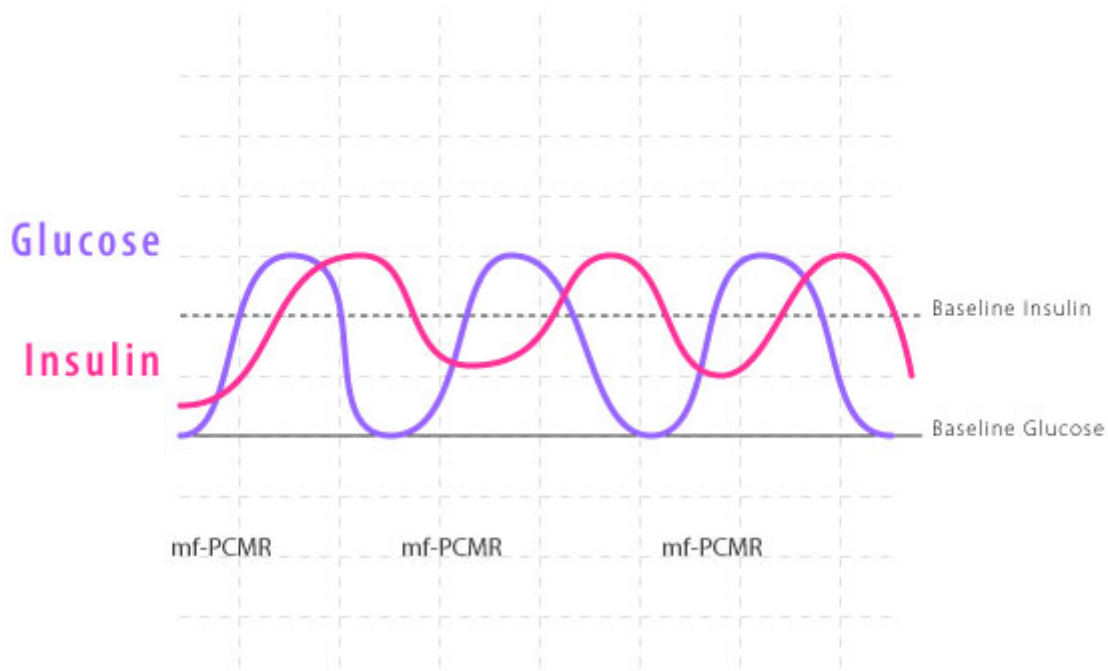
Your **blood sugar (glucose) levels spike** when you eat excess carbohydrates and/or high glycemic foods.

Your **pancreas pumps out insulin** to compensate.

**Maintaining high levels of insulin (over baseline) leads to Fat Storage, Inflammation, Insulin Resistance, Type 2 Diabetes and other health issues!**

This up/down surge of chemicals is harming your body and *making you feel tired and worn out!*

# Path to Recovery



**Maintaining balanced levels of Glucose and Insulin restores hormonal balance to the body, reducing inflammation and assists in creating Optimal Health.**

To lose weight, we recommend lowering the insulin levels to baseline levels. We use Medifast's Medically-Formulated, Portion-Controlled Meal Replacements until your goal weight is established.

Optimize your health, establish new energy levels, reduce inflammation, lose weight, gain mobility, and decrease your risks of many obesity related dis-eases.

The path is there... are you ready to follow it to Optimal Health?

[Learn More...](#)

*Michael McCright*

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

Togetherican.com

February 24, 2015