

# 5 THINGS TO ADDRESS

## REVERSING TYPE 2 DIABETES - THE TYPE 2 SURVIVOR WAY



### SMOKING OR NICOTINE

If you smoke be aware  
50% of people who  
smoke die because of it

That's 1 in every 2

Smoking is one of the  
most damaging things  
you can do to your body  
and your health



### ALCOHOL

If you drink Alcohol and  
or fizzy soda type drinks

Be aware they contain a  
huge amount of sugar

Cut down or stop drinking  
either of these if you  
want to reverse your  
condition



### RECREATIONAL DRUGS

Find another way to enjoy  
yourself or relax

Get out and about and go  
for a walk. Maybe take a  
camera out and see what  
you can find

Drugs are bad for your  
mental and physical  
health, short and long  
term



### HIGH SUGAR & FAT

Avoid Eating food with a  
high sugar and or fat  
content especially fast  
food

Begin by eliminating junk  
food from your life

That includes food in  
casual dining restaurants



### EXERCISE MORE

Even if it's walking for 10  
minutes every day, just  
do it

Regular exercise is good  
for your health is so many  
ways

Make it part of your new  
routine for a better life