Prevention Generation

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Wellness Navigator

November 2026

Summary: Diabetes Awareness Month

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💙 Understanding Diabetes: Take Control of Your Health Today

🩸 About Diabetes

📌 Diabetes affects millions worldwide and is one of the fastest-growing health challenges.

📌 It's not one disease, but three distinct types—each requiring unique care and attention:

1️⃣ Type 1 Diabetes: An autoimmune condition that requires lifelong insulin therapy.

2️⃣ Type 2 Diabetes: The most common form, linked to lifestyle and preventable in many cases.

3️⃣ Gestational Diabetes: A temporary condition in pregnancy that increases long-term risk.

📖 What's Inside This Month's Full Version Issue

🔍 Understanding the Three Types of Diabetes

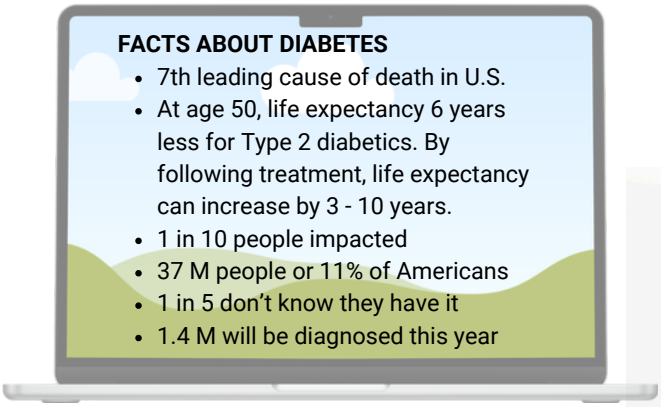
⚠️ Recognizing Early Warning Signs

🩺 Diagnostic Testing Explained

💪 Living Well with Diabetes

🌿 The Role of Chiropractic Care in Managing Diabetes

❤️ Preventing Complications Through Lifestyle Choices



👀 Sneak Peek Highlights

✅ Know the Warning Signs: Frequent urination, excessive thirst, fatigue, and tingling in hands or feet are red flags not to ignore.

✅ Prevention Matters: A balanced diet, regular exercise, & weight management can lower your risk.

✅ Diagnostic Essentials: From A1C to Glucose Tolerance Tests—learn which screenings matter most.

✅ Complication Watch: Left unmanaged, diabetes can impact your heart, kidneys, eyes, and nerves.

✅ Holistic Support: Discover how chiropractic care can aid circulation, reduce inflammation, and support your overall well-being.

💡 Why It Matters

✨ Early detection & proactive lifestyle choices can prevent or delay the onset of diabetes—and help those diagnosed live vibrant, fulfilling lives.

✨ Empower yourself with knowledge and tools to protect your health today, tomorrow, & for years to come.

🚀 Take the Next Step

Knowledge is power—and prevention starts now.

👉 Dive deeper into this important topic in our November Navigator: "Understanding Diabetes & Living Well."

🔗 Click on the link to read the full version and take charge of your health!