

Beat Diabetes Naturally Initial Consultation

Your Personalized Prescription to beat diabetes with Natural Alternatives
(1-hour) In-Person, Skype, Video Conference, Phone

Have you been wondering, "what natural alternatives can I take for diabetes?"

Would you like to **reduce the amount of medications you are taking and avoid side-effects?**

Would you like to see how you can **avoid insulin injections?**

Have you been wondering what herbs and supplements are safe to take with prescription medications?

If you answered yes to any of these questions, consider having a Natural Alternative Consultation. Each session includes a:

- Medication Review
- Personalized Herb Medicine Prescription
- Personalized Food Plan
- Mindset Check-In

Medication Review



A **medication review** will be conducted by a professional pharmacist. During the medication review, we will examine:

- Drug-herb compatibility
- Reduce medications
- How to reduce/avoid insulin injections
- Screen for unnecessary medications
- Reduce Side-Effects from medications

Natural Alternatives



Herb Medicine Prescription

During this initial herbal medicine consultation, we will create a personalized herb regimen specific to your body's needs. The specialized herbal prescription, is based on your:

- Body weight
- Current medications
- Medical history
- Current diet (foods that you eat)
- Lifestyle

Natural Alternatives recommendations for your health condition by a pharmacist, to help you reduce medications, and avoid their side-effects.

Natural alternatives include herbs, vegetables, essential oils, and medicinal teas.

Food Is Medicine

- Dietary recommendations will be made based on your current eating habits. We will create a realistic plan that you can implement into your current lifestyle. We will discuss:
- Medicinal foods to heal diabetes
- A personalized food plan

The Mindset



- We will discuss the **emotional link** to your health
- The well-being of your emotions directly affects your physical health and the ability to create a healthy lifestyle.
- Understand the mind-body connection and how to create a lifestyle that supports your health and healing.
- We will address the physical, mental, and spiritual aspects of your being to create a plan for your journey to wellness

Real Results



What to expect during the consultation:

- *Initial herb regimen plan to get you started on healing diabetes
- *Feel empowered over your health
- *Know how to begin making the necessary lifestyle adjustments to healing diabetes
- *Get started on attaining weight goals

You will benefit from a session if you would like to:

- Address diabetes, cholesterol, and blood pressure with natural alternatives
- Avoid insulin injections
- Reduce prescription medications
- Implement lifestyle practices to address the underlying root cause of a health imbalance
- Experience multiple side-effects of medications that are affecting your lifestyle
- Feel overwhelmed about taking too many medications and would like to consider reducing them
- Begin to experience true healing at the mental, emotional, and physical levels

[To schedule a consultation with Dr. Pia Puatrakul, a professional pharmacist:](#)

Call (978) 235-8782 or email Pia.Puatrakul@gmail.com