

# Reshape Your Life in 10-Days with Dr. Keri Brown

## Is a 10-Day Blood Sugar Balancing program right for you?



*"Motivating, approachable, ally, seasoned, passionate: incredibly knowledge in her field."  
Dr. Theo Theoharides, Professor Tuff University*

*"Detailed, connected, relevant, preventive information to assist in optimizing the healing process. Done in a safe, upbeat, compassionate setting. a little bit of heaven in a world far to busy."  
Christina Pollack (Mastocytosis Convention)*

## Why A 10-Days Program?

- You will lay the foundation for normal processes that will keep these unwanted symptoms controlled
- Great way to help bring blood sugar levels to normal ranges
- A simple program easily incorporated into your everyday routine.
- Maintaining a controlled blood sugar level is imperative for your optimal health.
- Even if you have not been diagnosed with having blood sugar issues, hypoglycemia or diabetes, blood sugar levels that are consistently unbalanced can have detrimental effects on your body.

Blood sugar fluctuations can make or break your day. Maintaining a controlled blood sugar in imperative you're your optimal health. Eating at proper times and adjusting ones diet is only part of the equation.

Even if you have not been diagnosed with having diabetes, blood sugar levels that ate consistently imbalanced can have detrimental effects on your body. The following 10-day program is designed to start your journey to regaining optimal health and vitality.

To experience a renewed level of health and wellbeing, it is crucial for you to reach and maintain your ideal weight and stable blood sugar.

This health path is centered on a 10-day program that utilizes whole food nutrition and herbal supplements to balance the blood sugar back to normalize levels, while increasing your health, including liver function, in many other ways.

## SYMPTOM CHECKLIST Unbalanced Blood Sugar Causes...

- Gaining fat around your waistline
- Hunger between meals
- Eyesight getting blurry
- Waking up multiple times per night
- Not waking refreshed
- Fatigue
- Irritable
- Cravings for sweets and/or coffee
- Afternoon headache
- Lightheaded or shaky if meals are delayed
- Excessive appetite
- Forgetfulness
- Dizziness
- Poor circulation

### About Dr. Keri Brown, ND

Dr. Keri Brown, ND has practiced naturopathic medicine since 1998 starting a large scale, non-profit community health care clinic in rural Vermont and currently directs a private practice and wellness education company in Colorado. She speaks widely on naturopathic medicine, healing from and disease prevention.

Dr. Brown received a B.S. in Environmental Biology and Chemistry from Fort Louis College in Durango, Colorado and her Doctorate of Naturopathic Medicine from Bastyr University in Seattle, Washington.

Dr. Brown is an integrative naturopathic doctor, speaker and a specialist regarding the environment, energy and our health.



She has over 30 of experienced in sustainable approaches to healing at home and in the clinic.

**Speaking inquires and to host a program in your community Contact at Dr. Keri Brown  
719-239-1929 admin@drkeribrown.com**