



# Having diabetes isn't always easy. Losing weight can be.

Introducing Herbal Magic's new weight loss program for individuals with type 1 and type 2 diabetes mellitus. Our specifically designed nutritional plan focuses on low glycemic foods, good fats and protein sources, fruits and vegetables, and natural health products. Improving your

diet and losing weight will strengthen insulin tolerance, balance blood sugar, and help reduce the risk of complications associated with diabetes.

**Ask about our diabetic program.**

*Herbal Magic*<sup>®</sup>  
WEIGHT LOSS & NUTRITION CENTRES

**372 Queen St., Acton (Sobey's Plaza)  
519-853-8123** [www.herbalmagic.ca](http://www.herbalmagic.ca)