



## Diabetes & Pre-Diabetes Program Prevention, Management & Reversal

Monday's 5:30 pm - 7:00 pm  
or Thursday's 10:30 am - 12:00 Noon

### The Most Comprehensive Health Assessment and Clinical Wellness Program designed for Individuals with Diabetes or Pre-Diabetes.

#### Learn how to lower blood sugars using natural strategies.

The complications associated with diabetes include heart attack, stroke, kidney disease and dialysis, nerve damage, erectile dysfunction, poor circulation, amputations, eye damage, retinal detachment, and others that limit quality of life. All these risks can be dramatically reduced with natural lifestyle medicine! This program helps you gain insight into the underlying causes of pancreatic dysfunction and what to do about it.



Dr. Wes Youngberg  
DrPH, MPH, CNS, FACLM



Dr. Wes Youngberg trained at Loma Linda University where he earned a Doctorate in clinical preventive care and a master's degree in nutrition. He is on the clinical faculty for the Loma Linda University Schools of Medicine and Public Health, is a board

Certified Nutrition Specialist, and is a founding director and Fellow for the American College of Lifestyle Medicine.

He has lectured to medical conferences throughout Europe, Asia and the Americas. He has over 20 years experience directing comprehensive diabetes management clinics. In addition to the leading out in the seminar programs, Dr. Youngberg does personal consultations at his full time practice in Temecula.

#### For a limited time, this 12-week program is available for only \$300.

The 12 sessions that make up "Diabetes & Pre-Diabetes Prevention and Management Series" normally cost \$1,128. Currently, Dr. Youngberg is offering the entire program for only \$360 or \$30 per week! **Pre-pay in full and receive a \$60 discount.** Plus, as a New Year bonus, bring a spouse, child (>12yo), parent or sibling and they get an additional 20% discount.

**If you are suffering from diabetes or the fear of developing diabetes, this is the most important wellness program you will ever attend.**

***It will change your life...Guaranteed!***

**To Register, call 951-676-9922**

[dryoungberginfo@gmail.com](mailto:dryoungberginfo@gmail.com)

[www.DrYoungberg.com](http://www.DrYoungberg.com)

28780 Single Oak Dr. Ste 243, Temecula 92590

# The Most Comprehensive Health Assessment and Clinical Wellness Programs of their Kind



## Diabetes & Pre-Diabetes



### Prevention, Management and Reversal

Learn how to lower blood sugars using natural strategies. The complications associated with diabetes include heart attack, stroke, kidney disease and dialysis, nerve damage, erectile dysfunction, poor circulation, amputations, eye damage, retinal detachment, and others that limit quality of life. This program helps you gain insight into the underlying causes of pancreatic dysfunction and what to do about it.

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*College of Lifestyle Medicine.*

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## Optimizing Brain Wellness



This clinical and educational series comprehensively covers: Lifestyle, nutritional, hormonal, digestive, detoxification, cognitive behavioral, thyroid, metabolic, immune, glycemic, diet supplements and other natural strategies that address the underlying causes of depression, insomnia, anxiety, headaches, fatigue, poor memory, Alzheimer's risk, and other neurologic or emotional health conditions. Learn how to achieve peak mental performance at home, school, or work.

Tuesday's 10:30 am - 12 pm

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Each course normally cost \$1,128. Currently, Dr. Youngberg is offering the entire program for only \$360 or \$30 per week! **Pre-pay in full and receive a \$60 discount.** Plus, as a New Year bonus, bring a spouse, child (>12yo), parent or sibling and they get an additional 20% discount.

## 3 Months To Wellness



Specifically suited for anyone who wants to improve their health by determining and then properly addressing the actual underlying causes of their health problems. This clinical and educational series comprehensively covers lifestyle, nutritional, hormonal, digestive, detoxification, thyroid, immune, metabolic, glycemic, diet supplements and other natural strategies that will help you achieve optimal health.

Monday's 5:30 pm - 7 pm or  
Thursday's 10:30 am - 12 pm

These will be the most important wellness programs you will ever attend.

***They will change your life...Guaranteed!***

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