

## Carrasco Wellness and Diabetes Care LLC

Personalized diabetes care and nursing support, in Spanish and English, that promotes lasting health and meaningful results.

### Diabetes Basics: You Can Do This!

Diabetes is a condition where blood sugar levels are too high. The most common types are prediabetes and Type 2 diabetes. While medications can help, diabetes is primarily managed through lifestyle changes—and the good news is that these changes are within your reach.

### Lifestyle Is the Foundation

- Nutrition first: Reducing refined carbohydrates and added sugars can significantly improve blood sugar.
- Carbohydrate awareness: Carbohydrates impact blood sugar the most.
- Move your body: The best exercise is the one you will actually do.

You are capable. Working together, you can gain control of your blood sugar and, in some cases, reduce the amount of medication you need.

### Ready for personalized support?

Schedule a consultation with me so we can create a realistic plan together.

Disclaimer: This guide is for educational purposes only and does not replace medical advice. Always consult your healthcare provider before making changes.

