

21st Global Nursing Education Conference

4th International Conference on

&

Holistic Medicine and Nursing Care

March 25-26, 2019 | Orlando, USA

ACCEPTED ABSTRACTS

JOURNAL OF NURSING & CARE, VOLUME: 8 | DOI: 10.4172/2167-1168-C4-104

The secret journey to blood sugar balance

Genie Goykhberg

Trinity School of Natural Health, US

According to the CDC 2017 Diabetes statistics, 30.3M Americans live with diabetes and 8.4M have the pre-diabetic condition. The most alarming statistic, however, is that 9 out of

10 people are not aware of having blood sugar issues. Balance is the essence of Life. Awareness precedes balance. We do not know what we do not know. How would we know what to address if we do not know what is out of balance? The journey of living our life within homeostasis parameters reveals the secrets of finding the source of stress in our bio-system. When the

source of stress is determined the protocol of maintaining health risk factors becomes obvious. One of the most important aspects in achieving a Longer, Healthy, Happy Life is to establish and who is in charge? Who will be given orders to your body and who is going to monitor the results? All Answers come within- know Thyself!

askfor@thervis.com