

\*fi have a good mind a kind heart turn the key to the car have the key muscle everybody love conscious glucose am kind and loving to myself. now if you eat less and excursive more you will... i meditate easily with.... i enter this day with... i give priority to my bodies needshbdietktkwwwwdseveteen hundred divided by the total number of glucose this is caed the glucose blood sugar subtracted by the blood sugar it will be a good morning the food insulin ratio i am content and so relaxed over a three to five day period i am grateful for today love i always think positive thoughts i open new doors only eat half the mealOne tenth of a unit is given below two i love myself is healthy I trust my I An also with determine to add to unless it is the insolence that make I appreciate those that loves me Everyone loves me I will become more cnonsthe bluenose I love myself I can without eating exactly as it was intended to, intake and insulin, meal plans cannot be followed, supply calories, sugar or regular soda, patient is vomiting I am will adolescence with diabetes a number of people have hyper glycemc symptoms often go units lantern other counseling may be needed . properly fitting does should be changed

regularly. new shoes should be broken in carefully and slowly. stocks should be free of holes

Before the bestie snack. a rebound effect is expected. My body feels good. insulin needs to be changed added to the previous dose maintaining a small but complex topic. where does that come from. i am at peace regardless of my surroundings.

some sick ays.

I have lots of fun. During these two periods, it is important to use management.

I am a winne==--==—=replacement therapy priority to conflicting research honestly and realistically I loving do eveythngi do tho assist my body people are genera;y today the O a;ways feel good dedicated to self-improved r;l i my home is a peaceful sanctuary where i find peace and happiness. good health is my birth right. i am thankful for everything in my life. i am creating a good life for myself. the second approach is the food insulin ratio where does that come from from there it is absorbed by the blood

insulin helps the full glucose and a kind mind I go in  
streamy body is spectacular  
guide my thought and action and the glucose now if  
some of the insulin doesn't fit right best me i can be  
other hormones good hormones gut hormones lots  
of fun  
uplifting to me  
feels good  
find solutions to roadblocks  
life is good and so it is  
i can achieve greatcestragen  
low dosage  
prescribe bed  
cleanse body and mind  
patient  
will be a good morning  
our world is changing  
about myself  
happy and content and relaxed closeted images  
I am surrounded by abundance  
love flows through my body healing all disease  
trust trust also contraction venus pressure  
decreases  
i surrender to love

My views of tomorrow are melting away if the patient has

I have to follow my bliss. I've only

I may maintain my body by optimal health.

My thoughts are nourishing. I am present in every moment. Very useful therapy

TWO VOICES

AFFIRMATIONS

POSTERS

STATISTICS

DUALITY

FAILURE

HOW CAN THIS CHANGE

THE WAYS IN WHICH ONE

LIVES ? SPEAKS

i love this piece

socks are luxury

this is a great way to learn

how to remember

how to actually GET what people are hearing

without language verbally getting in the way

My voice was tired

but now its not

thanks

affirmations

I never had this  
really strong  
xxxx - CH

i know where to go from here  
i love life and it loves me  
i am proud of all I've accomplished  
you're hungry

I AM ADMIRING

I HAVE THE PERFECT LIVING SPACE

I SEE FEAR AS THE FUEL FOR MY SUCCESS

INTERNAL WORKINGS OF THE CELL HI GUYS

THE DIABETES IS DIAGNOSED

I AM LIVING MY DREAM LIFE

I AM PRESENT IN EVERY MOMENT

EVERYTHING IS GETTING BETTER EVERY DAY

OVERCOMING ILLNESS IS EASY TO ME

I FEEL GODS LOVE IN ME AND ALL AROUND ME

LIFE IS WORTH LIVING TO THE EXTREME

OVERCOMING ILLNESS IS EASY FOR ME

I AM MY OWN BEST FRIEND & CHEERLEADER

THE FOLLOWING IS A PROCEDURAL GUIDE

FOR BLOOD GLUCOSE MONITORING

A DAILY BLOOD GLUCOSE PROFILE SHOULD BE

PERFORMED A MINIMUM OF FOUR TIMES A DAY LET

GO OUT OF ALL RESENTMENT AND MANY  
PEOPLE WITH EACH BREATH I BECOME MORE  
RELAXED SPECIAL SHOES I TAKE CARE TO  
MAKE SURE THOSE I LOVE I CHOOSE TO BE ON  
MY SIDE ALL OF MY THOUGHTS ARE POINTED  
TRUST TRUST TRUST MY HEALTHY THOUGHT  
CREATES MY HEALTHY BODY. I SURRENDER TO  
LOVE. INCLUSIVE ARTERIAL DISEASE. WALKS,  
II FOLLOW MY BLISS. I AM A GIFT TO THE  
WORLD. IN ADDITION TO WALKING,  
ABSTINENCE SUPPORTS I AM FOUND IN EVERY  
MOMENTWHAT DOESNT KILL ME MAKES ME  
ONLY STRONGER. I AM PROUD OF ALL I HAVE  
ACCOMPLISHED. I LET GO OF ALL  
RESENTMENT. SSTONLGT ENCOURAGED WITH  
DISEASE I'MHAPPY TO BE ME A GIFT TO  
THEWORLD GREAT OPPORTUNIUTUES BED  
REST WALKING TOBACCO CIRCULATION  
PRESENT IN EVEY MOMENTS INSULI  
WHAT DOESN'T NUMBER USED CHEERLEADER  
PROTEININTAKE SLEEP UNIT OF INSULIN 0I  
TODAY MY WILL IS CHANGING FOR THE  
BETTER I FEEL GOOD ABOUT MYSELF I AM  
HAPPY AND CONTENT AND SO RELAXED ALL IS  
WELL OTGEHR TP C;EANSE MY BODY AND

MIND TODAY MY WORLD IS CHANGEING FOR THE BETTER THE RUTGERS STRIKE IS BETHINK OF A JIGSAW PIECE IT HAS FIT IF ITS FITS THE CELL DOORS OPEN THEN THE MUSCEL CELLS NEED ENERGY EVERYDAY I FIND IT EASIER TO MAKE CHOICES I TRANSCEND STRESS IF YYOU'RE HUNGRY PLEASE EATWE NEED MORE INSULIN THE PANCREAS IS WORKING DOUBLE TIME IN FACT BEFORE YOU GET DIABETES WHEN THE PANCREAS CANT KEEP MAKING INSULIN I TAKE GOOD CARE OF MYSELF

I LEAVE KNOWING THERRE WAS NOWHERE TO FALL TO TRUST TRUST TRUST I SURRENDER TO LOVE. I REMAIN FOCUSED ON WHAT MATTERS I ATTRACT SUCCESS. I AM A GIFT TO THE WORLD. I ONLY ACT ON GREAT OPPORTUNITIES WHEN I SEE THEM. MY THOUGHTS AND FEELINGS ARE NOURISHING. TODAY I OPEN MY MIND TO THE ENDLESS OPPORTUNITIES THAT SURROUND ME.I AM DEDICATED TO SELF-IMPROVEMENT I AM LIVING MY DREAM LIFE I AAM FREE FROM NEGATIVE

THEY APPRECIATE THOSE WHO LOVE ME I  
HAVE EXCELLENT HEALTH PRACTITIONERS  
INCILLIN I LOVE MY BODY BECAUSE IT IS MY  
BEST FRIEND

I AM GRATEFUL FOR TODAY

DEEP AT THE CENTER OF MY BEING IS AN  
INFINITE POT OF LOVE

MY LIFE IS IMPORTANT

I AM LIVING MY DREAM LIFE

I FEEL THE GLOW OF GODS LOVE IN EVERY  
CELL OF MY BODY

THIS REGIMEN USES INCILIN BASIL

APPROXIMATELY ANXIETY BY THE CARRY  
CONFIDENCE

DON PHENOMENON

I LEARN WELL FROM EXPERIENCE OPEN NEW  
DOORS THE NUMBER MY LIFE IS IMPORTANT  
EVERYTHING IS CONNECTED EVERYTHING IN  
MY BODY FUNCTIONS EXACTLY I LOVE MY  
SELF AND I AM PERFECTLY HEALTHY FEELING  
HEALTHY IS NORMAL I EXHALE TOXINS ALL IS  
WELL RIGHT NOW I EASILY FIND CHALLENGES  
TO ROADBLOCKS THE LIVER DUMPS THE  
LIVER INTO THE SYSTEM, AS LIVER IS  
DUMPING THE SUGAR INTO THE LIVER. I SET



MYSELF FREE BY FORGIVING MYSELF. I TRUST  
MY INNER GUIDANCE. I LISTEN ONLY TO MY  
INNER WISDOM. I LET GO OF ALL RESENTMENT  
AND. many people recognize my worth. I am  
admired. Everything happening now is happening  
for my own good. I take care of me so that those that  
love me will have me FOREVER. THIS IS CLOSE  
TO THE NUMBER USED I USE WHAT I WANT  
BASED ON THIS FORMULA INCLUDED FOOD  
INSULIN SITUATION & HEALTHY BODY  
;MKML,;YASSSSSS LETS  
GOOOOOOOOOOOO YASSS SSS AA S  
SYYYYYYYY I LOVE CASTING NASTY  
SPELLZZZZ sh MY INTUITIVE FEELING  
CIRCLING THE FEET LEFT AND RIGHT AND UP  
AND DOWN DISEASE WALKING SLOWLY NO  
EXERCISE TRUST MY BODY APPRECIATES  
HOW I TAKE CARE OF IT TODAY I OPEN MY  
MIND TO ENDLESS OPPORTUNITIES PROTEIN  
CONTENT OF THE DIET I AM KIND AND LOVING  
TO MYSELF PROTEIN LOW CARBOHYDRATE  
DIET I LOVE MY WORK POSITIVE INTENTIONS  
INTUITIVE FEELINGS POSITIVE IMAGES  
ABUNDANCE LOVE FLOWS HEALS DISEASE  
TRUST TRSU THE FIRST IS THE MORE

COMMON...CHL...ADVANCED CARB  
COUNTING...PROTEIN INTAKE...15G PER CARB  
INSULIN RATIO, ADJUST FOR LOW CARB, HIGH  
PROTEIN DIET, ETC.!!YOUR BODY NEEDS  
UCOSE WE USED TO THINK NOW WE KNOW  
THAT IT BREAKS DOWN AND CAUSES BETA  
CELLS WE HAVE SEVERAL PROBLEMS GOING  
ON CAUSING SUGAR PROBLEMS  
DON'T TAKE TOO MUCH OF WHAT YOU DO  
NOT NEED  
ONLY EAT ENOUGH TO BE 75% FULL  
THAT'S WHAT THE PROPHETS SAID  
CONSUMPTION IS WHAT CAUSED US TO BE  
THE BODIES THAT CARE BUT BECOME  
IGNORANT OF WHAT DRIVES US MAD  
HARMONY AND IMPROVED IS WAITING FOR  
YOU  
YOU CAN BE LOVING TO OTHERS AND  
YOURSELF  
YOU HAVE ABILITIES THAT ARE BEYOND THE  
BODY AND MIND  
SLEEP WELL  
FOUR TIMES A DAY ONCE A WEEK IS  
ACCEPTABLE FOR SOMEONE  
A TWENTY FOUR HOUR PROFILE

TWO HOURS AFTER BREAKFAST OR BEFORE LUNCH TWO

EFPRE THE BEDTIME SNACK IF A BEDTIME SNACK IS TO BE EATEN OCCASIONALLY AT 2 AM OR AT MIDNIGHT

THE TEST FOR BLOOD GLUCOSE LEVEL SCAN BE DONE AT ONE HOUR, TWO HOURS, OR THREE HOURS FOR EVERY DOSE OF INSULIN PHYSICAL MENTAL AND PSYCHO RESOURCES FROM THREE TO TWO AM THE BEST INSULIN IS HE BASI L BOWL CONFIDENTLY EDIT THE BASIL INSULIN

IT IS SO IMPORTANT TO HEAR THE OBEDIENCE RAPIDLY RAPIDLY MY BODY IS MY HOME AND I CAN ACIEVE GREATNESS I HAVE SO MUCH PEACE TO SHARE WITH OTHERS. I AM THANKFUL TO LIVE ANOTHER DAY AND I AM WHOLE AS I AM. I EXIST WITHIN MY BEAUTY INDICATED

I HAVE THE PERFECT LIVING SPACE. I FEEL JOY AND ABUNDANCE. I TAKE CARE OF ME. I SEE FEAR AND FEEL IT MY SUCCESS WILL TAKE ACTION IN SPITE OF FEAR. BECAUSE IT MAKES ME FEL WHOE. IN MY MIND AND SENSES I CREATE. I ALWAYS RESPECT MY

INTERIOR. I'M STORING POSITIVE IMAGES. BLOOD FLOWS THROUGH MY BODY, HEALING ALL ISEASE. I LEAP KNOWING THERE WAS NO DEFAUL TRUST TURST TRUST . MY HAPPY THOUGHTS WIL LCREAT MY HEALTHY BODY. I SURRENDER TO LOVE. I INJECT SUCCESS. I AM HAPPY TO BE ME. I AM A GIFT TO THE WORLD. I CREAT OPPORTUNITIES WHEN I SEE THEM. I MAINTAIN MY BODY AT OPTIMAL HEALTH BY GIVING IT WHAT IT NEEDS AT EVERY LEVEL. I AM PRESNT IN EVERY MOMENT. EVERYTHING IS GETTING BETTER EVERY DAY. I CHOOSE TO BE HEALTHY AND ENERGETIC. RECOVERING FROM ILLNES IS EASY FOR ME. I AM MY OWN BEST FRINED. I CAN CHOOSE WHATEVER I WANT TO. MY BOYD APPRECIATES HOW I TAKE CARE OF IT. TODAY I OPEN MY MIDN TO THE ENDLESS OPPORTUNITIES SURROUNDING ME. I HAVE POSITIVE ATTITUDES TOWARDS MY HEALTH. EVERY DAY, I BECOME HEALTHIER AND HEALTHIER. I INVITE BLISS AND ECSTASY.T

TWO GIRLS GOSSIPING ABOUT DRAMA AT AM OVERPRICED MARKET IN THE CITY STATIC INFO LINK TRANSCRIBED BY NATURAL

CYBERNETIC BRANFORD CONNECTIONS  
HORMONE REPLACEMENT THERAPYHEART  
DISEASE PATIENT CAREFULLY  
EVALUATEDAPPROXIMATELY 50 60%17% before  
suERETRT7YYHGHJSLK PEEPEE POO POO  
^NACCEPTABLE THOUGHTS GOOD FEELINGS  
PLEASURE I PLAN IFI THREE QUARTERS IS THE  
END THEN THREE QUARTERS IS THE  
SPELLBREATH DEEPLY FROM MY PAST THE  
LEVELS ARE BELOWW 250IMSULIN UNUSUAL  
CIRCUMSTANCES EXTREME PRVIOUS DOSE  
AMPUTATED COMPLET TOPICS GLUCOSE  
FOOD EATEN BREAK DOWN IN STOMACH AND  
SMALL INTESTINE DIABETES FURL GET INTO  
MUSCLE I AM SUCCESSFUL CAR FUL OF GAS  
ENGINE HUMAN KIND GROWN INSTRENGTH  
POTENTIAL GLUCOSE SPECTACULAR I AM  
BEAUTIFUL ACTVED DECISIONS LIVER AND  
ESPECIALLY AT NIGHT WHICH BLOOD SUGARS  
WILL BE THE HIGHEST YOU CAN REMEMBER  
THIS BY THE INSULIN RESISTANCETHINK OF A  
JIGSAW PUZZLE PIECE THEN THE MUSCLE  
NEEDS THE ENERGY TO DO THE WORKAT THE  
TIME YOU ARE DIAGNOSED YOU ARE DOWN  
50% OF AYOUR INSULIN PRODUCING BETA

CELLSSECTION EXTENSION SPECIAL TALENTS  
TO THIS DAY MACHINE ALL MAINTAINING 24  
HOUR SELF LL66TT RAPIDLY CHANING INSULIN  
, I CAN ACHIEVE GREATNESS, I AM DIVINELY  
PROTECTED MISMANAGE DIABETES FEAR OF  
NORMALIZING BLOOD GLUCOSE LEVELS  
SOLUTION TO THIS PROBLEM I  
COURAGEOUSLY OPEN EVERY DOOR I  
TRANSCEND STRESS OF ANY KIND INTACT AND  
STILL THERE IN BETWEEN TOES IMPROVING  
CIRCULATION IN LOWER EXTREMITIES MY  
SENSE ARE MUCH MORE CREATIVE I AM  
SURROUNDED BY ABUNDANCE TRUST TRUST  
TRUST AS THE MUSCLES RELAX I ATTRACT  
SUCCESS I AM HAPPY TO BE ME IN ADDITION  
TO WALKKINGEVERYTHING IS GETTING  
BETTER OVERCOMING ILLNESS IS EASY FOR  
ME I AM MY OWN BEST FRIEND AND  
CHEERLEADER MY BODY APPRECIATES HOW I  
TAKE CARE OF IT I HAVE A POSITIVE ATTITUDE  
TOWARDS MY HEALTH WHAT I AM IS WHAT I AM  
I AM KIND AND LOVING TO MYSELF MY HOPE IS  
A PEACEFUL SANCTUARY I AM A UNIQUE  
INDIVIDUAL > I ENTER THIS DAY WITH AN  
ATTITUDE OF APPRECIATION. I AM CREATING A

GOOD LIFE FOR MYSELF. I DRINK LOTS OF WATER TO CLEANSE MY BODY AND MIND. TODAY MY WORLD IS CHANGING FOR THE BETTER.DETERMINE THE AVERAGE CALORIES POINTS. GLUCOSE CENTER. GLUCOSE LEVEL. MY BODY IS NOT IF A PERSON IN NEED. MY LIFE IS IMPORTANT. 50 MILLIGRAMS. HOURLY INSULIN USE. I FEEL THE GLOW OF GOD'S LOVE IN MY BODY. I TRUST MY CAPABILITIES. UNLESS IT IS THE INSULIN THAT NEEDS TO BE CHANGED. EVERY INSULIN IS ADDED TO THE PREVIOUS DOSE. TEACHING TOOLS FOR COMPLEX COMICS. THE FOOD BEGINS TO BREAK DOWN. A CALM INNER PEACE FILL MY MIND AND BODY. INSULIN IS THE HORMONE THAT HELPS THE CELLS, THE ENGINE OF YOUR CAR. I HAVE A GENTLE SPIRIT. YOU HAVE TO HAVE THE KEY INSULIN IN YOUR CAR BODY. I AM CAPABLE AND STRONG. I RADIATE CONFIDENCE. I'LL NOW BE THE BEST ME I CAN BE. I CAN HAVE LOTS OF FUN. INSULIN ENERGY HORMONES GUTS SOLUTION THE LIVER. I CAN ACHIEVE GREATNESS. I INJECT NEGATIVITY. SUGAR. EAT A MEAL. I AM DIVINELY GUIDED AND PROTECTED AT ALL





¥ åft'® å µ'å¬ ®'ß^ß†å~ç' ~ç®'åßkjDHLKSJDHLK  
SJNNNNFOUR TIMES A DAY ONCE A WEEK IS  
ACCEPTABLE - OVERALL LEVELS OF CONTROL  
WOULD - AFTER, TWO HOURS BEFORE  
BREAKFAST OR AFTER LUCNCH natural  
protomenefmore easily can be programmed go on  
strike delusion is disgusting the nerve of these  
people is beyond me it would be so easy to just  
leave i can choose to be constantly at peacetime  
care circulation circulation by your ear sexism is a  
crate external classical images forces blend high  
pressure produced by gravity hi j deep in the center  
of my building uhhhhhhh ``©ð'†'ff'ç3guacamole  
peepeeskiller Jacob is ugly :)lightbulb big sugar in  
piece body is open trust my capability to stand up for  
myself i'm proud of all that i have accomplished i  
can choose what to take in and think about the  
happiness that takes its placate the time you are  
diagnosed than they can reproduce i choose to be  
on my side all of my thoughts are pointed towards i  
am surrounded by abundance trust trust trust my  
happy thoughts help create my healthy body i  
surrender to love But General guidelines can be  
recommended what doesn't kill me only makes me  
stronger I am my own best friend and cheerleader I

get plenty of sleep every night. 1 Cup per hour 45-50 grams of carbohydrates. everything. I trust in my capability; I breathe deeply and fully. All is well right now. I trust in myself and make decisions with ease and confidence. I am very good with giving and receiving. I CHOOSE TO EXPRESS A CONFIDENT ATTITUDE TOWARDS OTHERS> i love my body because it is my best friend. a calm inner peace fills my body. I learn well from experience. I am successful at whatever I do. I have a gentle spirit; I am significant and contribute to the advancement of humankind. I am beautiful and everybody loves me. I am capable and strong; I radiate confidence. I like myself just the way I am. I will now be the best me I can be. Clean socks and shoes should be worn everyday and clean. Shoes should not be worn with. Special shoes may be fitted by. When I open my mind it senses I'm much more creative. I'm storing positive images. Trust. Trust. Trust.2

the usual insulin to hydrocarbon ratio surrounding me i have a positive attitude to my health 8:1 ratio i invite prove myself to anyone reality awaiting my arrival may be needed in relation to a persons sensitivity to calculate correction doses any rate of a positive attitude and dose of this is called the insulin

sensitivity factor usually 105 the ability to count this number Only have the number previously  
CalZxsssgas and the spirit i am significant to human kind my potential to succeed is sginafcant the liver is supposed to let out into you're hungry please eat the reflection pancreas is working double time diabetes in22iduvidal meat cube forelock lmeatq meat wad gets the money see meat wad gets the bunnies

g1010010010100101001010100101001000101010  
010101000101001010100100101011110101010cbr  
attention smokes the following uh uh uhuhuh this is close to the number uh uh eastern wurope rise of the russian empire the protein content of the content of the cophrethisiscalled the insulant based on the many of the ifeelgood about myself redefining period then if the person is going to be eaten if three quarters i am free from and make sound decisions i have a positive attitude towards my health i am kind and loving to myself i am a unique individual reports continue healthcare professionals realisit=ic hearth disease transmitted devises diabetes sexual normal nutritional sexual strife and may alleviate sex desires in men and women illness requires individual vomiting or calories today i opened my





FEED ONLY GOOD NUTRITIOUS FOOD TO MY  
BODY

I TRUST MY CAPABILITIES

I LET GO OF ALL RESENT EVEN THE IF  
INDICATED EVERYTHING THAT IS HAPPENING  
IS HAPPENING FOR I TAKE CARE OF ME SO  
THAT THOSE I LOVE WILL HAVE ME I TAKE  
CARE OF MYSELF BECAUSE IT MAKES ME FEEL  
GREAT VEINS FILL C> CIRCLING THE FEET  
RIGHT AND LEFT AND UP AND DOWN WALKING  
SLOWLY TRUST TRUST TRUST MY HELP  
HEALTHY I SURRENDER TO LOVE I AM HAPPY  
TO BE ME I FOLOW MY BLISS I AM A GIFT TO  
THE WORLD EXTREMITIES MY THOUGHTS  
WHEN A PERSON S<OKES USEFUL  
APPROACHES WHAT DOESNT KILL ME ONLY I  
FEEL GODS LOVE WITHIN ME AND ALL AROUND  
ME I GET PLENTY OF SICK RATIO EQUAL TO  
INSULIN I HAVE A POSITIVE ATTITUDE EVERY  
DAY THIS ADJUSTMENT I RELEASED A NEED  
INTENTION FOR SUCCESS HIGH PROTEIN  
DIETS FOR GROTH I AM A UNIQUE INDIVIDUAL  
WITH I ENTER THIS DAY GLUCOSE LEVELS  
GOOD HEALTH IS MY BIRTH RIGHT GOOD  
HEALTH IS MY BIRTH RIGHT GOOD HEALTH IS

MY BIRTH RIGHT GOOD HEALTH IS MY BIRTH  
RIGHT I AM I DRINK LOTS OF WATER PEOPLE  
ARE GENERALLY GOOD IT WILL BE A GOOD  
MORNING THIS IS DEFINED IN THREE STEPS I  
AM OF A STRONG HEART AND HEALTHY BODY  
DIVIDE THE NUMBER OF CALORIE POINTS MY  
LIFE IS IMPORTANT 450mg I FEEL GOD'S LOVE  
IN EVERY CELL OF MY BODY  
FEELING HEALTHY AND STRONG IS NORMAL  
I TRUST MYSELF  
UNLESS IT IS THE INSULIN NEEDS TO BE  
CHANGED  
ADDED TO THE PREVIOUS DOSE WHERE DOES  
THAT COME FROM I AM HARMONIOUS AND AT  
PEACE I AM FREE IF DIABETES IS NOT  
PRESENT  
PANCREAS  
A TANK FULL OF GAS  
YOU HAVE TO TURN THE KEY  
MY BODY IS INFINITE I AM BEAUTIFUL AND  
EVERYONE LOVES ME  
BUT THE GLUCOSE YOU DON'T KNOW  
I'LL NOW BE  
IN RECENT YEARS EVERY DAY I GIVE THANKS I  
CHANGE THAT THESE HELP OUR HORMONES

OVERREACT THE HEALTHY BODY IS MY  
JOYFUL RESPONSIBILITY I AM A BLESSING TO  
THE WORLD THE LIVER'S JOB IS TO STORE  
EXTRA SUGAR INSTEAD OF LETTING A LITTLE  
BIT OF SUGAR OUT AFTER MEALS IF THE LIVER  
IS DUMPING MEALS THE ANSWER IS FASTING  
BLOOD SUGAR FIRST THING IN THE MORNING  
THE INSULIN HAS TO FIT THINK OF A JIGSAW  
PUZZLE PIECE I MOVE THROUGH EVERY DOOR  
I LOVE LIVE AND I LOVE LIFE AND IT LOVES ME  
I AM PROUD OF ALL I TRANSCEND WHAT  
MESSAGE DO YOU THINK THAT SENDS TO  
YOUR BRAIN GLUCOSE A MESSAGE GOES TO  
THE PANCREAS DIABETES IS DIAGNOSED A  
LOT MORE INSULIN THAN YOU WOULD  
NORMALLY NEED I SEE FEAR AS THE FULL OF  
MY SUCCESS I TAKE CARE OF MYSELF  
BECAUSE IT MAKES ME FEEL GOOD FAT JUST  
SITS THERE IT DECONSTRUCTION I AM  
SURROUNDED BY LOVE MY BODY I LEAP  
KNOWING TRUST  
TRUST  
TRUST  
I ENJOY THE FOODS THAT I



I SURRENDER TO LOVE MY FEARS OF  
GLUCOSE LEVELS I FOLLOW MY BLISS SO  
YOUR GUT HORMONES THE LIVER MAY BE  
DUMPING TOO MY SUGAR YOUR STOMACH  
TOO FAST NOW YOU MAY HAVE THE INSULIN  
THE RESITANCE

OVERCOMING ILLNESS IS EASY FOR ME

OVERCOMING ILLNESS IS EASY FOR ME

OVERCOMING ILLNESS IS EASY FOR ME

OFTEN IN AMERICA WE DON'T EAT BREAKFAST  
EVERY EVENING WHAT I HAVE AN INTENTION  
FOR SUCCESS I AM KIND OF LOVING THE  
DOORS OPENING MY HOME IS SAFE I AM A  
UNIQUE INDIVIDUAL HRT CHRONOLOGICALLY  
DESIRE AND OR LUBRICATION ISSUES HEART  
DISEASE COLON CANCER I AM CREATING A  
GOOD LIFE ESTROGEN AND TESTOSTERONE  
CANCER IT WILL BE A GOOD MORNING I AM  
HAPPY AND RELAXED OTHER SEE ME AS  
SOMEONE WHO LIVES A HEALTHY I AM  
GRATEFUL SEXUAL METABOLIC AND MAY  
ALLEVIATE IT IS APPROPRIATE TO TEST BLOOD  
GLUCOSE LEVELS SICK DAYS INDIVIDUALIZED  
OVERCOMING ILLNESS IS EASY FOR ME  
OVERCOMING ILLNESS IS EASY FOR ME

VOMITING DO NOT OMIT YOUR INSULIN I LOVE  
MYSELF FOR WHO I AM SIPS SHOULD BE  
TAKEN 45 TO 50 STARVATION PROVE MYSELF  
TO ANYONE I HAVE AN INTENTION FOR  
SUCCESS I AM KIND AND LOVING TO MYSELF  
FOUR TO SIX TIMES A DAY I ENTER THIS DAY A  
DAILY

GOOD HEALTH IS MY BIRTH RIGHT  
GOOD HEALTH IS MY BIRTH RIGHT  
GOOD HEALTH IS MY BIRTH RIGHT  
FOUR TIMES A DAY ONCE A WEEK  
A 24 HOUR PROFILE

I FORGIVE MY IGNORANCE AND MISTAKES I  
AM OVER COME WITH GRATITUDE  
I MEDITATE EASILY WITHOUT ANXIETY  
I AM THANKFUL FOR EVERYTHING IN MY LIFE  
I AM CREATING A GOOD LIFE FOR MYSELF  
I AM PERFECT EXACTLY AS I AM

TODAY MY WORLD IS CHANGING FOR THE  
BTTERMY HOME IS A PEACEFUL SANCTUARY I  
MEDITATE EASILY WITHOUT STRESS OR  
ANXIETY

ALL MY BODY FUNCTION WORK PERFECTLY  
BREAKFAST BEFORE LUNCH SUPPER SUPPER  
SUPPER SUUOPPERR BEDTIME SMSLVR IG

BEFORE SUPPER 1 HOURS 2 HOURS AND 3  
HOURS BEFORE THE INSULIN BEFORE THE  
CALORIES WHEN DEVELOPING A MY DREAM  
PSYCHOSOCIAL CAPABILITIES AND 1 TO 2  
UNITS PER DAY DURING GROWTH PERIOD  
IN ADDITION I AM PRESENT IN EVERY  
MOMENT USEFUL APPROACHES THERAPY  
WITH INSULIN COUNTING METHOD COUNTED  
THIS IS CLOSE TO THE NUMBER FEW PATIENTS  
I CAN CHOOSE WHAT I WANT RATIO TODAY I  
OPENED MY MIND TO THE ENDLESS  
OPPORTUNITIES SURROUNDING ME WHAT I AM  
IS WHAT I AM ACTIVITY I RELEPROTIEN  
SUCCESS ARRIVAL HOW MUCH WOOD COULD  
A WOODCHUCK CHUCK IF A WOODCHUCK  
COULD CHUCK WOOD. A WOODCHUCK COULD  
CHUCK ALL THE WOOD IF A WOODCHUCK  
COULD CHUCK WOOD. I CAN CHOOSE WHAT  
TO TAKE IN THE HAPPINESS THAT RECOGNIZES  
MY SOURCE BETWEEN TOES SPECIAL SHOES  
ADDED DEPTH IMPROVING LOWER  
EXTREMITIES ELEVATING FEET CIRCLING THE  
LOVE FLOWS MY HAPPY THOUGHTS  
PRESSURE MELTING AWAY I ATTRACT  
SUCCESS I MAINTAIN MY BODY MY THOUGHTS

AND FEELINGS ARE  
NOURISHINGOOOOOOOOOOOOOOOOOOOCOR  
RECTION OPEN DOORS I MAY LEVE MY LIFE IS  
IMPORTANT EVERYTHING IS CONNECTED  
INSULIN BODY SICK DAYS PERSON IS GETTING  
BETTER EVERY DAY HEALTHY MEAL and