

# IS DIABETES WEIGHING YOU DOWN?

WANTING TO SUSTAIN A  
HEALTHIER LIFESTYLE BUT  
STRUGGLING YET?

TRANSFORM YOUR  
WELL-BEING: FROM  
STRESS TO SERENITY  
WITH AYURVEDA



**Chart a New Course: Diabetes Control That Empowers.**

**PARTICIPATE WITH US IN A DIET & LIFESTYLE MANAGEMENT STUDY**



## What is expected?

- A Completely confidential Online Survey
- Requires dietary and lifestyle changes (based on Ayurveda principles)
- Open to commitment towards study protocol.



## Why get involved?

Your participation will help the researchers design the study to create better evidence based holistic guidelines for diabetes management.



## What is the benefit?

- Potential reduction in Diabetes Symptoms, HbA1C & FBG\*.
- Reduced Body Weight and WC\*\*
- Lesser Stress

FBG\* - Fasting Blood Glucose, WC\*\* - Waist Circumference

**Who can participate?  
( 18-70 years, diagnosed with Type 2 Diabetes )**

**This study is Not for those who are**

✓ **Insulin dependent**

✓ **Pregnant**

✓ **Recently undergone any surgery or chemotherapy**



**641-470-1318**  
(Text First)

**Register Now !**



**akaurnegi@miu.edu**



**Maharishi International University (MIU)**



Fairfield, Iowa



**Know the Researcher**