



FREEDOM FROM DIABETES





Diabetic and tired of the daily insulin shots and pills?

Have you tried several diets and exercises but found that nothing has created a lasting shift in habits or results?





Is stress aggravating your diabetes?

If you answered 'YES!' to the above questions it's time
to re-think your approach to Diabetes Management

It's time for...



FREEDOM FROM
DIABETES

Join the HUNDREDS who are already free of insulin and medicines by following this pure natural path!



FREEDOM FROM DIABETES (FFD)

Welcome to experience a lasting change with Dr. Pramod Tripathi's unique **Freedom From Diabetes** Program

FFD Program is based on extensive research done by Dr Pramod of world-renowned specialists - *Dr Neal Barnard* and *Dr Gabriel Cousens* that has clearly proven that **Diabetes is Reversible**.

Dr Pramod has integrated their insights into the Indian context and crafted a result oriented, highly scientific, life transformational program designed to give you the freedom!



In 12 weeks...

64% participants are off all insulin
55% participants are off all diabetic medicines
31% on less than half the dosage of diabetic medications
2.4 average drop in HbA1c in diligent implementers
6 to 11% weight loss in the Intensive program
Significant improvement in Lipid Profile



PROGRAM OPTIONS

Experience the Freedom

Modify your diet scientifically and creatively
Adjust your exercise patterns and
Experience authentic inner transformations in habits and positivity



Intensive Program
(12 weeks)



Foundation Program
(half day)

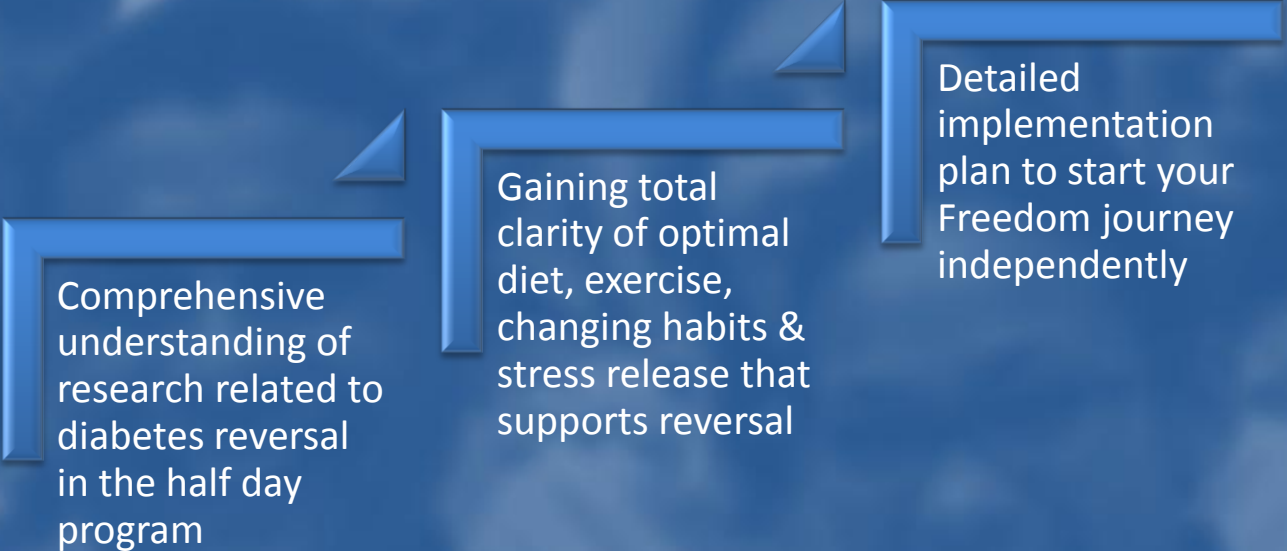


FOUNDATION PROGRAMS

Date	Time	Investment	Additional Info
<u>OPTION 1-</u> Marathi 20th Dec 2014 (Saturday)	9:30am - 1:30pm	INR 2000/- For diabetic/ first participant INR 1000/- For family member/s	Program followed by signature 'Freedom from Diabetes' Luncheon for all participants
<u>OPTION 2-</u> English/Hindi 21st Dec 2014 (Sunday)		Highly recommended that spouse/ supporting family members attend the program. As the program benefits and transforms the health of the whole family	



Foundation Program: Your first step to gaining Freedom From Diabetes



Comprehensive understanding of research related to diabetes reversal in the half day program

Gaining total clarity of optimal diet, exercise, changing habits & stress release that supports reversal

Detailed implementation plan to start your Freedom journey independently

INTENSIVE PROGRAM

Intensive Program: Personal support for 12 weeks that will change your life forever!!!

Date	Time Duration	Additional Info
Before 3 rd January, 2014	ONE 20-30 min slot	Individual consultation with Doctor (By Appointment)
4 th January, 2014 (Sunday)	10:30 am to 1:00pm	Group session (I) followed by luncheon
25 th January, 2014 (Sunday)	10:30 am to 1:00pm	Group session (II) followed by luncheon
22 nd February, 2014 (Sunday)	3:00pm to 8:00pm	Group session (III) followed by potluck

INVESTMENT

Individual diabetic: INR 2000 + INR 10000 = **INR 12000/-**

For spouse*/supporting family member*: INR 1000 + INR 5000 = **INR 6000/-**

**who is non-diabetic. Highly recommended that s/he joins*

Please note: One more individual consultation with Doctor after completion of 12 weeks to compare before and after results are inclusive in the investment

Foundation Program on 20/21 December is the first session of the Intensive Program



WHAT YOU GAIN

Intensive Program: Personal support for 12 weeks that will change your life forever!!!



PROGRAM TAKEAWAYS

Practical ways to change your eating and cooking patterns aligned with scientific principles

The most powerful and scientifically crafted exercises for diabetics

A complete shift in your energy system in relation to stress and positivity

Two detailed booklets – A Manual and A Recipe Book

Availability of select food items at discounted rates by organic vendors to support your freedom journey



REGISTRATION DETAILS

Register before 15th December, 2014

ONLINE: www.freedomfromdiabetes.org/register

OR Contact:

020-60504012/3/ 65005201/9881430000

Email: info@ihealth.co.in

Foundation Program:

Rs. 2000 for first person/ diabetic

Rs. 1000 for additional family member

Intensive Program*:

Rs. 12000 for first person/ diabetic

Rs. 6000 for additional family member

**includes charges of Foundation Program*

Program Venue

For 20th December (in Marathi)

S.M. Joshi Socialist Foundation

S.No 191/192, Navi Peth, Ganjave Chowk,
Opposite Patrakar Bhavan, PUNE 411 030.

For 21st December (in English & Hindi)

Siddhi Banquet Hall

7/2+4, Erandawana 100ft DP Road,
Near Mhatre Bridge, Opp Siddhi Lawns
Pune -411004



CHIEF HEALTH ADVISOR – DR. PRAMOD TRIPATHI



Education & Qualifications:

MBBS (B.J. Medical College, Pune)
Professional Diploma in Diabetes
Management (Nanavati Hospital, Mumbai)
Advanced Diploma in Yoga & Ayurveda
(Tilak Maharashtra Vidyapeeth, Pune)
Certified Master NLP Practitioner and
Advanced NLP – K Practitioner

Dr Pramod is one of prominent leaders in the emerging field of holistic health and stress management. **Over 40,000 participants in 10 countries and over 140 corporates** have benefited from his workshops and consultations.

In past two years hundreds of diabetics are off insulin and medicines through his result oriented, highly scientific, life transformational programs.

In December 2011 he attended the Doctors' training for Reversing Diabetes & other chronic diseases with Dr Nandita Shah, SHARAN. This was followed by further study of the internationally published work on this topic by Dr Neal Barnard, Dr Gabriel Cousens, and others. He adapted the insights to the Indian context and applied it to patients through workshops & consultations. The actual results are amazing and have inspired him to make 100,000 diabetics free of insulin/ medicine by end 2016!





Thank you and stay healthy!
-Team of Mentors & Volunteers



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DIABETES





FREEDOM FROM DIABETES

we make it happen, together!

www.freedomfromdiabetes.org