

**Cincinnati  
Rehabilitation  
Center**

SUMMER 2009

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# Cincinnati Rehabilitation Center

10198 Springfield Pike  
Cincinnati, OH 45215

Phone: 513-772-9065  
Fax: 513-772-2961

**Natural Health  
Improvement Expert  
Dr. Patricia Bender  
Presents:**

**Free Health Seminars!**

**“Headaches & Migraines”**  
(Different Types and Causes,  
Natural Solutions)  
Tue, June 9, 2009 7:00 PM  
by: Dr. Patricia Bender

**“Digestive Health”**  
(Heartburn, Reflux, Irritable  
Bowel, Crohn’s)  
Thu, June 11, 2009 4:00 PM  
by: Dr. Patricia Bender

**“Functional Training”**  
Wed, June 17, 2009 11:00 AM  
by: Kai Brownstein

**“Energy Healing and  
Guided Group Meditation”**  
Thu, June 18, 2009 7:00 PM  
by: Doris Schnetzer

**“How to Read Labels”**  
(Learn the Difference Between  
Synthetic & Natural Vitamins)  
Tue, June 23, 2009 7:00 PM  
by: Dr. Patricia Bender

**“Functional Training”**  
Thu, June 25, 2009 6:00 PM  
by: Kai Brownstein

Seminars held at:  
**Cincinnati  
Rehabilitation Center  
10198 Springfield Pike  
Cincinnati, OH 45215**

Bring a friend or family member!  
Please call 513-772-9065  
to reserve your seat.  
(Limited Space Available)

## Regain your health!

Do you have a lack of energy? Do you have difficulty making decisions? Do you often eat meals that emphasize pasta, white rice, corn or potatoes more than twice each week? Do you eat candy, cookies, ice cream, pastries, or doughnuts to “get you going”? If so, it’s possible you have **dysglycemia**.

**Dysglycemia** is an imbalance in the sugar metabolism/energy production mechanisms of the body. Long-term exposure to refined sugars can result in a state of insulin insensitivity. The result is the body requires more insulin to get the job done; and you end up with increased body fat.

**Dysglycemia** is associated with increased risk of vascular disease, type II (adult-onset) diabetes, hypertension and coronary heart disease.

How can this sugar regulation problem be reversed?

One way to heal **dysglycemia** is by using a medical meal, such as **UltraGlycemX**. Medical foods are used as a meal option or supplement. Combining this program with a diet of low-glycemic-index foods helps you regulate sugar and lose weight. By cutting out white flour, white sugar, and soda; using the nutrients in **UltraGlycemX**; and adding an evening walk – you will be able to enjoy a svelte and newly healthy body.



Stop by our office or give us a call to purchase **UltraGlycemX**;  
a number of our patients are already benefiting from it!

**FREE 1 hour consultation with assessment for nutritional support for patients with Type 2 diabetes or hypoglycemia.**

**Includes menu planning, non-invasive diagnostic testing with dietary guidelines.**

**Call 513-772-9065 today to schedule your appointment.**