

## **An invitation to consider**

*for you or your business or as an insurance company...*

How can the Preventive Medicine Center (PMC) offer you a method to avoid time-consuming doctor visits, co-pays, expensive prescriptions/side effects, unpleasant hospitalizations (who wants that), and avoidable diseases? Interested so far? The concept is simple.

Diseases are MADE to happen; they can be made to UNHAPPEN.

It wasn't done to you, it was done by you; diseases have causes. If you have any health condition, ask yourself what have you done to make it occur? The PMC has the ability to help you and/or your business change that disease and cost generating pattern.

Ninety-five percent (95%) of diabetes, high blood pressure, high cholesterol, and high triglycerides are preventable and/or reversible naturally or controllable with medications where necessary. Achieving the PMC "[Wellness Protecting Numbers \(WPN\)](#)" is the appropriate first step ([www.thepmc.org](http://www.thepmc.org)). Unless late in the game, almost all diabetes, high cholesterol and blood pressure, angioplasty, stents, and open-heart surgery and many other conditions can be avoided by what you decide to do or not do.

You can do it the right way via prevention resulting in vastly reduced doctor visits, co-pays...., as opposed to needing medicines with side effects and medical procedures/surgery with complications-risks.

In those WPN you will find a "to do" list of lab tests to see where you are with regard to the future risk of heart disease, high blood pressure, stroke, angioplasty, congestive heart failure. There are also general suggestions for the simultaneous prevention of multiple diseases (the motto of the PMC).

Others are just beginning to recognize the validity of this powerful data which is step ahead. This IS an opportunity to actually transform your life or business via disease prevention and cost reduction.

Now that is an idea worth considering. To begin real preventive medicine, contact the Preventive Medicine Center.

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[www.thepmc.org](http://www.thepmc.org)