

What Can I do to Stay Healthy?

HEALTHY DIET

High in vegetables
Low in sugar
Low in fat
General healthy guidelines

MODERATE EXERCISE

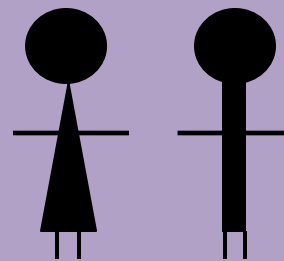
Regiment can be devised
with physical therapist

Sample exercises regimen
video for AMN available at
www.youtube.com/watch?v=-VnAoWJ5_WWs

REGULAR VISITS TO SPECIALISTS

Neurologist
Endocrinologist
Urologist
Physical Therapist
General practitioner who is
attentive and responsive to
your needs and able to
provide guidance

HEALTHY INTERPERSONAL RELATIONSHIPS



We are working on establishing a referral network so to help you find a specialist in your area.