

December

2022

AdventistVegetarianDiabetics.com

Spiritual Literacy Month Stress Control

The main aim of the month is to encourage us to read at least one book on spirituality.

Both research and experience prove that stress of all kinds can raise your blood sugar! Determine what might cause stress in your life, either good stress or bad stress, and consider ways that you can deal with it. There's some science to support the idea that practicing a day of rest benefits longevity and both mental and physical health.

<https://adventistvegetariandiabetics.com/getting-started/learn-about-diabetes/8-laws-of-health/trust-in-divine-power/>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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