



FOR IMMEDIATE RELEASE

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*Available to Entertain,
Inspire and EMPOWER!*

Don't Diabetes, LIVabetes!® *Wellness Inspiring Comedy*



Dover, MA - January, 2006 Laura Menninger, founder of LIVabetes®, has developed a wellness inspiring comedy routine - *Don't Diabetes, LIVabetes!* Using compassion and humor, Laura's performances inspire and empower all those whose lives have been touched with diabetes. Through the Divine medicine of laughter, she'll guide you on a soul-healing journey while encouraging you to take control of your diabetes, live courageously, and embrace life's challenges with a greater sense of humor, hope and optimism!

Over 21 million Americans have diabetes and more than 7 million don't even know it. Every minute, two more Americans are diagnosed with diabetes. Diabetes is a chronic disease requiring a lifetime of consistent and daily self-management. Relapse and treatment adherence are affected by factors including depression, health beliefs, attitude, stress and coping style, social support, and family and social environment. Negative emotions like anxiety, fear, sorrow and stress can wreak havoc elevating blood glucose levels. Alternately, positive emotions, especially laughter and humor, have been shown to modify neuroendocrine factors, modulate immune function and to lower the increase of postprandial blood glucose "...suggesting the importance of daily opportunities for laughter in patients with diabetes (Hayashi, etal, 2003)."



As the LIVabetes® Glucose Goddess™, Laura's wit is as outrageous as her spirit is contagious. Her performances are rich in humor and practical wisdom, offering much needed comic relief to what is otherwise a very serious disease. As a Type I diabetic, Laura is more of a "Stand-with" vs. "Stand-up" comedienne. Laura's wellness inspiring comedy routines are built upon her own personal and heartfelt transformational journey from diabetes to *LIVabetes!* She graduated in 1990 from Quincy College and draws on her medical background of over eight years as a certified Surgical Technologist. She has over 19 years experience in the healing arts including being a graduate of Elizabeth Stratton's *Touching Spirit*® professional training program. Laura has been a guest on several radio programs including Deb Ruggiero's *Amazing Women* and *Janis' Jump Start to Good Health*. Her performance schedule includes being a keynote speaker the ADA

Diabetes Expos including Boston, MA and Hartford, CT as well as past appearances at several diabetes support groups such as the New England Sinai Hospital, Stoughton, MA and Kent Hospital Diabetes Fair, Warwick, RI.

The Glucose Goddess™ says: "Remember, don't forget to take your daily dose of humor!"

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