



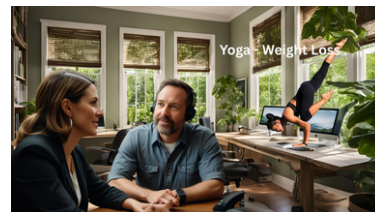
# JULY 2025 PODCAST

A joint Podcast from IOLEBA and Waves Just Relax



[IOLEBA.org](https://IOLEBA.org) & [wavesjustrelax.com](https://wavesjustrelax.com)

**Yoga - Weight Loss -  
Another tool for preventing and fighting Stage 2 Diabetes**



## July 2025 Podcast

*This Podcast is 37 minutes*



**IOLEBA & RxPrime**

*Discount prescription card.*

*This card is HIPAA compliant*

*Present this card to your pharmacist*

Membership ID: 009-4542

BIN: 023518

PCN: A0X

Group: NCR1495

*Accepted by 1000's of pharmacies across the USA*

*Learn more...*

[www.IOLEBA.org/rxusa](https://www.IOLEBA.org/rxusa)



*Click the  
picture get  
your card!!*

Get your Free **IOLEBA & RxPrime** savings card here.