

MEDICAL RESEARCH REVEALS HOW YOU CAN...



DEFEAT  
DIABETES  
WITH

# MIRACLE VITAMINS!

» **REVERSE the creeping danger** of heart disease more effectively with a vitamin than with a famous Rx medication. Huge boost in protection!

» **BOOST your body's ability** to burn off stubborn fat by an astonishing 30%! Vital benefit to diabetics—and all “overweights”!

» **BLOCK the threat** of rising blood sugar. If you're low in this vitamin, your risk of developing diabetes rockets up 390%! Lock the door!

» **LOWER high blood pressure** and make stiff, aging arteries more youthfully flexible!

» **FLUSH OUT a diabetic toxin** that can ravage your body and cause blindness! (*No drug can do this!*)

**PLUS: 100s of other ALL-NATURAL ways to help you control blood sugar, prevent devastating complications, feel younger, and live longer!** Look inside for amazing details!

**A  
FREE  
GIFT  
AWAITS  
YOU! SEE  
DETAILS  
INSIDE.**



# Say Good-Bye to Diabetes Worries!



**L**ook inside—in just minutes, you'll see how you have the power to block, totally control, even reverse this epidemic disease!

Instead of just worrying (which is associated with higher blood sugar), you can put diabetes "down for the count"—by emphasizing *natural therapies*—and become healthier, slimmer, and more vigorous than you've been in years!

## Eat to Beat Diabetes

**FREE**



### SPECIAL BONUS:

As the designated recipient of this special report, you are entitled to a FREE copy of *Eat to Beat Diabetes*. Pop out your claim card next to the last page of this report, and we'll send it to you with zero obligation to buy!

**Cut Blood Sugar with Vinegar!**.....page 4

**"Walk Off" the Pounds—Without Moving an Inch!**.....page 5

**Top Healing Herbs for Diabetes**.....page 8

**8 Ways Vitamin E Fights Diabetes**.....page 10

**"Season" High Blood Sugar Away!**.....page 13

**"Oil Up" Your Natural Insulin with This Salad Dressing!**.....page 15

**Melt Body Fat with Every Glassful!**.....page 16

**Burn Fat 30% Faster with This Vitamin!**.....page 16



# You May Be Shocked By What You're about to Read

DEAR READER,

The health-saving information we'll introduce you to in these few pages is almost completely different from what most people believe about the control of diabetes.

The tragedy is that...

**The ideas most people have about fighting this potentially deadly disease are so wrong, they actually encourage its development and worsening.**

Is it any wonder that diabetes is sweeping our land like an epidemic, with millions already diagnosed, and tens of millions more having signs that they're in serious danger?

The book we preview here is based on study after study at top medical and nutrition centers, showing that *a new and different approach* is far, far better at *preventing...improving...even reversing* diabetes than traditional approaches.

Our two medical authors have seen this unique approach work almost miraculously for thousands of patients, many of whom had been totally frustrated by their inability to control their blood sugar, their weight, their cholesterol, and their blood pressure.

And, by employing their specialized knowledge of NATURAL MEDICINE—foods, vitamins, herbs, and more—they've made this new approach *even more powerful* at protecting you from the ravages of diabetes.

**Should You Be Concerned about Diabetes—  
Even If You Don't Have It?**

PROBABLY!

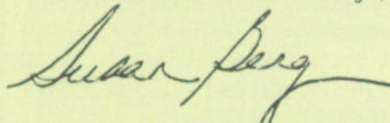
We say that for a good reason: *Being even a few pounds overweight increases your chances of developing diabetes*, and since two out of every three people today are overweight, that means *most folks* have a higher than "normal" risk!

And make no mistake: The price of diabetes can be dreadfully high. If you don't know the effects of this disease on human health, see "What Do I Have to Gain from This Book?" on page 19. You may be shocked all over again!

But here is THE REALLY GOOD NEWS:

You can beat diabetes! Using the facts and programs in our book, you can control it, improve it, sometimes even banish it altogether! Please turn these pages to get a quick idea of how much you can do to save your health. Then turn to page 19 to receive a free-trial preview of BEAT DIABETES NATURALLY—and a valuable free gift in the bargain.

Yours for Better Health Always,



Susan Berg, Editor, Rodale Books





## CUT BLOOD SUGAR... with VINEGAR!

No, this not a folk remedy.

Frankly, unproven folk remedies have no place in the control of diabetes. If some supposed remedy hasn't been shown to help in careful trials, leave it alone.

But vinegar has passed the test, helping to blunt the sudden rise, or spike, in blood sugar that occurs after eating a meal.

Drs. Murray and Lyon, in their book BEAT DIABETES NATURALLY, caution that "elevations of blood glucose after a meal can wreak biochemical havoc in both type 1 and type 2 diabetics." In fact, they continue on page 183 of their book:

**"An elevation in after-meal blood sugar levels is perhaps the major contributor to the development of diabetic complications, especially heart disease and diseases of the small blood vessels within the eyes, kidneys, and nerves."**

That's where vinegar comes in. At Arizona State University, a nutrition researcher gave a group of people two tablespoons of vinegar just before a meal, then took their blood sugar levels an hour later. She did the same test when they hadn't been given vinegar.

**The diabetics in the group had an average drop of 25% in blood sugar levels after taking their vinegar "appetizer."**

But another group had even more impressive results. These were people with what's called "prediabetes," meaning that tests had shown them highly prone to becoming diabetic. *This group saw their blood sugar spikes blunted by nearly 50%!*

### MEASURING THE EFFECT OF VINEGAR

A change of this magnitude is more than a nudge in the right direction. In her report, published in a well-known medical journal devoted to diabetes care, the nutrition researcher noted that the decrease in blood sugar rise was **COMPARABLE TO WHAT MIGHT BE EXPECTED FROM A WIDELY USED DIABETES DRUG!**

PLEASE NOTE: As useful as vinegar appears to be in cutting blood sugar spikes after meals, *it is not a substitute for other means to control sugar on a 24-hour basis.*

### *Amazing* Bonus Effect of Vinegar!

In further trials, this same researcher was startled to see "vinegar takers" enjoy another tremendous advantage—an advantage millions hope for but can't achieve with other means. To see what it is, check out your copy of *Eat to Beat Diabetes*, your FREE GIFT for previewing BEAT DIABETES NATURALLY.

### Eat to Beat Diabetes



# Lose



## RED ALERT!

PLEASE ANSWER THESE 7 QUESTIONS TO SEE IF YOU'RE AT RISK!

1. Have you been urinating more frequently than you used to?
2. Is your thirst greater than what's been normal for you?
3. Do you have bouts of extreme hunger?
4. Have you lost weight for no apparent reason?
5. Are you experiencing unusual fatigue?
6. Are you more irritable?
7. Is your vision becoming blurry?

Dr. Murray and Dr. Lyon advise that if you answered "yes" to even one of the above questions, you should see a doctor immediately, because these symptoms could mean you have diabetes.

In pages 22–26 of BEAT DIABETES NATURALLY, they describe and evaluate different tests given to diagnose diabetes and other forms of blood sugar problems, and explain what your test results mean. Keep in mind that about one-third of people with diabetes don't know it, and each day they go without treatment makes their risk of serious complications worse.



# 7 Times More Belly Fat Than on a Low-Fat Diet!

**B**elly fat is especially bad for you. As Dr. Murray and Dr. Lyon explain in *BEAT DIABETES NATURALLY*, even “people of normal body weight can develop type 2 diabetes if they have an increased body fat *percentage*, especially if that excess fat is **collecting around the waist.**”

So it’s heartening to know that the kind of diet they prescribe *targets belly fat for oblivion.*

**When tested against an officially sanctioned low-fat diet, the diet they describe in detail in *BEAT DIABETES NATURALLY* has been shown to cause seven times greater loss of abdominal fat, compared to a low-fat diet!**

And not only that. People on their recommended diet (called the low-glycemic-load diet) enjoyed seven times greater improvement in HDL levels than the low-fat diet! HDL is known as “the good cholesterol” because it pushes bad cholesterol—the kind that clogs up your arteries—out of your system. Any increase in HDL is considered highly beneficial.

There’s more. People on the low-GL diet saw their triglyceride levels go down five times as much as those on the low-fat diet! High triglyceride levels, like “bad” cholesterol levels, are something you want to avoid.

**Plus, fasting blood sugar levels went down more on the low-GL diet than with the low-fat diet.**

This research, by the way, was published in a leading medical journal for cardiologists (and is summarized in your **FREE COPY** of *Eat to Beat Diabetes*). Obviously, the advantages of a low-glycemic-load diet are of tremendous importance in protecting the heart. And heart disease, after all, is the major life-threatening problem diabetics face.

Dr. Murray and Dr. Lyon describe the amazing low-GL diet in their book *BEAT DIABETES NATURALLY*, rating over 200 foods for suitability, and they offer a great deal of other invaluable nutrition advice as well. **For a free 21-day examination of this LIFE-PROTECTING BOOK, send in the postage-paid card at back.**

## Walk a Mile—Without Moving an Inch!

**T**hat’s probably the most ridiculous-sounding statement you’ve ever heard. The funny thing is, **it’s true!** Yes, by following the diet described in detail in *BEAT DIABETES NATURALLY*, your body will react in a way that boosts your metabolism to the same extent as walking a mile a day!

This astonishing fact was revealed in research conducted by scientists from Harvard and the University of Minnesota, when they compared the effects of a low-fat diet to those produced by a low-glycemic-load diet, as prescribed in *BEAT DIABETES NATURALLY*.

One of the tricky and frustrating things about any diet is that, as the pounds begin to come off, your metabolism slows down. That, in turn, hobbles your weight loss efforts, because while you’re saying

“lose, lose, lose,” your body is in effect saying “no, no, no!”

But the researchers found that people on the low-glycemic-load diet (described in *BEAT DIABETES NATURALLY*) had much less metabolic sluggishness than those on the low-fat diet. In describing the extent of this advantage, they noted that...

**“...a similar effect on caloric expenditure could be obtained by walking a mile per day.”**

And that’s day after day after day! What a break for your weight loss efforts! For more details, read *Eat to Beat Diabetes*, which is your **FREE GIFT** just for taking a look at *BEAT DIABETES NATURALLY*. See page 19 in this report—your first “step” in walking a mile without moving an inch!



*You have nothing to lose—except your belly fat!!*

**Yours FREE for 21 days!**

- Balance Your Blood Sugar
- Drop Extra Pounds
- Enhance the Effectiveness of Medications
- Reduce Your Risk of Complications

**BEAT DIABETES NATURALLY**

The Best Foods, Herbs, Supplements, and Lifestyle Strategies to Optimize Your Diabetes Care

Michael M. Lyon  
Michael Ly

**FREE**

**Eat to Beat Diabetes**



# Let the Doctors Guide You Every Step of the Way to Perfect Health!

— And not just every step of the way, but every hour of the day! —

■ **YOUR DAILY ROUTINE**, on page 274, is structured to promote optimal health. Note what the doctors suggest between the hours of 7:30 and 9:00 PM: It's not TV watching! Nor is it weightlifting...or filling out a food diary. It's something much more pleasurable, personal, and fulfilling.

■ **DAILY FOOD GROUP RECOMMENDATIONS**—far better for you—and much easier to understand—than the U.S. Food Guide Pyramid.

■ **FOODS YOU SHOULD NEVER EAT!**

■ **SAMPLE MENUS**—including snacks!

■ **YOUR PERSONAL SHOPPING LIST**, so you have every food, condiment, and seasoning to make deliciously healthy meals.

■ **SUPER RECIPES!** Breakfasts, lunches, dinners, and more. Including—oh, yesss:

## THE CHOCOLATE TRUFFLE SMOOTHIE! ▶

■ **7 STEPS TO FITNESS:** Exactly what you should do for exercise, how much, how fast, and when.

■ **COMPLETE SUPPLEMENT PROGRAM!** All the vitamins, minerals, and herbs you need, depending on your individual health status.

■ **THE ONE FAT THAT BURNS FAT!** The particular family of fats identified on page 114 “actually have been shown to promote weight loss by increasing the burning of calories, and they lower cholesterol as well.” Best used as cooking oil, the doctors advise.

■ **“DAB AWAY” DIABETIC PAIN!** Roughly 80% of people with diabetic neuropathy (nerve pain) “experience tremendous relief” with this

herb. But you don't swallow it, you dab it on! It's described on page 265 of BEAT DIABETES NATURALLY.

■ **LOWER YOUR STRESS TO LOWER YOUR SUGAR!** Stress, the doctors explain, can actually raise your blood sugar. But you can control your stress and help keep blood sugar down by doing the simple mental exercise the doctors prescribe on page 213. That's just one of the hundreds of health-saving

natural remedies packed into BEAT DIABETES NATURALLY—yours FREE for 21 days!

BEAT DIABETES NATURALLY is more than a book: It's a coach, a reference guide, a motivator, in fact, A TRUE LIFE SAVER! Turn to page 19 of this Special Report and get your FREE-TRIAL copy today!



## The Authors Are Living Proof!

BOTH AUTHORS HAVE A VERY STRONG GENETIC TENDENCY TOWARD OBESITY AND DIABETES. Yet both of them are in great shape and fantastic health! The fact that they are both predisposed to obesity and diabetes has given them great motivation for the past 27 years to stay on a winning path. They are prime examples that people can overcome susceptible physiology by making the right health choices in their day-to-day lives, as they both enjoy a marvelous state of vitality and true health.

Preview the authors' new book—BEAT DIABETES NATURALLY—absolutely free and without risk for 21 days in your own home! Turn to page 19 and send in your personalized, postage-paid request card.





“Lick”

# Diabetes with Ice Cream!

One way to help keep diabetes out of your life is to eat more dairy foods. In a long study involving more than 41,000 men, Harvard University scientists found that...

**For every serving-per-day increase in total dairy intake, the chances of developing diabetes went down by 9%!**

Three servings a day? Well, do the math. That's significant protection!

But wait a minute! Does *ice cream* count as part of your “protection package”?

Yes, said the researchers, but the protection is much greater if the ice cream you eat is low-fat.

And no, it doesn't *have* to be *chocolate* low-fat ice cream, but chocolate may be a “secret” friend to anyone concerned about diabetes.

## CHOCOLATE'S SPECIAL BENEFIT

In other research conducted at Tufts University, it's been discovered that **DARK CHOCOLATE** improves insulin sensitivity!

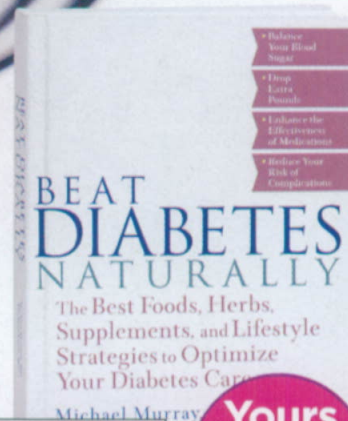
Greater insulin sensitivity is something virtually all people with type 2 diabetes (the most common kind, by far) will benefit from. In fact, millions of people take expensive drugs on a daily basis to increase their insulin sensitivity.

Now, *dark chocolate* is not widely used in ice cream (or inexpensive candies). But more and more dark chocolate products are being displayed on grocery and gourmet shop shelves.

It's important to be aware that eating *lots* of dark chocolate is not the way to go. Too much fat; too many calories. Small, occasional amounts may be helpful, though.

P.S. Besides boosting insulin sensitivity, there is evidence from research that dark chocolate may lower blood pressure, improve blood vessel function, and reduce LDL (bad) cholesterol!

FOR THE “INSIDE SCOOP” ON ICE CREAM, DARK CHOCOLATE, AND DIABETES, get your reserved copy of *Eat to Beat Diabetes*, totally free when you request a preview of **BEAT DIABETES NATURALLY**. Turn to page 19 and **GET YOUR FREE GIFT NOW!**



FREE

Yours  
**FREE**  
for 21 days!



# Nature's Answer to Diabetes



Here's an Herb with a "Side Effect" You May Like!

**F**urther research at the University of Toronto lab uncovered an herb related to the one on the previous page, but that works in a different way. Instead of causing more natural secretion of insulin, **it increases the body's sensitivity to insulin.** It also may have the potential to lower blood pressure.

And one specific extract has an unexpected "side effect." According to Dr. Murray and Dr. Lyon, it **"exerts some effects that are similar to, yet more powerful" than a famous drug prescribed to increase male sexual powers!**

*This Herb Is Likely to Become*  
**"ONE OF THE MOST SOUGHT AFTER OF ALL NATURAL MEDICINES!"**

**A**uthorities now consider this native herb *the most evidence-based herbal therapy for type 2 diabetes*, Dr. Murray and Dr. Lyon declare.

Exhaustive research at the University of Toronto's Risk Factor Modification Centre has shown that the whole powdered root of this plant reduces after-meal blood sugar spikes. It does so by stimulation of the beta cells of the pancreas, with a resultant rise in natural insulin, scientists believe.

**As a bonus**, the herb has been shown to have nerve protection properties and to even improve intellectual function!



## Do You Recognize This Herb? Your Blood Sugar Does!

When 25 patients with type 2 diabetes were given a mere 1-gram dose (that's about 1/28<sup>th</sup> of an ounce!) of a seed extract of this herb for 2 months, their fasting blood sugar levels plummeted from 148.3 to 119.9. **That's nearly a 30-point drop!**

Full details on page 194 of BEAT DIABETES NATURALLY.



## The Best Herbs for the Eyes, Blood Pressure, Aging Problems, and More!

**If you have signs of diabetic vision problems**, for instance, our authors recommend an extract of the herb bilberry, because its medicinal compounds have an affinity for the eyes. On page 250, they give herbal "prescriptions" for *many* problems, ranging from heart disease to foot ulcers.



# Nutrition for Your Noggin

The thoughts you feed your head can have almost as strong an effect—for better or worse—than the food you feed your body!



## STOP STRESS FROM RAISING YOUR BLOOD SUGAR!

Whether you're an optimist or not, depressed or not, you can be under a lot of stress. If you are, listen to these words from Dr. Murray and Dr. Lyon:

### "STRESS ADVERSELY AFFECTS BLOOD SUGAR CONTROL."

Higher stress levels are associated with higher blood sugar levels in both type 1 and type 2 diabetes."

Stress, they explain, causes increases in two hormones, adrenaline and cortisol, which drive blood sugar *up* and the body's response to insulin *down*—exactly what you don't want!

On page 214 of their book, the doctors describe exactly how to do a simple anti-stress exercise (without moving a muscle!) to help improve blood sugar control and dispel anxiety at the same time.

Learn how to become "captain of your soul"... how to get your positive motivation under full sail, with **BEAT DIABETES NATURALLY**. Read it free for 21 days, and also get your free copy of *Eat to Beat Diabetes*, all on page 19!

## Snack Your Way to Freedom from Diabetes!

This delicious snack food has an incredibly healthy effect on your metabolism. In fact, studies show that the more you eat, the less likely you are to develop diabetes!

What's more, this protective effect works even in people with a family history of diabetes...with poor health habits (like not exercising)...and *regardless of weight and even age!* Page 86



## Keep Smiling!

This advice had been borne out by modern medical science, over and over again.

"Researchers have shown that a person's attitude plays a major role in determining how well he or she deals with diabetes and blood sugar control," Drs. Murray and Lyon declare. A study at Mayo Clinic, for instance, showed that over a 30-year period, optimists had a 19% higher survival rate than pessimists.

Citing research by a world-famous authority, the authors state boldly:

### "HUMANS ARE OPTIMISTS BY NATURE."

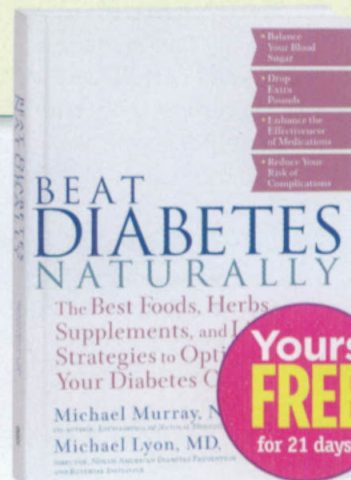
Further, "Optimism is not only a necessary step toward achieving optimal health, it is critical to happiness."

**Well...are you an optimist?** Take a look at pages 308-318 and find out!

**Want to develop a more optimistic, health-stoking attitude?** See chapter ten of **BEAT DIABETES NATURALLY**.



FREE





# “Doctor, What Vitamins



**W**hile an overall healthy diet that controls weight and blood sugar spikes is crucial in diabetes, certain vitamins, minerals, and other supplements stand out as offering great potential for added benefit. Here are a few of the recommendations by Dr. Murray and Dr. Lyon.

## Lower High Blood Pressure with This Vitamin

**More than half of diabetics have high blood pressure!**

Keeping those numbers down is crucial, and there are several ways to do that explained in the doctors' book. But one vitamin also stands out as a special helper.

In a recent study, published in a medical journal specializing in high blood pressure, researchers gave this vitamin to a group of middle-aged diabetics who also had high blood pressure. After 4 weeks, their systolic blood pressure (the top number) fell from 142 to 132, and their diastolic pressure from 83.9 to 79.5.

Additional tests revealed that the vitamin therapy also had *made their arteries significantly more elastic!*

Details revealed on page 156 of BEAT DIABETES NATURALLY.

## Vitamin E: A “Must-Have”!

“Diabetics,” the doctors explain, “appear to have an increased requirement for vitamin E.”

One indication: Researchers have found that in middle-aged men, **LOW VITAMIN E CONCENTRATIONS WERE ASSOCIATED WITH A 390% INCREASE IN THE RISK OF INCIDENCE OF TYPE 2 DIABETES!**

Another reason: Vitamin E improves the action of insulin, the body's natural defense against high blood sugar. But this vitamin is so broad in its beneficial effects, the doctors name **8 DIFFERENT WAYS VITAMIN E HELPS DEFEND AGAINST DIABETES!**

The recommended dosages, and *the precise form of vitamin E you need to get the best results*, are revealed on pages 157 and 158 of BEAT DIABETES NATURALLY.

## More Help from Vitamins & Minerals!

**MAGNESIUM.** Levels of this dietary mineral are usually low in diabetics, our authors point out, and **LOWEST IN THOSE WITH DIABETIC COMPLICATIONS!**

Studies show supplementation in *this* amount (see page 159) improves insulin action, glucose tolerance, and the healthful fluidity of red blood cell membranes.

**CHROMIUM.** Without this mineral, Dr. Murray and Dr. Lyon explain, **“INSULIN'S ACTION IS BLOCKED AND GLUCOSE LEVELS ARE ELEVATED.”**

There's evidence, they warn, that marginal deficiency of this trace mineral is quite common and may be a contributing factor in our epidemic of obesity and diabetes. Details on page 155 of BEAT DIABETES NATURALLY.

**VITAMIN B<sub>6</sub>.** “Individuals with long-standing diabetes or who are developing signs of peripheral nerve abnormalities should definitely supplement their diets with vitamin B<sub>6</sub>,” the doctors advise. See page 159 of BEAT DIABETES NATURALLY.

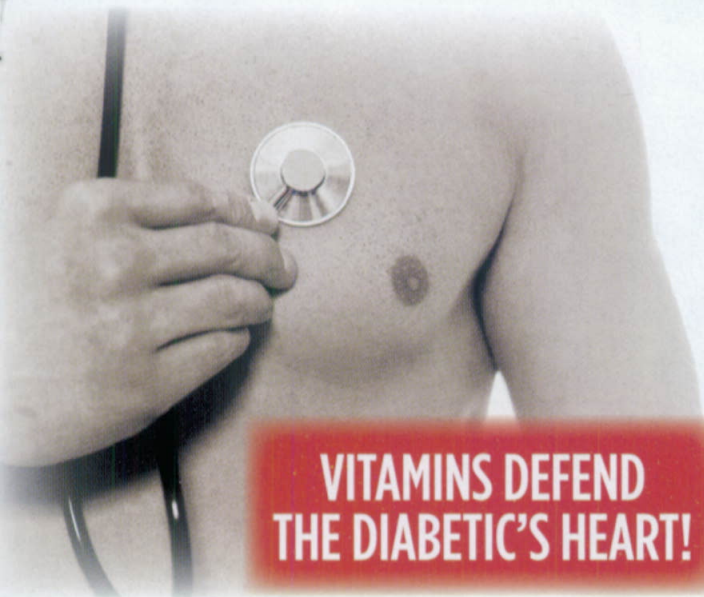
**WAIT A MINUTE, DOCTOR!** Isn't there any way I can get all these nutrients in a multiple?

YES! In fact, **“A HIGH-POTENCY MULTIPLE VITAMIN AND MINERAL FORMULA IS AN ABSOLUTE MUST FOR PEOPLE WITH DIABETES.”**

The doctors explain how to get a “perfect” supplement and exactly what it should contain, in what amounts, on pages 325-327 of BEAT DIABETES NATURALLY. To get your free-preview copy of this invaluable book, turn to page 19!



# Help Diabetes?"



**VITAMINS DEFEND  
THE DIABETIC'S HEART!**

**D**iabetics have a two to four times higher than normal risk of dying from heart disease.

Protecting your heart is a top priority, and there are many ways to do this spelled out in BEAT DIABETES NATURALLY. There are also many drugs on the market, most famously the statin drugs, prescribed to lower cholesterol. But vitamins have a role to play that is more important than many people realize.

In studies reviewed by Dr. Murray and Dr. Lyon, researchers found that high doses of a famous statin drug lowered a harmful blood compound by as much as 47%. This compound, called C-reactive protein, or CRP, is a marker of inflammation of the blood vessels, and is indicative of an ongoing disease process. So a 47% reduction, even if from a high dosage of a drug, is impressive.

But what goes unmentioned in the promotions for various drugs, the doctors point out, is that a common vitamin produced...

**A 49% REDUCTION IN THIS  
SAME HARMFUL COMPOUND!**

The doctors also compared results achieved with a different statin drug vs. those achieved with high doses of a certain B vitamin in reducing several heart risk factors.

The drug beat the vitamin in one respect, lowering LDL (bad) cholesterol by 32%, against 23% for the

vitamin. In other measurements...

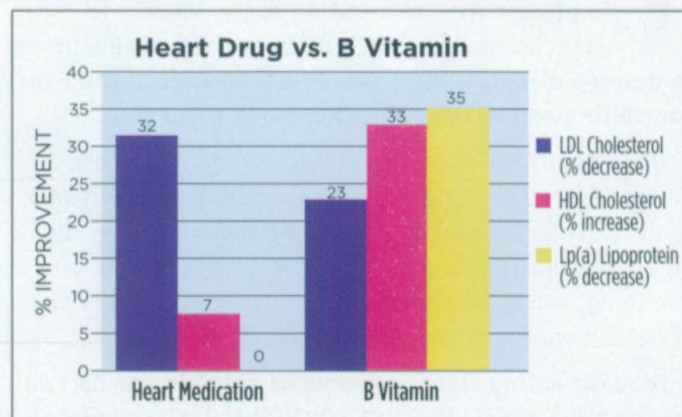
**THE DRUG WAS CREAMED  
BY THE VITAMIN!**

If LDL cholesterol is bad, another blood lipid might be described as horrible. It's actually a different form of LDL, called Lp(a), and it appears that high levels are 10 TIMES MORE LIKELY TO CAUSE HEART DISEASE THAN HIGH LDL LEVELS.

So how did the drug and the vitamin do at reducing this "horrible" cholesterol?

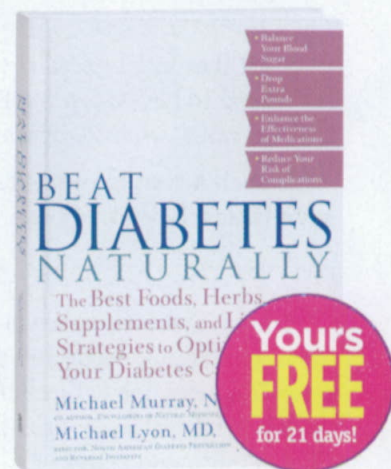
As you can see on the chart below, adapted from BEAT DIABETES NATURALLY, the drug had absolutely no effect on Lp(a), while...

**THE VITAMIN REDUCED THIS HEART-KILLER BY 35%!**



And that's not all! The vitamin produced an increase in HDL (good) cholesterol of 33%, vs. just 7% for the drug. That's a huge protective difference!

(Please note: Read THE FULL DETAILS on pages 253-258 of BEAT DIABETES NATURALLY, including the doctors' strong recommendation that this high-dose vitamin therapy be guided and monitored by a physician.)





# Eat, Drink, Healthy



## Which Foods FIGHT Diabetes? Which Foods INVITE Diabetes?

**Y**OU'RE IN FOR SOME SURPRISES, because it's not simply a matter of avoiding sugar. Thanks to extensive research with diabetics and people prone to develop diabetes, there is a whole new set of rules for controlling and beating the high blood sugar trap.

While a soda and candy bar still make a terrible snack choice, there are a number of foods we think of as perfectly healthful that, for a person concerned about diabetes, should be avoided like the plague. They drive up blood sugar, for one thing, and in long-term studies they worsen your risk of heart disease, the major health risk for diabetics.

To make eating right as simple as possible, the doctors present a list of HUNDREDS OF COMMON FOODS, assigning each a numerical value, called the glycemic load, or GL for short. The lower the number, the less effect it has on boosting blood sugar.

A food that in a typical serving has a GL of up to 10 is considered to have a low GL. From 11 to 19 is considered a medium value, while 20 or more is high.

It's such a simple concept, proven by so much world-wide research, that you can virtually...

### EAT "BY THE NUMBERS" & GET HEALTHY AGAIN!

Intuition and even common sense can fail you when it comes to choosing foods and drinks that protect against diabetes. You need the list in BEAT DIABETES NATURALLY to do the job. With just a few examples, we can show you what we mean. (The serving sizes of each food above are comparable.)

### BLOOD SUGAR-RAISING POWER

GLYCEMIC LOAD VALUE	LOW	MEDIUM	HIGH
Multi-grain bread (2 slices)	8		
Bagel			25
Oatmeal	10		
Corn flakes & banana			39.4
Meat ravioli		11.7	
Spaghetti			23
Potato, boiled	10		
French fries			36
Chocolate milk (low-fat)	7.8		
Cranberry juice cocktail			23

## Shocking, Isn't It?

But differences like these, especially in foods you habitually eat, can have a huge impact on your blood sugar and overall health. One major study showed that increased risk of both diabetes and heart disease began to show up in people eating an average daily GL total of 161 or more. Dr. Murray and Dr. Lyon recommend eating no more than a total of 150 a day.

So just **A FEW SMART MOVES EACH DAY** can keep you well inside the doctors' recommended anti-diabetes zone, and safely out of the danger zone!

Remember, values for HUNDREDS OF FOODS are given in BEAT DIABETES NATURALLY—along with so much other valuable information and guidance.

Send for your **FREE-PREVIEW** copy today, and start eating "by the numbers." Your personalized card faces the last page.

