



... A Health-Building Cleansing Program For You!

Blood Sugar Levels Reduced Through Fresh Start

Kay C. Long Beach, WA - was diagnosed with Diabetes on May 29th, 2013 as a result of an emergency visit to the hospital. She was found to be hypersensitive to insulin giving her the title of a brittle diabetic. She could bounce from a high of 600 to a low of 45 in a short period of time. She was put on an all-day long lasting form of insulin plus another form of insulin with each meal. She continued to have wild swings in her blood sugar levels. Her Hgb-A1-C, (hemoglobin A1-C) the measurement of the past 90 days of blood sugar levels was at a very unhealthy value of 9. Her doctor wanted to see that number at 7 but it simply did not stabilize with the insulin. Although she did not have a lot of weight to shed, she began Fresh Start to support her husband. She had no idea that her blood sugar levels could come into normal ranges in a matter of days. Within 6 weeks her Hgb A1-C dropped to 7, her energy increased, her mental clarity improved and she dropped 12 pounds in six weeks. Happy? She says, "Thanks Fresh Start. You did for me what no doctor or medications could have done". She is preparing amazingly healthy Vegan meals for her and her husband and enjoying real food for the first time!

Bruce S., Mesa, AZ-Bruce decided a while back that he wanted and needed to take charge of his health. As a diabetic he was on 35 units of insulin a day and headed downhill fast. He started taking Shaklee supplements, cleaned up his diet a bit, dropped 23 pounds and discovered that his insulin requirements could drop...to 22/day. He decided to do the Fresh Start program and in the first 7 days, dropped 7.2 #, and 7.5" over all. His energy went up, he reported better focus and clarity by the third day! Best of all, his cravings dropped which is very good for a diabetic with a sweet tooth! Bruce reported that during Fresh Start he had to reduce his insulin even more. He's ready for Phase II and is planning that he will be able to substantially reduce or completely eliminate his medications. We know this is possible since many others have, (with their doctor's consent) had the same results. Congratulations Bruce and welcome to a new world of healthy living! Health through food!

AnnMarie C. Apopka FL -"I've been a diabetic for close to 40 years and wound up giving myself four injections of insulin a day. My doctor said it's time for an insulin pump and that scared me enough to decide to do something about this condition. A very dear friend suggested I go on Fresh Start and

follow the Post Fresh Start Eating Plan. On May 8, 2015 my blood sugar numbers were in the low 400's...with 4 injections a day. Within a week, my numbers had dropped so quickly, I began to reduce my insulin. We know that it's not just the day-to-day numbers...our report card (hgbA1-C) extends over a 6 week to three-month period and gives a snapshot average of how well we are managing this condition. My numbers were high at the beginning; 10.9. On July 28th my hgbA1-C had dropped to 6.7 and my doctor was ecstatic. She told me that she could see evidence of my liver healing as well. Making changes in one's eating plan is difficult and it's a gradual process with two steps forward and one back but I'm determined to get this under control. No insulin pump for me! I'm embracing a new life and new health one day at a time!"