

Springtime Treat BEATS Diabetes

It can help you fight diabetic complications and lose weight, too.

Dear Reader,

It's no secret that Big Pharma has ZERO plans on curing your diabetes.

Because as long as your stay sick... they stay rich.

Nothing proves this more than their latest class of diabetes and weight loss drugs **glucagon-like peptide 1 (GLP-1) antagonists.**

These drugs—like **Ozempic** and **Wegovy** (semaglutide)—can cost more than \$1000 a month and cause all kinds of miserable side effects.¹ (More on this later.)

But who wants to spend their golden years living in the vicious cycle of shelling out their hard-earned money for medications... feeling terrible... and taking painful injects? NO ONE.

Thankfully, researchers show that a certain springtime treat can help you break the cycle... and BEAT diabetes WITHOUT prescription drugs.

Even better? It can help you fight diabetic complications and lose weight, too.

The Problems with GLP-1 Drugs

GLP-1 drugs have gotten much press in the last year.

These injectable medications help lower blood sugar levels in diabetics.

But they're more famous for helping celebrities lose vanity pounds... and for being out of stock due to their popularity.

In fact, you may have a friend or family member taking these drugs right now to treat their diabetes—or to shed a few pounds quickly—or both.

And they will like be the first to tell you just how bad these drugs can make you feel.

These drugs work by mimicking a hormone called **glucagon-like peptide 1**, which stimulates the body to produce more insulin when blood sugar levels rise.



GLP-1 drugs are injectable medications help lower blood sugar levels in diabetics. But they're more famous for helping celebrities lose vanity pounds.

It's thought that the drugs work for weight loss and diabetes because they help slow down the digestive process in the stomach and delay the movement of food to the small intestine.²

The only issue? This process can make you sick!

Many folks who use GLP-1 drugs often complain of nausea, vomiting, stomach pain, fatigue, and diarrhea.

But these miserable symptoms are just the tip of the iceberg.

These drugs also come with a black box warning for early-stage thyroid cancer.³

No one should get CANCER from their DIABETES medication!

And here's the kicker...

Once you stop taking the drug... you may regain all the weight you lost!

This means you've spent months feeling sick—and risking cancer—with no lasting results.

You deserve a better way to control your blood sugar and waistline.

Now, it's here.

Research shows that enjoying more of a certain springtime treat can help you beat diabetes at its SOURCE.

Sweet Treat BEATS Diabetes

If you ask me, nothing is better than a bowl of fresh late-spring **strawberries**.

Their sweet... juicy... and make the perfect afternoon snack.

And according to some groundbreaking studies, these tasty berries can help you BEAT diabetes, too.

Strawberries Cinch Your Waistline

If you're worried about your waistline, strawberries have you covered there, too.

Research shows that these red berries contain a flavanol—called **fisetin**—that can help stop obesity.

One animal study showed that fisetin supplements were able to undo the weight gain caused by eating an unhealthy diet.⁸

More research is needed, but researchers believe fisetin supplements could help treat diet-induced obesity in the future



*Women who ate **at least two servings of strawberries a week reduced their risk of developing diabetes by 10 percent!***



In one study, presented at the American Diabetes Association's Scientific Sessions, researchers analyzed the strawberry intake and diabetes outcomes of more than 37,000 senior women.

At the end, they found that **women who ate at least two servings of strawberries a week reduced their risk of developing diabetes by 10 percent!**⁴

This means adding strawberries to your oatmeal two days a week can help you beat back diabetes!

Just imagine what kind of results you may see if you did this three... four... or even seven days a week!

In a review published in the journal *Nutrients*, researchers analyzed the results of several studies focused on the effect of anthocyanins—a type of antioxidant that gives strawberries their red color—on type 2 diabetes.

The results showed that **folks eating 1.5 cups of strawberries daily significantly reduced their risk of developing diabetes.**⁵

Even better? They also found that anthocyanins help reduce inflammation and insulin resistance—two key drivers behind blood sugar issues.

And another study backs up this finding.

A double-blind, randomized trial of 41 insulin-resistant obese patients showed that taking a strawberry and cranberry extract improved their insulin sensitivity in just 6-weeks.⁶

And finally, research shows that strawberries can REVERSE the damage done by eating a Western diet—meals high in fats, sugars, and carbs (like burgers, fries, and ketchup).

For the study, researchers had 14 overweight adults consume a strawberry drink—containing the equivalent of 1 cup of fresh strawberries—either 2 hours before a typical Western-style meal, with the meal, or 2 hours after the meal.

And the results were OUTSTANDING!

Folks who drank the strawberry beverage two hours before the Western meal experienced significantly lower blood sugar levels over a 10-hour period.⁷



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STOP Diabetic Complications with Strawberries

Fisetin has also been studied for its effects on diabetic complications.

In one study, diabetic rats taking fisetin supplements showed improved kidney function and fewer neurological issues.

Researchers report that fisetin works because it helps reduce the levels of advanced glycation end-products or AGEs, the root cause of many diabetic complications.⁹

10 hours?! This means eating strawberries can help KEEP your blood sugar down for HOURS after you've eaten them!

Strawberries work because they contain nutrients—like anthocyanins and fiber—that can help improve insulin signaling. This process helps move glucose out of your bloodstream and into your cells quickly, stopping diabetes at its source!

Spring into Better Blood Sugar Today!

Strawberry season runs from mid-May to early July in most of the country.

If you live in the southern states, you may be in the midst of strawberry season right now.

You can get fresh, in-season strawberries at your local farmer's market or roadside stand.

Just be sure to get organically-grown varieties. This way, you get all of the blood sugar benefits and none of the pesticides.

If fresh strawberries are hard to come by, you can always use a freeze-dried strawberry supplement. Add this tasty powder to your smoothies or yogurt for a tasty treat.

I like [this one](#). 

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Wonder Supplement DEFEATS “Gold Standard” Gout Drug!

REAL relief, no side effects.

Few things can throw a wrench in your plans like a case of gout.

The burning pain, swelling, and tenderness in your big toe (and other joints) can keep you off your feet for days... or even weeks.

And your mainstream doc is NO HELP.

He will just hand you a script for a drug that can actually make your gout WORSE!

Luckily, you don't have to live this way any longer.

New research shows there's a wonder supplement that can ERASE your gout pain...

And it works BETTER than the mainstream's “gold standard” drug.

Ditch This “Gold Standard” Gout Drug

Gout is a form of arthritis caused by the buildup of uric acid crystals in the joints, especially in the toes and feet.

It's been called “the rich man's disease” for eons because drinking alcohol and eating rich foods—like organ meats, beef, lamb, seafood, and sweets—can cause crystals to form.

And that's why your mainstream doc probably told you to cut all these foods out of your diet.

But that's not the most upsetting way he will treat your gout.

Because he will also put you on **allopurinol** so fast your head will spin.

This “gold standard” drug is commonly prescribed to gout sufferers.

But conventional docs forget to mention one major thing about it...

Allopurinol can make your gout WORSE.

That's right. When you start with this drug, you can have more frequent and stronger gout attacks!

Who wants to take a drug that will INCREASE their pain?!

Not me! And betting you don't, either.

And there's more bad news... Allopurinol is also linked to liver problems, joint pain, bleeding, bruising, and painful urination.¹

So, if you're taking this medication, it might be time to ditch it.

Because there's a natural way to ERASE your pain... and research shows it works better than allopurinol.

Better Than Allopurinol?!

Probiotics are helpful bacteria that live in your gut.

Research shows that supplementing with these good bugs can help improve IBS, constipation, gum disease, eczema, and so much more.²



Gout is a form of arthritis caused by the buildup of uric acid crystals in the joints, especially in the toes and feet.

Now we know that these wonder supplements can work against gout, too.

In one randomized pilot trial, researchers from the University of Madrid in Spain split a group of 30 gout patients into two groups. One group took a probiotic supplement containing *L. salivarius*; the other took allopurinol for six months. And the results were mind-blowing...

The probiotic group experienced 66% fewer gout attacks than those taking allopurinol!

Even better? **They took significantly less pain medication and had no side effects, too!**³

Fewer attacks? Less pain? No side effects?

SIGN ME UP!

A review of four randomized control trials published in the journal *Frontiers in Immunology* showed that gout patients taking probiotics had lower uric acid levels—the key driver behind gout attacks.⁴

And finally, for a study presented at the American Physiological Society (APS) Aldosterone and ENaC in Health and Disease: The Kidney and Beyond Conference, Ukrainian scientists prescribed personalized probiotic supplements to gout patients.

At the end of the 10-day trial, the participants experienced:

- ▶ Lower blood pressure,
- ▶ Weight loss,
- ▶ Reduced abdominal fat and waist circumference,
- ▶ Decreased lesion size and scar tissue on the kidneys,
- ▶ And normal uric acid and creatinine levels in the blood.⁵

When you see these types of results... it's hard to deny just how powerful probiotics are... and just how useless mainstream drugs can be.

The Right Probiotic for Your Gout

Research shows that folks who experience gout may also have low levels of “good bacteria” in their guts.⁶

And this is a problem because these beneficial bacteria can help break down purines. These compounds elevate the levels of uric acid, which eventually turns into the stubborn crystals in your joints.⁷



Mainstream gout drugs—like allopurinol—can make your gout worse.



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“ A review of four randomized control trials published in the journal **Frontiers in Immunology** showed that **gout patients taking probiotics had lower levels of uric acid.** ”

So, by boosting your gut with probiotics, you're helping to STOP gout before it starts.


Probiotics also help repair damage to your gut by “bad bacteria.” This process can improve your immune system's ability to fight gout.

Buying a probiotic can be confusing. There are several strains of probiotics. And many supplements are formulated with multiple types.

L. salivarius is the strain that beat allopurinol in the above-mentioned gout trial.

Be sure to look for a probiotic containing this bacterium if you're fighting gout.

I like [this one](#).

You can also get probiotic supplements with multiple strains at your local pharmacy. 

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The Cherry on Top of Gout Relief

Probiotics aren't the only supplement that can help you beat gout.

A review of six studies shows that folks who regularly drink **tart cherry juice** have fewer gout flare-ups than those who don't.⁸

Two other studies show that taking tart cherry juice can also help lower uric acid and inflammation—the key drivers behind the disease.^{9,10}

And the best part? It tastes great!

You can get tart cherry juice—capsule supplements—at [vitacost.com](https://www.vitacost.com).



“Underwater” Secret Gives You DREAM Hair!

Stop shedding by 40%.

Nothing makes you feel older than losing your hair.

It’s like a punch to the gut—and your self-confidence—the first time you see your disappearing hairline in the front or the growing bald patch in the back.

That’s why you’ve tried just about everything you can to hide or regrow your thinning hair...

You know, hats, toupees, wigs, topical meds, and even hair plugs.

But you no longer have to hide your scalp or depend on radical procedures.

Because research shows that a certain “underwater” secret can help you start growing the hair of your dreams... STOP shedding by 40 percent.

And the best part? You can get your hands on it today!

Before we get into this amazing solution, let’s talk about the causes of hair loss.

Why You’re Losing Your Hair

A quarter of men start going bald by age 30. And 40 percent of women start experiencing thinning hair by age 40.

Yet the mainstream can’t figure out how to successfully treat hair loss.

They focus on things like genetics, hormones, and stress, which do play a role in this condition...

But it’s not the whole story.

You see, proper nutrition is also a key factor in having a healthy, full head of hair.

And that’s where lots of us are missing the mark.

Vitamins, minerals, and proteins are essential for proper hair growth and reducing shedding.

But most of us don’t get the right amount.

Thankfully, that could all be about to change.

Because research shows that a certain supplement that can give you the nutrients your hair NEEDS... and it can help it grow, too!

And it comes from under the deep waters of the sea.

Underwater Secret STOPS Shedding by 40%

More than 25 years ago, Scandinavian scientists found that Inuit people had full, healthy hair due to their diet rich in marine proteins—like oysters, salmon, and even sharks.¹



A quarter of men start going bald by age 30. And 40 percent of women start experiencing thinning hair by age 40.



*The marine protein group experienced
a **40 percent decrease**
in **hair shedding!***



Since this observation, studies have backed up his findings.

In one study, researchers split a group of 60 women with thinning hair in half. One group took marine protein supplements and the other took a placebo twice daily for 90 days. All participants self-reported their hair loss to be caused by poor diet, stress, or hormonal issues.

At the end, the marine protein group experienced a 40 percent decrease in hair shedding!

Even better? Their hair was also 32 percent thicker than at the beginning of the trial.²

Can you imagine what results like these could mean for you?

No more hats...

No more wigs...

No more begging your doctor for help...

Just you with a full head of your dream hair!

In a randomized, double-blind, placebo-controlled clinical trial, researchers gave women with thinning hair either a marine protein supplement or a placebo for six months.

At the end, they found that the marine protein supplements made 60 percent of the women's hair thicker!

Plus, they saw significantly less shedding than the placebo group!³



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Eat More Seafood for Thicker Hair!

Another way to get more marine proteins is by eating seafood.

Foods like oysters, salmon, shellfish, and sardines contain omega-3 fatty acids.

Studies show that getting more omega-3s in your diet can help with hair regrowth.

In fact, some research shows that 90 percent of folks taking omega-3s experienced improved thickness and less hair loss.⁶

So, pile on the shrimp and salmon... and get the full head of hair you deserve!

In both studies, women also self-reported:

- ▶ Increased scalp coverage,
- ▶ Improved hair strength,
- ▶ More hair volume,
- ▶ And better hair thickness.⁴

But marine proteins aren't just for women...

For a double-blind, placebo-controlled study, researchers divided men with male pattern baldness—a condition caused by hormonal changes—into two groups. Half took a marine protein supplement, and the other took a placebo twice daily.

At 90 days into the trial, men reported significant improvements in their quality of life.

And at 180 days, the men experienced increases in the:

- ▶ Hair count,
- ▶ Total hair density,
- ▶ And improved results on the hair pull test (fewer hairs came out).⁵


This means marine proteins can help men fight hair loss, too!

Get Your Dream Hair for a Dollar?!

If you're as excited about this research as I am, you're probably ready to get your hands on a marine protein supplement RIGHT NOW.

Viviscal is the original marine protein supplement. And it's the one I like the most.

You can get it online at [viviscal.com](https://www.viviscal.com).

It costs around \$36 for a month's supply—just over a dollar a day. And I think that's a pretty good deal for anyone who wants to skip the painful plugs or expensive prescription drugs. 

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In both studies of marine protein supplements, women also self-reported increased scalp coverage, improved hair strength, more hair volume, and better hair thickness

“ And at **180 days**, the men experienced **increased hair count, total hair density, & improved results on the hair pull test.** ”

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Stop shedding by 40%.

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