



## The Breakthrough Cure for Type 2 Diabetes

Are you one of the 116 million Americans suffering from type 2 or pre-diabetes? If so, you'll get life-changing results from *Hintonia latiflora*, an incredibly safe herbal medicine that causes NO side effects and won't interact with blood sugar control medications.

High blood sugar is the precursor to a number of dangerous health issues, including diabetes, cardiovascular disease, metabolic syndrome, nerve and kidney damage, blindness, hearing impairment, and neuropathy—just to name a few.

**This booklet will inform you about the amazing benefits of *Hintonia latiflora*, a botanical validated by over 60 years of research in Germany. You'll learn how it can lower blood sugar and A1C levels, support healthy insulin function, and ultimately renew your overall health.**

To learn more about natural medicine and why drugs are not the answer sign-up for my FREE weekly newsletter at: [TerryTalksNutrition.com/sign-up](http://TerryTalksNutrition.com/sign-up). And join me on my Internet radio show either live or on-demand.



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# STOP DIABETES NATURALLY

How an Amazing Herb  
called *Hintonia latiflora* can:



- Lower A1C levels
- Reverse high blood sugar
- Prevent type 2 diabetes

## Stop Diabetes with One Clinically Studied Herb

Diabetes is an epidemic. High blood sugar and insulin resistance, whether at pre-diabetic levels or as fully developed type 2 diabetes, has become a sadly common fact of life. For those who find themselves facing this challenging condition, it can seem like medication is your only option.

But it isn't.

A clinically studied herb, *Hintonia latiflora*, cannot only stop rising blood sugar levels, but can actually reverse diabetes, in some cases making medications completely unnecessary.

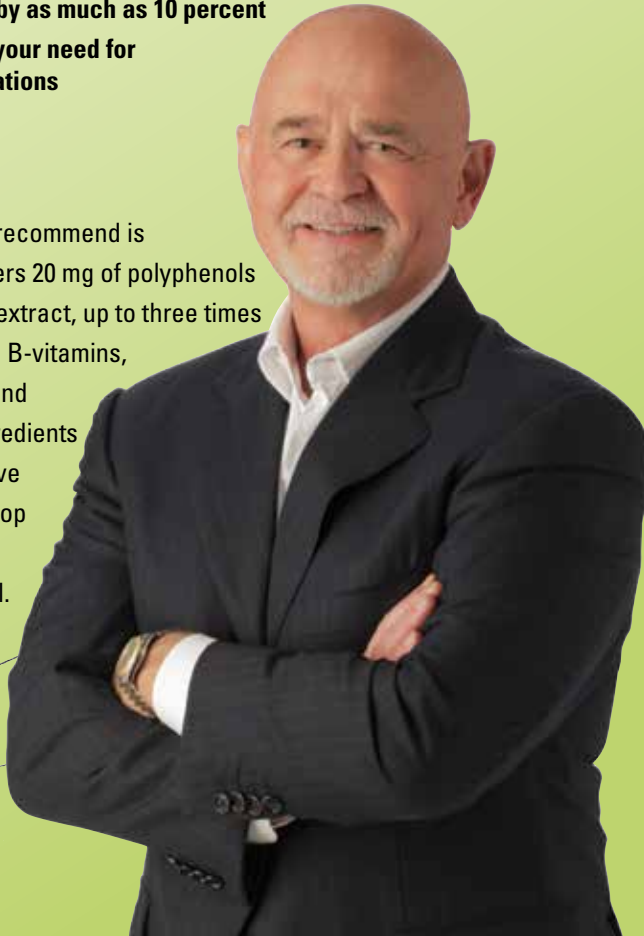
### This remarkable botanical can:

- **Reduce elevated blood sugar safely and effectively—without side effects**
- **Help you better metabolize carbohydrates and sugars**
- **Keep your blood sugar levels steady and even throughout the day**
- **Reduce A1C levels by as much as 10 percent**
- **Possibly eliminate your need for prescription medications**

### What to Look For

The *Hintonia latiflora* that I recommend is clinically studied, and delivers 20 mg of polyphenols from *Hintonia latiflora* bark extract, up to three times daily, along with synergistic B-vitamins, folic acid, chromium, zinc, and vitamins C and E. These ingredients help protect against oxidative damage to blood vessels, stop nerve damage, and keep metabolism functioning well.

To your good health,  
Terry...Naturally



# Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA



## Stop Diabetes With An Amazing Herb: *Hintonia latiflora*

I'm sure you've seen the ads on TV for diabetes medications or read the statistics about type 2 diabetes striking people at an earlier age than ever before. Maybe you're on those medications yourself and are looking for a better way.

### You're in luck. There is one.

Type 2 diabetes and high blood sugar have been described as a "preventable epidemic." I believe that's true. Sensible adjustments to diet and exercise can go a long way towards reversing the disease.

But in addition to rethinking the foods you eat and other lifestyle habits, I suggest you seriously consider a clinically studied herb that has shown amazing results in over 60 years of research. If your high blood sugar levels are creeping up, it will help you stop the blood sugar spikes and insulin imbalance that lead to diabetes. If you have type 2 diabetes, it can delay your need for medications or help you get off them altogether. I think it's one of the most exciting developments in natural medicine—and a very timely one, too. This remarkable botanical reduces blood sugar levels without causing hypoglycemia, helps your body metabolize carbs and sugars, and keeps your glucose levels even throughout the day. It can literally prevent or reverse diabetes. And a clinically-studied form is finally available here in the United States.

## What Does **INSULIN Resistance** Mean?

**INSULIN** = hormone produced in pancreas.

**INSULIN** picks up sugars in the bloodstream and carries them into the cells for energy.

High-sugar and high-carbohydrate diets overwhelm **INSULIN**, leaving higher levels of sugar in the blood. This extra sugar causes inflammation and oxidative stress in the blood vessels, which can lead to clogged arteries.

Because sugar causes inflammation, the body's reaction impairs **INSULIN**.

Cells become starved for energy and start to die. This can lead to neuropathy—blood vessel and nerve damage in the toes, feet, fingers, and throughout the body.

## High Blood Sugar Can Destroy Your Health

Sugar damages the walls of blood vessels, especially capillaries, which results in chronic inflammation and damage:

- **Heart and blood vessel disease:** Dramatically increases the risk of various cardiovascular problems, including coronary artery disease with angina, heart attack, stroke, atherosclerosis and hypertension.
- **Nerve damage:** Impaired circulation to nerves can cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward. This can eventually cause loss of feeling in the affected limbs. Damage to the nerves that control digestion can cause problems with nausea, vomiting, diarrhea or constipation. For men, erectile dysfunction may be an issue.
- **Kidney damage:** Kidneys contain millions of blood vessel clusters that filter waste from the blood. Severe damage can lead to kidney failure or irreversible end-stage kidney disease, which often eventually requires dialysis or a kidney transplant.
- **Eye damage:** Sugar damages the blood vessels of the retina (diabetic retinopathy), potentially leading to blindness.
- **Foot damage:** Nerve damage in the feet and poor circulation increases the risk of various foot complications. Left untreated, cuts and blisters can become serious infections with impaired healing. Severe damage might require toe, foot or leg amputation.
- **Hearing impairment:** Hearing problems are more common in people with diabetes, which may be related to reduced blood vessel nourishment of nerves.

## How Much Sugar is in American Diets?

The CDC reports that about 86 million Americans have pre-diabetes (high blood sugar but not quite full blown diabetes) and 90 percent of them don't even realize it. That's in addition to the almost 30 million Americans who have diabetes, 25 percent of whom don't know it.

I find the rise in type 2 diabetes alarming, and I'm sure you do, too. It seems like it has just happened so quickly, as though diabetes swept through the country like a virus. Of course, that's not the case. If you've ever wondered why we're seeing such an epidemic of diabetes and pre-diabetes, all you have to do is look at our diets. We've been building up to a diabetes epidemic for some time. In the space of about 70 years, we have dramatically increased our consumption of sugar, high fructose corn syrup, refined carbohydrates, (like white flour and white rice), and overly-processed foods. Partially due to an unreasonable (and inaccurate) fear of fats and proteins, we've been setting ourselves up for a perfect storm of diabetes. And now it's arrived.



*Hintonia latiflora is a breakthrough for diabetes—and just in time. We need to embrace this natural wonder and reverse the toll of this terrible disease.*

Sweetener usage overall, from 1950 to 2000 increased dramatically—39 percent. The consumption of high fructose corn syrup exploded from zero pounds per year in 1950-59 to five pounds per year in the 1970s, and ballooned to 63.8 pounds annually by 2000.

## The Sugar and Insulin Connection

Type 2 diabetes is actually a disease of starvation.

The more food you eat, the more insulin your body needs to produce. The pancreas—the organ that produces insulin—becomes overwhelmed by a high-sugar and high-carbohydrate diet. There is simply too much ground to cover, and increasingly higher levels of sugar remain in the bloodstream.

There's another complication. Because they are high in sugar, refined carbohydrate foods cause inflammation, the body's own natural inflammatory reaction can impair the ability of insulin to do its job, so cells become starved for energy. If cells start to ignore insulin (called "insulin resistance"), they do not respond to insulin's signals to accept sugar into the cell for energy production. Starved too long, cells start to die. Ironic, isn't it, that a disease we associate with overeating actually causes starvation at the cellular level.

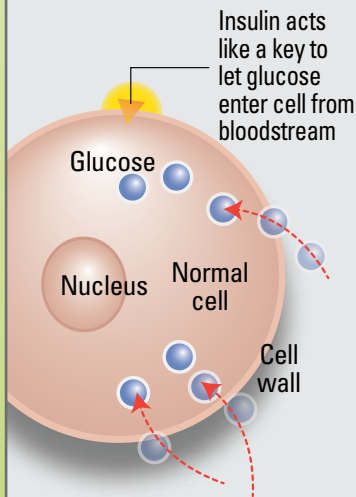
## Diabetes is a Disease of Starvation

### A Silent Threat

Insulin resistance has no obvious signs but can lead to diabetes and heart disease.

#### Feeding cells

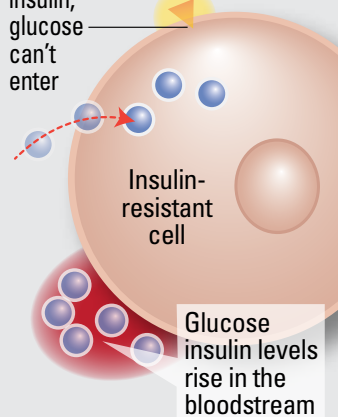
Food digested into glucose, energy for cells; hormone insulin gets glucose into cells



#### Insulin resistance

Insulin can't get enough glucose into the body's cells

Doesn't fully recognize insulin, glucose can't enter



## You Can Stop Diabetes - Without Medications

But high blood sugar and diabetes followed by a lifetime of medication is not inevitable. Despite the statistics, you can stabilize and reverse your high blood sugar levels with diet, exercise, and an amazing herbal extract. This remarkable botanical for blood sugar control has been clinically shown to treat mild and moderate type 2 diabetes. It is a traditionally-used plant called *Hintonia latiflora*.

### *Hintonia latiflora*—Herbal Rescue for High Blood Sugar

Sold in many marketplaces in Mexico, *Hintonia latiflora* is a tree that grows in the Sonoran desert and withstands an intensive climate. Toughing out monsoon-like rainy seasons and scorching dry spells has created a powerful defense mechanism within the plant itself. Much in the same way that concentrations of anthocyanins (protective compounds found in berries) can be even greater after a plant is stressed, the beneficial features of *Hintonia* are made all the stronger for its ability to survive and thrive in a difficult environment. While *Hintonia* has been traditionally recommended for diabetes and gastrointestinal complaints, it has shown some exciting clinical results as well.

*Hintonia latiflora*—  
found in the Sonoran Desert



## Impressive Clinical Results

*Hintonia latiflora* has been clinically studied for over 60 years in type 2 diabetes, and shows impressive results. Early clinical work with the herb found that it could be equal to or better than insulin in mild to moderate cases of diabetes. Ideally, nobody would have to be on a prescription drug, but over the years, studies of *Hintonia latiflora* have shown that it can either replace medications or at the very least, make them much more effective to allow people to reduce their dosages.

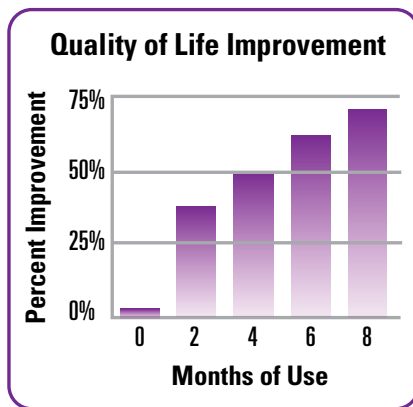
In fact, in a study published in the German journal *Naturheilpraxis mit Naturmedizin (Naturopathic Practice with Natural Medicine)* the same dry concentrated bark extract of *Hintonia latiflora*—combined with additional nutrients—significantly lowered A1C values, which show the average levels of blood sugar and are a way to gauge the control of diabetes, fasting glucose levels (blood sugar before a meal) and postprandial (after eating) blood sugar levels. Fasting and postprandial blood glucose numbers are important because they show how much sugar circulates through your system and how your body deals with it after meals. Factoring all of the diabetic symptoms, the scores improved from 4.8 points to 1.3 points at the end of the study. Participants also saw improvements in blood pressure, lipids, and liver values.

Best of all, the herbal intervention was well tolerated—there were no instances of undesirable hypoglycemic drops in blood sugar. And interestingly, individuals who were taking anti-diabetic prescription drugs stayed on their medication throughout the duration of the study. The *Hintonia* and nutrient combination was simply added

on to their treatment. Even more impressive, by the end of the study, of those still using medication, 39 percent could reduce their medication levels. Some were able to stop their medication entirely. Since metformin—which can cause stomach pain, heartburn, and headache—was one of the drugs in question, this was an amazing result.

In another clinical study, adult participants with type 2 diabetes were provided with the same extract of *Hintonia latiflora* also combined with trace nutrients (vitamins B1, B6, B12, folic acid, chromium, zinc, and vitamins C and E) for six months.

### Clinically Studied, Real Results!



Based on clinical research, with continued use, overall quality of life associated with blood sugar balance improved.

Once again, the results were outstanding. The researchers looked at all of the relevant variables, including fasting and postprandial blood glucose numbers and A1C levels. In **every one** of these critical measurements, *Hintonia latiflora* significantly and clinically reduced these numbers. The study also showed that the botanical helped normalize cholesterol, triglycerides, and liver values, as well.

## Hintonia Is Incredibly Safe

*Hintonia latiflora* is an incredibly safe herbal medicine. Researchers followed up with study participants for almost three years, and there were NO side effects or any problems taking it in combination with blood sugar control medications.

## WHAT ARE A1C LEVELS?

You've heard of an "A1C" or "HbA1C", but what is it, exactly? HbA1C is hemoglobin (*a protein in red blood cells that carries oxygen throughout the body*) that is joined to glucose. The more sugar in your system, the higher your HbA1C levels and the higher your risk of diabetes.

HbA1C levels show long term trends in blood sugar (*since HbA1C levels don't change quickly*) versus blood glucose levels, which are a "snapshot" of glucose levels at that moment.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, most people need to keep their A1C levels below **5.7%** to be in the normal range. If your range creeps up between **5.7 to 6.4%**, you have prediabetes. At **6.5%** and up, you have diabetes.

### Tiny Reductions = Big Benefits: A 1 Point Drop In A1C Can Lead To

- **19% reduction** in risk of cataracts
- **16% reduction** in risk of heart failure
- **43% less risk** of amputation or death from peripheral vascular disease

So lowering your A1C levels—even by 1 point—is an excellent step. The clinically studied *Hintonia latiflora* that I recommend has been shown to lower A1C levels by as much as 10%! **Which can kick start your fight against the effects of diabetes!**

## Metabolic Syndrome: Diabetes Doesn't Just Strike Alone.

Unfortunately, elevated blood sugar levels or type 2 diabetes are rarely stand-alone conditions. They typically run parallel with a set of other causes and conditions known as Metabolic Syndrome.

**Extra Weight Around The Middle:** A good diet is so essential. It's not just a matter of "calories in and calories out"—it's what's in those calories that count. I recommend a ketogenic or "caveman" diet that doesn't cause inflammation and spikes in blood sugar. Make sure it is rich in wholesome animal proteins and fats, fruits, berries, vegetables, and seeds and nuts. As for weight and waistline, below are some numbers to keep in mind.

**High Blood Pressure:** High blood pressure (hypertension) is called "The Silent Killer" because it typically doesn't show any symptoms, and the people who have it are often not

even aware of it. Healthy blood pressure for a resting adult is 120/80. It can change with exercise or stress, but 120/80 is considered average. A range of 140/90 is high blood pressure, and the range of 121-139/80-90 is what is known as pre-hypertension. Basically, that is blood pressure that is above what is typically considered normal, but not elevated enough to classify as high blood pressure. However, it can still lead to damaged arteries and should never be ignored. Here again, *Hintonia* has shown that it can normalize blood pressure levels with a "vasodilating effect" that often rise due to the inflammatory effects of diabetes.

**Cholesterol:** I absolutely believe there is a connection between high blood sugar and heart disease. However, my opinion on the effect of total cholesterol levels on heart disease risk differs quite a bit from established practice. I don't think that focusing on reducing total cholesterol with statin drugs is necessary. What you *should* focus on is increasing the amount of your good HDL cholesterol, and maintaining a good ratio of HDL to LDL (the "bad" form of cholesterol). Total cholesterol divided by HDL level will tell you your cholesterol ratio. Less than 3.5 is optimal. For example, if total cholesterol is 198, and HDL is 75, the cholesterol ratio would be 2.64 ( $198/75 = 2.64$ ).

**High Triglyceride Levels:** Triglycerides are stored fats from carbohydrates, not from animal proteins, and carbohydrate intake is what contributes to high triglyceride counts. Clinical research shows that *Hintonia latiflora* helps balance cholesterol and triglyceride levels, so it really can help stop two of the major conditions of Metabolic Syndrome.

- **For men, a waist measurement of 39 inches (101 cm) or less**
- **For women, a waist measurement of 34 inches (87 cm) or less**

## Aside from Metabolic Syndrome, type 2 diabetes also puts you at risk of many other deadly diseases, including:

- **Heart disease** is a common result of diabetes because of increased inflammation that narrows arteries. Your risks of heart attack and stroke increase dramatically as your blood sugar levels rise.
- **Blindness** from high blood sugar, a condition known as retinopathy, occurs as inflammation and oxidation damage the delicate blood vessels in retina. According to the CDC, diabetes is the leading cause of new cases of blindness in the United States.
- **Neuropathy** due to high glucose levels begins as damage of small blood vessels in the feet, hands, and legs. It can cause the "pins and needles" pain and if untreated, can result in the loss of all feeling in the affected limbs, infections in the feet, and even amputation. In fact, diabetes is the number one reason for non-traumatic lower limb amputations in America.
- **Flu and periodontal disease** rates are higher in those with diabetes.

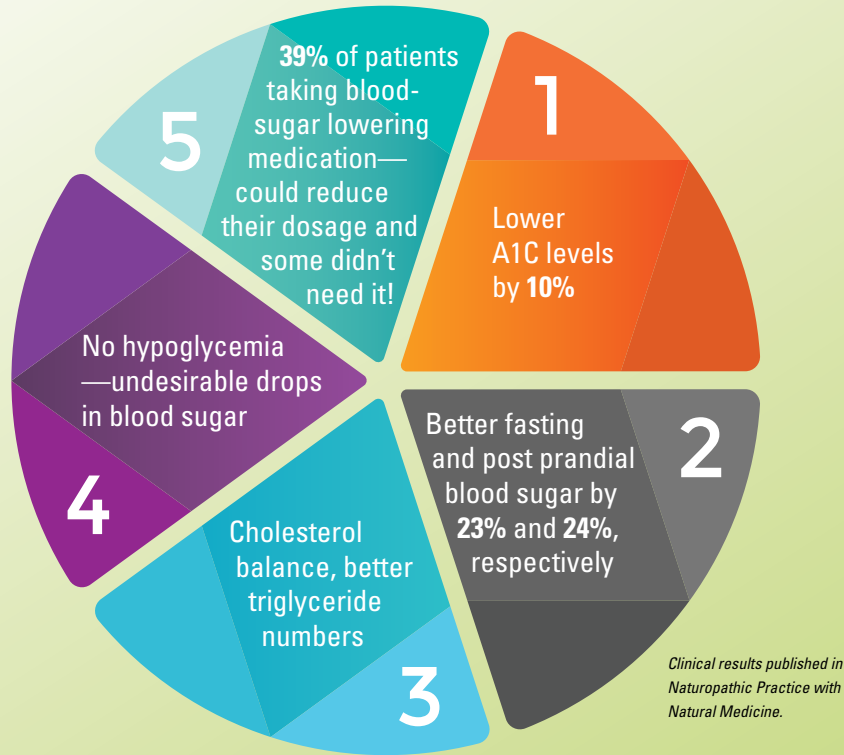
In other words, getting control over blood sugar is critical!

## Why Does Hintonia Work?

Plants and plant extracts are complex, and the reasons behind their benefits can be a challenge to unlock. However, scientists have been working diligently to discover the keys to *Hintonia latiflora's* success. First, *Hintonia* bark provides flavonoids that help keep blood sugar levels stable and even. As I mentioned, early clinical work with the ingredient showed that it was so effective that individuals could reduce or entirely dispense with their insulin medication in type 2 diabetes. Later work has focused on the exact mechanism as to how this can happen. Mexican research has identified the plant as an inhibitor of alpha-glucosidase, an enzyme that releases sugar from foods, particularly carbohydrates. Coustareagenin, a polyphenol found in the bark extracts, appears to be responsible for other blood-sugar controlling benefits of *Hintonia*. Because of this, I recommend that you use an extract standardized for this compound for the best results.

Because *Hintonia* delays the release of sugar in the bloodstream, it keeps glucose levels balanced, rather than allowing them to spike as you see in cases of type 2 diabetes, or even in simple states of the hyper- and hypoglycemia roller coaster that is very commonplace.

**Clinical Results! *Hintonia latiflora* combined with nutrients equals...**



Aside from that, another valuable study of *Hintonia* shows that compounds from its leaves may help stop gastrointestinal damage and gastric ulcers. Considering the harshness of some drugs used for type 2 diabetes on the digestive system, this is yet another reason to consider adding *Hintonia latiflora* to a diabetes-fighting regimen.

**High Blood Sugar or Diabetes? Glucose Levels to Watch.**

**High Blood Sugar?**  
= Fasting Glucose of 100-125 mL/dL range

**OR**

**Type 2 Diabetes?**  
= Fasting Glucose 125+ mL/dL range

If you have elevated fasting glucose—a high amount of sugar in your bloodstream even when you haven't been eating—you could be on the track to getting type 2 diabetes. A high blood sugar reading is a fasting blood glucose that is in the 100-125 mg/dL range. That's pre-diabetes. Higher than that, and you have diabetes.

**Find the Right *Hintonia* to Reverse Diabetes**

If you have concerns over your blood sugar, I strongly urge you to add a clinically studied *Hintonia latiflora* to your daily regimen. Look for a clinically studied form that delivers 20 mg of polyphenols from *Hintonia latiflora* bark extract, up to three times daily. This supplement should also provide B-vitamins, folic acid, chromium, zinc, and vitamins C and E. These ingredients help protect against oxidative damage to blood vessels, stop nerve damage, and keep your metabolism functioning the way that it should.

Diabetes is an epidemic, but you don't have to become a statistic. By changing your food choices, getting sensible exercise, and letting *Hintonia* help reverse the damage of high blood sugar and prevent diabetes, you can fight back and look forward to a healthy future.

**Look For The *Hintonia* Formula That I Recommend**

Vitamin C (as ascorbic acid)	30 mg
Vitamin E (as d-alpha tocopherol acetate)	3.5 IU
Thiamin (Vitamin B1) (as Thiamin HCl)	0.7 mg
Riboflavin (Vitamin B2)	0.8 mg
Vitamin B6 (as Pyridoxine HCl)	1 mg
Folic Acid	100 mcg
Vitamin B12 (as Cyanocobalamin)	0.5 mcg
Biotin	75 mcg
Zinc (from Zinc acetate)	2.5 mg
Chromium (from Chromium chloride)	25 mcg
Polyphenols	20 mg
from Copalchi ( <i>Hintonia latiflora</i> ) Bark Extract (2-4:1)	

## You Can Make These Changes!

I know it can be difficult to change habits and diet. I've lived through it myself. But it can—and must—be done, and you are worth the effort. After all, sugar and starch consumption are major contributors to weight gain, mood swings, and the rise of type 2 diabetes. Simple carbs are low in fiber and quickly convert to sugar in the body, causing spikes and ultimately, insulin. If you have high blood sugar, diet must be a part of your solution.

I would encourage those with blood sugar issues to consider adopting a low-carb paleo diet or a ketogenic diet. These diets provide sufficient daily fats and proteins—but very few carbs—which means the body's energy comes from using body fat and fats from the diet. Fats provide ketones which are used for energy rather than glucose. When you essentially “train” your body to stop using glucose as its primary source of energy, you help break the addiction to sugars and carbs, and reduce your risk of diabetes. For some, following a diet this exacting can seem tough. I would work into it a little at a time, gradually getting yourself away from refined starches and sugars. I think you'll notice a positive difference that will make you want to continue on this course very quickly.

## Better Blood Sugar

# SHOPPING LIST

- 
- ✓ Eggs
  - ✓ Unprocessed meats: Beef, pork, lamb, chicken, turkey and duck
  - ✓ Trout, salmon, cod, shrimp, and tuna
  - ✓ Vegetables including, broccoli, cabbage, spinach, cauliflower, carrots, celery, peppers, cucumber, sweet potatoes, beets
  - ✓ Natural, non-hydrolyzed fats, including butter, coconut oil, olive oil, and avocado oil
  - ✓ Nuts, including almonds, walnuts, macadamias, pecans, and sunflower seeds
  - ✓ Berries, including blueberries, raspberries, strawberries, and other fruits

## Sample Diet and Exercise Plans

Because I have been asked about the right diet and workout so many times, I have outlined a meal plan that goes into a bit more detail than the list above, but is more stringent, and an exercise program that is simple and effective, and included it in this booklet. I think you'll find that as you follow each to get control of your blood sugar, other benefits will follow; you'll lose unwanted weight, tone up your muscles, have more energy, and improve your stamina

## SAMPLE MEAL PLAN



To get you started, here's a sample menu for a day.

### Breakfast

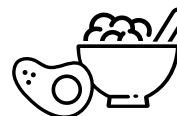


- 2-4 eggs any style cooked in butter, olive oil, coconut oil or lard
- 1/2 grapefruit or other low GI (Glycemic Index) fruit
- 2-4 slices of bacon (no preservatives such as nitrates or nitrites)
- 1 cup of coffee or green tea with whole cream

### Mid-Morning Snack

- 1/4 cup raw almonds or walnuts
- Or
- 1 boiled egg, 1 fruit choice

### Lunch



- Choice of animal protein
- Non-starchy vegetables seasoned with olive oil or butter and Celtic Sea Salt
- 1 piece fresh fruit—see suggestion in the snack list
- Unsweetened iced tea with lemon, coffee or green tea

### Mid-Afternoon Snack

- 1 serving of cheese
- Small handful of walnuts

### Dinner



- Unlimited salad (lettuce, tomatoes, cucumbers, avocado, peppers, mushrooms, etc. seasoned with olive oil and Celtic Sea Salt)
- Choice of animal protein



- Steamed broccoli, snow peas, asparagus, zucchini, etc. dressed with either butter or olive oil and Celtic Sea Salt

### Dessert

- Small apple, pear, plum, peach, apricot, or grapefruit



### Bedtime Snack

- Small handful of nuts or seeds and 1 ounce cheese

### Snacking\*

- Chopped raw vegetables, raw cheese, or nut butter
- Slices of cold meat such as turkey, chicken or roast beef with mustard or salsa
- Half an avocado with raw vegetables
- One or two soft or hard boiled eggs
- Tomato slices with fresh sliced mozzarella cheese drizzled with olive oil and basil
- One piece of fresh fruit (no canned), low on the Glycemic Index such as grapefruit, orange, apple, berries, melon, pear, cherries, grapes, quinoa, plum, peach, and nectarine
- 2-3 small squares of dark chocolate over 70% cacao, about 1/2 to 1 ounce of chocolate. (Choose this snack once per day).

\*Yes, you can snack whenever you want on this type of diet! It's not required and you may not even feel like snacking since the diet is so complete and satisfying.

Terry's Plan to  
**STAY FIT!**



I have personally experienced the benefits of intense, short burst exercise. In my 12-20 minute exercise program, I primarily use a series of kettlebell swings and a stationary recumbent bike.

I use either a 44# or 53# kettlebell and do a kettlebell swing 30-35 times which takes about 60 seconds and is like running 200 meters as fast as you can. I then do a two-minute rest (active) following the intense burst of activity. My two-minutes of rest is usually at the lowest level on a recumbent bike.

I call this active rest. This is to provide continued circulation of the blood and to remove lactic acid from the muscles. Depending on your level of fitness, you can start with a 5-pound kettlebell or whatever is most suitable. Women will find the 5- or 10-pound kettlebell more than enough. Men may want to do 20 or 30 pounds for a good exercise regimen.

- 1 **KETTLEBELL SWINGS: 60 seconds to full exertion**
- 2 **ACTIVE REST: 2 minutes**
- 3 **REPEAT SEQUENCE of exertion and active rest for 12-20 minutes**

Even if you can only begin exercising and doing kettlebell swings using a 5-pound weight, that would be a good place to start and progressively increase your intensity. You want to continue doing the swing until you run out of breath and then take a two-minute rest. Repeat this sequence five or six times or as long as it takes to do in a period of 12-20 minutes. Some people do the kettlebell swing for 30-35 swings, and then for their rest period they jump rope for two minutes. I can't for the life of me jump rope so I use the recumbent bike as an active rest period. It is never a good idea to sit down for your rest period. You want to continue moving. You can even just walk around or bounce on your feet.

When the kettlebell swing is done correctly and over a sufficient period of time, every muscle in the body is working. (See the resources listed below for instructions.) **The whole idea is to exercise for 20-30 seconds at your highest level of intensity.**

### A Workout for Everyone

I think everyone can find 12-20 minutes two or three times a week. In one of Dr. Sears' most severe cases, he worked with a lady who started off walking for 45 seconds and then rested two minutes and walked an additional 45 seconds and continued this process. Altogether, she lost over 60 pounds with nice muscle tone and was in much better health.

Remember, you are only competing against yourself, so work as hard as you can at some form of exercise for 20-30 seconds. For me it's the kettlebells. For others it may be sprinting or swimming 100 yards as fast as you can with a two-minute rest. Repeat until you have your 12-20 minutes in. I believe everyone can do this. I challenge you to use my menu plan and this exercise program for a minimum of six months and watch the unbelievable results you'll achieve.

Here are a few websites you should explore so you can learn more about high intensity interval training and kettlebell workouts:

- Al Sears, M.D. [www.alsearsmd.com](http://www.alsearsmd.com)
- Kettlebell Movement [www.kettlebellmovement.com](http://www.kettlebellmovement.com)
- Dragon Door [www.dragondoor.com](http://www.dragondoor.com)
- Beginner Kettlebell Routine [www.fitnessblender.com/videos/beginner-kettlebell-workout-kells-kettlebells-routine](http://www.fitnessblender.com/videos/beginner-kettlebell-workout-kells-kettlebells-routine)

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