

REVISED & UPDATED

QUICK START GUIDE

**QUICKLY GET STARTED WITH THIS
STEP-BY-STEP OVERVIEW**

So, you've decided to take the leap to naturally manage your condition! We couldn't be more thrilled for you!

To get started on your journey toward a life with perfect health, we've provided some fundamentals as you embark on this new chapter.

Instructions:

1 Start By Reading “The Truth About High Blood Sugar” Book

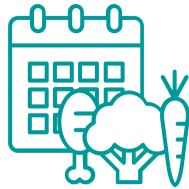
This helpful guide will provide you with some background and context that you may find helpful:

Part 1: The Problem

Part 2: The Solution

Part 3: Step-By-Step Program

If you are trying to get started today and don't have the time to read whole book, skip ahead and READ: Part 3: The Step-By-Step Program.



EAT RIGHT



FAST



SUPPLEMENT

2

Book An Appointment With Your Doctor

Before you start any new diet, meal plan, or attempt to start this Program, you should consult your doctor or primary health care provider to ensure that you have approval, support and medical supervision so you can improve your life safely.

IMPORTANT: If you are on any medication, do not stop taking it or attempt to make any changes without your doctor's approval. Work with your doctor to adjust dosages with medical supervision.

PRINT THE DOCTORS WORKSHEET that's included in your VIP area and bring it along with you to your medical appointment. This will provide your doctor or primary health provider with the background of the program and will help them support you.

Remember: It's also a good idea to measure your weight and waist size at this time before start. Take before-and-after pictures so you can fully appreciate how much of a change you've gone through before and after the program.

3

Prepare Your Kitchen To Get Started

Organize your kitchen for success. If you get hungry, chances are you'll eat the first thing you see. Make sure it's a good meal by stocking your kitchen with health options. That means throwing out or giving away everything that's not in the program.

I know, this can be tough, but I ask you to commit for at least 12 weeks. I'm confident you'll never look back.

Do your best to get your family on board. This type of eating is healthy for everyone. If not, just organize the food so that the worst food is hiding in the back of the fridge.

Also, go through some of recipes and pick some out that you think you might like. Then, head to the grocery store and get everything you need. You don't want to go hungry at any time. When your hungry, you make bad decisions.

Note: Make sure you have enough of the supplements to complete the program. It's a good idea to have some extra so you can continue to take it after the 12 weeks to keep your health in check.

If you want more information on why "THE LIVE DIET" will change your life, I strongly recommend you read the full book included in your VIP Members Area.

GET STARTED

So, you've familiarized yourself with the basics and you've received the "all clear" from your doctor to start the program. It's time to get started.

Do Your Best

Follow "The LIVE Diet" as closely as possible

Use the recipes included in the "THE LIVE COOKBOOK"

Check in with your doctor to monitor progress through the program

We guarantee that you'll feel like a whole new you in just a few short weeks, we promise it's well worth the effort.

You can do this!

We can't wait to hear about your awesome results!