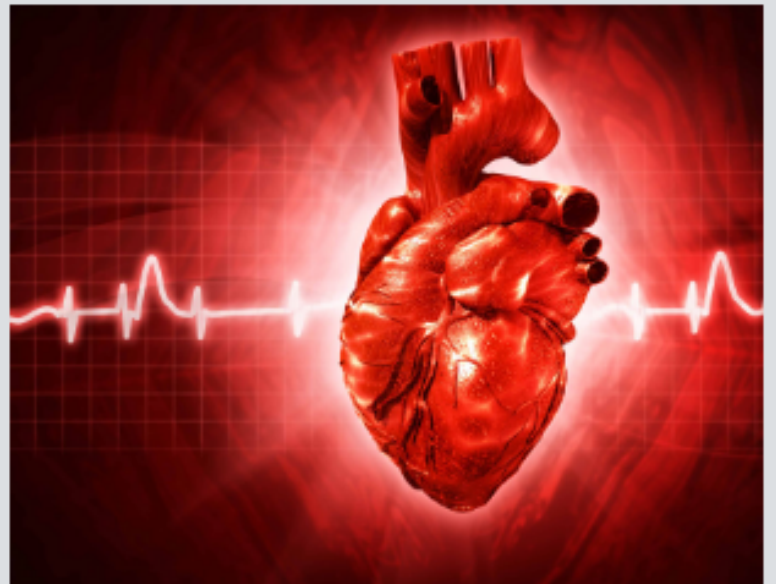


BLOOD SUGAR REPORT



**3 BEST WAYS TO
CONTROL BLOOD SUGAR**



Dear friend:

A large number of diseases and symptoms are associated with high insulin. That's a fact.

Here's a few examples...

Obesity
Diabetes
High Blood Pressure
High Triglycerides
Kidney Failure
Fatty Liver
PCOS
Sleep Apnea
Some cancers
Heart disease
Alzheimer's

In this report, I want to share with you the best ways to lower your insulin.

How Do You End Up With High Insulin?

When you eat crappy carbs (fats + sugar combined) or sugar...your blood sugar levels SPIKE.

Remember...

High blood sugar levels are toxic and dangerous. So, your body *has* to get rid of the excess glucose IMMEDIATELY.

If you don't need the energy right away... then you have to store the glucose somewhere because it has to be removed from your blood ASAP.

This is where insulin comes steps in.

Insulin moves glucose out of your blood and into storage.

Now...

You only have THREE places where you can store glucose.

Your **MUSCLES**.
Your **LIVER**
Your **FAT CELLS**.

But...your muscles and liver only have limited storage space...

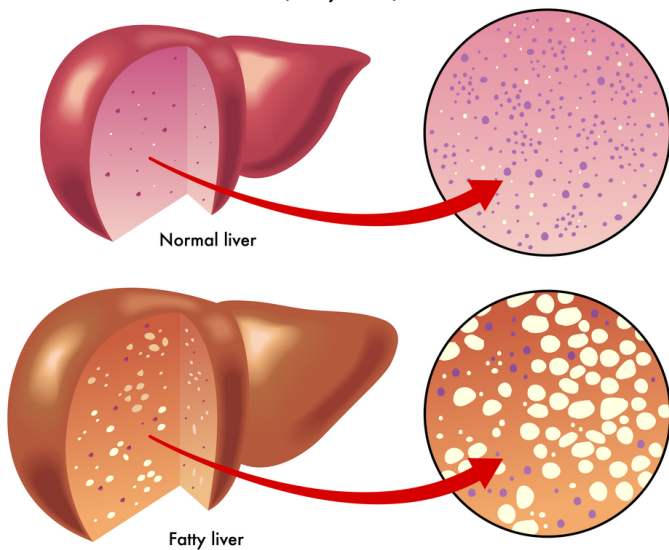
Which means...

A majority of glucose ends up getting **stored in fat cells**...because you can **ALWAYS** make more.



One of the FIRST things that happens as you move from health towards disease (diabetes) is...

Hepatic Steatosis (Fatty liver)



FATTY LIVER.

Have you ever tried to overpack a suitcase? It's amazing how much you can get in there sometimes.

But...eventually, the suitcase is FULL.

The same thing happens to the liver.

When the liver gets full...

The body tries to overpack the liver by sticking fat around the liver so it can store more glucose.

This is how you get FATTY LIVER— AND a fatty liver ALWAYS precedes diabetes.

You would think it can take YEARS to get a fatty liver. But...it takes as little as seven days according to research.

That's how toxic sugar is to your blood. **Your body would rather have fatty liver than high blood sugar levels.**

And keep in mind...

Liver fat is a special kind of nasty fat.

When a liver gets fatty, you end up with **Type-2 Diabetes**.

When a liver gets fatty, your **thyroid** doesn't work as well.

When a liver gets fatty, you **don't detoxify** as well.

Basically, a fatty liver is never a good thing.

Aside from fatty liver...

Your whole body is at risk when you have chronically high insulin.

The FIRST STEP to lowering insulin.

Let me ask you a question...

Do you believe eating the RIGHT kind of food is the best medicine?

Every bite of food triggers a massive hormonal response in your body.

And these hormonal responses lead to either...fat burning or fat storage, inflammation or anti-inflammation, aging or anti-aging.

That's how important food is.

If you're not well...

You have to ask yourself...

“Is what I’m eating right now causing inflammation or fighting inflammation?”

“Is this food building my immune system or destroying it?”

“Is what I just ate spiking my blood sugar and causing insulin problems or is it keeping my sugar levels low?”

Food can be the medicine your body needs to fight disease...

Or it can be the POISON that weakens your system.

If you want to keep insulin low then eating the right kind of food is crucial.

What is the best way to eat to keep insulin low?

Keeping your carbs and sugars low.

Now...**what does it mean to keep your carbs low?**

When you start reading low carb studies... you realize ‘low carb’ can mean a lot of different things.

Sometimes low carb means ketogenic (less than 30-50 grams of carbs a day).

Sometimes low carb means less than 30% of calories, which can be more than 120 grams, depending on the person.

That’s a wide range!

Now,

When someone is used to eating 300+ grams of carbs everyday, any plan that has them eating 120 grams a day would be considered low carb for that person...

So...**low carb is a spectrum.**

Some people, based on their current state of health, need to go ketogenic. Other people may only need to reduce their carb intake.

Each person has a different carb tolerance.

But...

If you want to keep insulin low, keep your crappy carbs and sugar low.



Now...Let's talk about the second way to lower insulin.



The SECOND STEP to lowering insulin.

High intensity exercise and weight lifting.

When it comes to lowering insulin we prefer short, high intensity exercise over jogging.

For *most* people, jogging leads to muscle loss and elevated cortisol levels.

Notice that I said 'most' people.

There are some that are truly born to run.

They run like a gazelle with little effort.

They aren't banging their heels on the ground with each step or getting upper back pain because of bad biomechanics.

But...Many aren't built to run...properly.

This is why so many joggers get shin splints, sore knees, sore hips, upper back pain etc...

High intensity exercise on the other hand...

will make you more insulin sensitive. This is a good thing. It means that you need LESS insulin to lower blood sugar levels.

It will also help you build muscle if you are doing it with any types of resistance, even body weight resistance.

Remember...

The difference between being able to get out of a chair as we age and needing help to move around is...

Muscle mass.

The effects of aging are VERY different and MUSCLE mass plays a big role.

Muscle mass is a powerful biomarker of aging.

If you aren't strength training then one of the most important things that you can do for your health is to start.

There is no substitute for weight training.

Your quality of life as you age depends on it.

Again...

I'm not saying cardio is bad.

Cardio has definite benefits for your cardiovascular system.

But...Steady state cardio (jogging) is actually catabolic...

which means it will breakdown muscle tissue. If you don't believe me, simply look at the muscular structure of a marathon runner compared to a sprinter.

The takeaway is simple...

When it comes to lowering insulin...

Lift weights, do some high interval training (if you can), and keep your carbs down

The THIRD STEP to lowering insulin.



FASTING.

The first thing I want to mention is something that's often overlooked.

Fasting has amazing benefits **EVEN if you don't lose any weight.**

Fasting is for more than weight loss.

For example...

Take a look at the effect fasting has on your mitochondria (the batteries of your cells).



Mitochondria make 90% of the energy your cells need to survive.

If your mitochondria are healthy, then you are as well.

As you age...

The ability of your mitochondria to produce energy decreases...

AND this has a huge impact on your metabolism and cellular function.

Which means, in order to age well, you need your mitochondria to be healthy and STAY that healthy.

This is one awesome benefit of fasting.

Fasting is also a great anti-aging tool.

Research is starting to crack the surface of what makes fasting so good for you.

And part of the reason has to do with your mitochondria.

Harvard researchers found fasting kept the mitochondria in a “youthful” state.



Another study on fasting showed...

That “flipping the metabolic switch” away from burning glucose to burning fat is a great way to extend lifespan.

What does it mean to “flip the metabolic switch”?

Well...in a sense, you have two engines inside of you.

One burns glucose for energy and the other burns fat.

Now...glucose is a FAST fuel.

You either use it right away or it has to go into storage (fat cells, liver or muscle).

Fat on the other hand, is a SLOW fuel. It can sustain you for a long time.

When you’re eating carbs, you’re burning glucose for fuel...

Which is why you’re always hungry or need to eat for energy.

But...

When you keep your carbs low enough...

Your body needs to get energy from somewhere else.

This is when your body uses your fat storage for energy by breaking down fat cells to get ketones.

This is what happens when you’re in “ketosis”.

Unfortunately...

Most people spend a majority of their lives burning glucose for energy.

The only time they're using ketones for energy is first thing in the morning because they haven't had any carbs since the night before.

Here's what fasting does...

When you STOP eating for a while...

You no longer have any glucose to burn. It's been used up or stored.

As a result, you turn to your own fat cells for energy.

This is a good thing.

Research is also showing that when you 'flip the switch' from burning glucose to burning fat...

It can help extend your life.

That is also a good thing.

Why is fasting good for keeping insulin low?

Well...

Insulin is a FOOD hormone...meaning it's mainly secreted when you're eating food.

If you're not eating food...then you're not secreting insulin.

Which is one reason why it's so good for you.

The 3 most common ways people use fasting.

✓ **16:8** (Fast for 16 hours and an eating window of 8 hours)

✓ **EOD** (every other day)

✓ **24+ hour fasts** (these are usually done for therapeutic reasons)

Let's talk about each one individually.

The 16:8 method is the most common and easiest to do.

Using this method...

A person fasts for 16 hours and eats during an 8 hour window.

This means you can fast from 8pm until noon (16 hours) the next day...and eat between noon and 8pm (8 hours).

Some people prefer an 18:6 type of fast. They fast from 8pm until 2pm the next day (18 hours) and eat from 2pm until 8pm (6 hours).

Both of these are perfect 'lifestyle' type fasts. It can be done everyday, once a week, or anything in between.

Another common fast protocol is the every other day (EOD) method.

A person using this method will eat normally one day, and fast (or eat under 500 calories) the next.

The final type are 24 hour (or more) types of fast.

Did you know you can fast for 24 hours and still eat every day?

If you eat supper at 6pm and fast until 6pm the next day...you get to eat both days, and you've fasted for 24 hours!

Anything longer than a 24 hour fast is generally considered a therapeutic fast.

By the way...

If you're a diabetic...

You should only fast when medically supervised.

Why?

A diabetic is usually taking meds...

And fasting will lower blood sugar...which will affect your medication.



If you can't be supervised as a diabetic then you shouldn't fast for extended periods of time.

Alright...

To quickly recap...

High insulin will lead to disease.

To keep insulin low...

Keep your carbs down, lift weights, and try fasting.

How many hours a day should you be eating?



One study has shed some light on this question...

In the study, they looked at the effects of 9 hour time-restricted feeding (ate for 9 hours per day).

What's cool about this study is, they went one step further.

They wanted to know if early time-restricted feeding or delayed time-restricted was better on glucose tolerance in men at risk for type 2 diabetes.

Here's what that means...

Early time-restricted feeding meant they ate from **8AM to 5PM**.

Delayed time-restricted feeding meant they ate from **12PM to 9PM**.

But...both groups **ate for 9 hours** in the day.

Now...do you think the 9 hour eating window helped glucose tolerance?

YES!

Eating for only 9 hours per day (meaning fasting for 15 hours) **DEFINITELY** helped.

Now, which one was better?

When it came to glucose tolerance...**BOTH were successful.**

Here's what else they found...**JUST** like many other studies...

FASTING improves glycemic control even if you don't lose weight.

Let me say that again...

Fasting improves metabolic health even if you don't lose weight.

The researchers also found...

BOTH groups saw a decrease in triglycerides...another bonus.

If you're struggling with your metabolic health, then you may want to try fasting.

Based on this study and others as well...

A 9 hour eating window (or less) is ideal.

Yours in health

Dr. Martin

P.S. There's a fourth way to help lower insulin.

In our clinic we use a supplement in our clinic called **INSULIN BALANCE FORMULA** to also help lower insulin.

Let me state the obvious...

INSULIN BALANCE FORMULA is not a magic pill.

you can't eat bad all the time and take **INSULIN BALANCE** and think it will fix or prevent the problem.



BUT...

INSULIN BALANCE was created to help insulin metabolism, especially when you make an effort to eat less carbs and sugar.

And here's why it's effective...

As I've said before, For ANY supplement to work, it has to have ALL three of the following...

The right **NUTRIENTS**.

The right **FORMULA**.

The right **DOSAGE**.

A supplement can't have two out of the three...otherwise your urine costs more than a pricey drink at Starbucks.

And the truth is...

MOST supplements don't have any of them.

Companies use cheap nutrients, a weak dosage, and the wrong formula.

It's not like they're doing it on purpose. They simply don't know any better.

Let me quickly talk about the FORMULA, you'll quickly see why INSULIN BALANCE works.

First...

We love ashwagandha (it's a mouthful to say).

Ashwagandha is an herb that's often called 'Indian Ginseng'. For over 3000 years it's been used to help people deal with stress, get more energy, and feel better.

But it's also amazing for glucose metabolism.

Ashwagandha makes you more insulin sensitive. This is a very good thing. The more insulin sensitive you are the LESS insulin you need to get the job done.

Insulin sensitive = less insulin.

The next nutrient we added to INSULIN BALANCE is Cinnamon Bark.

Cinnamon is well-known for it's ability to help blood sugar levels.

But it does much more than help balance blood sugar levels. A clinical trial published in Diabetes Care found type-2 diabetics who took cinnamon over a 40 day period had...

Lower fasting serum glucose

Lower triglycerides

Lower LDL cholesterol

Next we added Alpha-Lipoic Acid.

This antioxidant has been shown to help improve insulin resistance (and also improve nerve damage caused by diabetes).

Studies show Alpha-Lipoic Acid also...

Lowers fasting glucose serum levels.

IR-HOMA (indicators of insulin resistance)

Insulin Balance also contains **Chromium Picolinate**.

Now, chromium picolinate was well known in the diet industry. It was a MASSIVE seller. But, like any weight loss supplement...

If you didn't eat differently, there's no pill on the planet that will magically help you lose weight.

BUT...

The reason why chromium picolinate was used in diet pills...

Is because it's effective at reducing insulin resistance. Studies show its effective for insulin and reducing the risk of cardiovascular disease and type-2 diabetics.

That's not surprising since both heart disease and type-2 diabetes are caused by high insulin.

The next thing 3 things we added to INSULIN BALANCE FORMULA are not well known by most people.

Gymnema Sylvestre is an effective extract to help control blood glucose metabolism. A study showed 400mg (the amount in 2 capsules of Insulin Balance Formula) daily helped lower insulin requirements in insulin-dependant diabetics.

It also helped lower fasting blood glucose and HBA1C (a measure of insulin resistance).

Fenugreek (we love this extract) helps your body use sugar better and makes you more insulin sensitive.

Bitter Melon has been used for centuries by people all around the world. It's rich in vitamins and minerals.

It's also been used to help control blood glucose AND lower triglycerides and LDL.

As you can see...

Insulin Balance Formula is packed with specifically chosen extracts to help glucose metabolism and insulin.

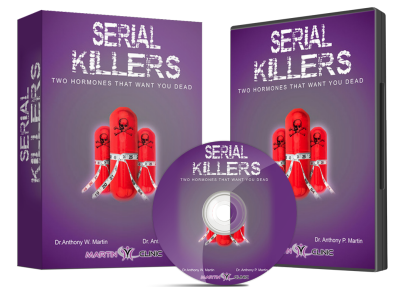
Let me tell you why **now is the BEST time** to try Insulin Balance Formula...

I'll send you **6 FREE gifts** just for trying it.

FREE GIFT #1

When you place your order for a bottle of Insulin Balance for only \$39.99, you'll also receive FREE

instant access to our low carb video course - the exact system we use in our clinic, **The Serial Killers Revisited program**. This program normally sells for \$297.



Our weight loss program was created for anyone who can't seem to lose weight no

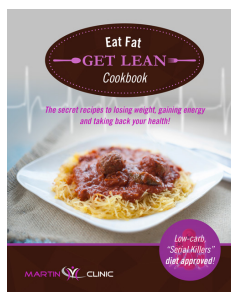
matter what they do. The program is designed to work FAST and you can watch the videos on any device or computer.

Our Serial Killers Revisited program incorporates the best parts of low carb eating AND the *flexibility* to eat carbs using our exclusive *carb window* technique.

FREE GIFT #2

You'll also receive a FREE digital copy of our best-selling low carb cookbook - **Eat Fat Get Lean (\$34 Value)**.

Eat Fat Get Lean Cookbook is loaded with the best low carb breakfast, lunch, supper, and snack recipes we've collected over the years.



Here's a few of the important topics we share in the book...

- You've heard that eating lots of fat in your diet is bad for your waistline, right? Wrong! We'll explain why in this book.
- The best time of day to eat carbohydrates? (chances are, it's not when you think it is)
- How to become a fat burning machine and be literally bursting with energy.
- How to know if you are a "carboholic" (and why it's not your fault).
- 11 diet hacks to help you lose more fat.
- The reason why you should be eating more eggs (no, eating eggs won't raise your cholesterol)

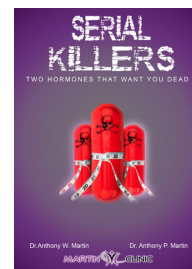
- 5 devastating effects that sugar has on your health and waistline.
- 50% of the population is either Diabetic or Pre-diabetic, these are the steps you can take to prevent this from happening.
- 6 ways that High Fructose Corn Syrup damages your health. (i.e reason #5...High Fructose Corn Syrup increases uric acid levels in your blood!)

Inside the book, you'll also get...

- Dr. Martin's perfect smoothie recipe.
- Breakfast ideas, including our famous Low Carb Breakfast Burrito, low carb muffin ideas, low carb pancakes and Low carb flax bread.
- Lunch recipes like our red roasted pepper soup, fried zucchini bruschetta with mozzarella and pastrami or corned beef sandwiches.
- Dinner recipes, including our low carb spaghetti, deep dish pizza, pulled pork with sauce and slow cooker Italian soup.

FREE GIFT #3

When you buy from us today, you'll also receive a digital copy of our best selling book...**Serial Killers - Two Hormones That Want You Dead (\$19.99 value)**.



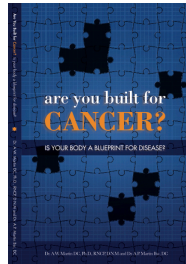
In our clinic we see the devastating effects that insulin and cortisol have on our patients health. These two hormones, when healthy, are essential for life. But, when you have too

much insulin or cortisol, they become serial killers.

This book includes our original Serial Killers Diet designed to help people with a broken metabolism shed weight.

FREE GIFT #4

You'll also get a FREE digital copy of our book - **Are You Built For Cancer?** (\$19.99 Value)



After analyzing tens of thousands of patient visits over the years, there are two facts I found to be true...

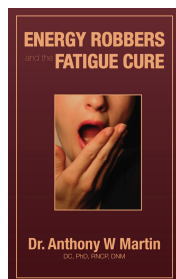
1. You don't go to bed healthy tonight and wake up with a disease tomorrow
2. Your body gives you clues as you move from health towards diseases

There is a definite path between health and disease. Sometimes, the path can be months, other times it may take decades.

In this book, we share with you clues your body gives long before a cancer (or other diseases) diagnosis.

FREE GIFT #5

You'll also receive a digital copy of our best selling book - **Energy Robbers and the Fatigue Cure** (\$19.99 value)



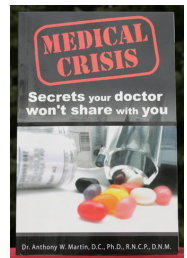
The #1 reason why people visit their doctors is they're tired. There are many causes of fatigue, some minor, and some more serious.

In this book I share the main causes of fatigue, but more importantly, how to naturally get your energy back.

FREE GIFT #6

There's one more free gift we want to give you when you purchase from us...

A digital copy of our best selling book - **Medical Crisis, Secrets Your Doctor Won't Share With You** (\$19.99 value).



Cars today are loaded with sensors. As soon as one of them detects a problem, the check engine light goes on.

There are many things that can trigger the check engine light, anything from your gas cap not being tightened properly (I know this from experience) to something far more serious - complete engine failure.

Your body works the same way. You have many check engine lights. Low energy is a check engine light. Poor sleep is another.

In this book I share the four gauges that are essential for maintaining good health and how to fix them when they're broken.

In summary, here's everything you get with your purchase of Insulin Balance today!

#1 Serial Killers Revisited Program - Our low Carb Video program (\$297 Value)

#2 Eat Fat Get Lean - Best selling digital cookbook (\$34 Value)

#3 Are You Built For Cancer? Ebook (\$19.99 Value)

#4 Medical Crisis - Ebook (\$19.99 Value)

#5 Energy Robbers - Ebook (19.99 Value)

#6 Serial Killers - Two Hormones That Want You Dead - Ebook (\$19.99)

That's over \$400 in FREE gifts just for trying Insulin Balance!

Now that you know all about the power of Insulin Balance Formula, let me assure you this:

If Insulin Balance Formula isn't for you, you'll get every single penny back. Your decision to try Insulin Balance Formula is entirely risk-free. You are protected by our 100% money-back guarantee.

If you're ever dissatisfied with Insulin Balance Formula, for any reason, just send it back to us within 30 days. Even if you've opened the bottle! Every penny you paid will be promptly returned, with no questions asked.

That way, you don't have to take our word for any of this.

And, that's how confident we are you will love this product. There's nothing else like it on the market. And you can't get it anywhere but from Martin Clinic.

We're a small but rapidly growing clinic and company. We have thousands of customers like you all across the country, from all walks of life, who love our products.

If you want to feel fantastic again, why not order your risk-free trial supply today?

The number to call, TOLL FREE, is

1-866-660-6607

Call now!



P.S. You can also visit **www.martinclinic.com** to get your supply of Insulin Balance.