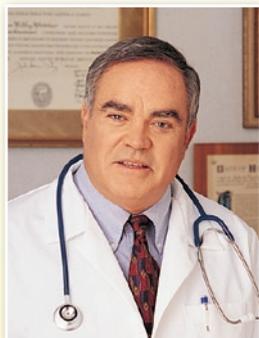


**SPECIAL REPORT**



# The Great **BLOOD SUGAR BLUNDER**

*by Julian Whitaker, MD*

The secret reason why you *still* have problem blood sugar... and how to fix it fast and forever!

**SEE INSIDE IMMEDIATELY**

*if you're concerned about:*

- High Blood Sugar...
- Pre-Diabetes...
- Syndrome X...
- Insulin Resistance...
- Food Cravings...
- Midday Drowsiness...

**CLINICALLY TESTED  
BREAKTHROUGH**  
*in exciting new studies, page 6*

**Inside: A Great Glucose  
GUARANTEE, page 16**

**Plus: 3 FREE GIFTS, page 18**

**PLUS:** *The new discovery so powerful, it offers a great glucose GUARANTEE, page 3*

## BLOOD SUGAR BLUNDER #1:

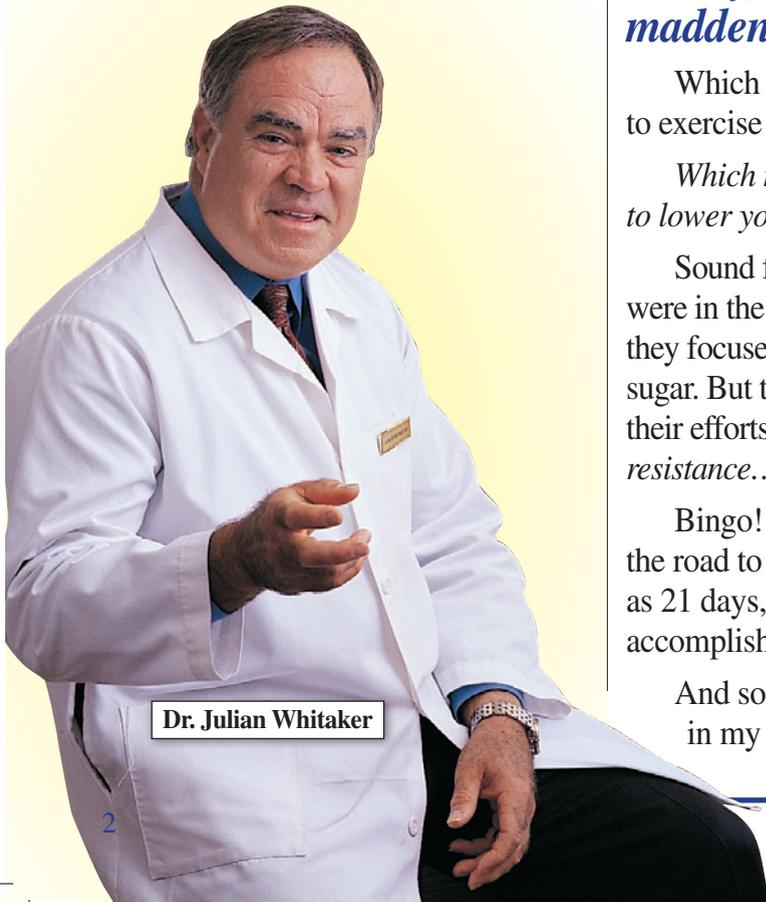
# *Everyone's bellowing* “LOWER YOUR BLOOD SUGAR...”

*While making it next to impossible!*

My Dear Conscientious Friend:

**F**or more than 30 years, here at the Whitaker Wellness Institute, we've helped tens of thousands of patients with blood sugar issues...

And, in all that time, I can't recall even ONE patient whose regular doctor had put him or her on supplements! This may not sound like a big deal, but with blood sugar, it's huge, because...



Dr. Julian Whitaker

*Blood sugar imbalances in adults are usually caused by*  
**INSULIN  
RESISTANCE...**

Insulin is the substance that lets your cells use glucose — and when you're insulin resistant, the glucose can't get into your cells that desperately need it...

*So you get fatigued,  
drowsy, and driven by  
maddening cravings...*

Which makes it extremely tough to exercise and eat right...

*Which makes it next to impossible  
to lower your blood sugar!*

Sound familiar? All my patients were in the same boat, as long as they focused on lowering their blood sugar. But the moment they switched their efforts to *reducing their insulin resistance*...

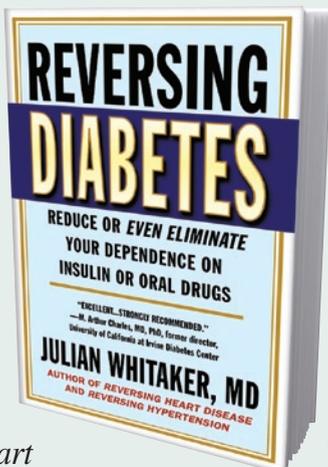
Bingo! Right away, they were on the road to recovery, and in as few as 21 days, the vast majority had accomplished the “impossible”...

And so can you! There's no doubt in my mind you can do it. I've

**NEW!**

From the famed MD and author of  
**REVERSING DIABETES**

**S**ome doctors may show you a few blood sugar success stories, but how many have *thousands*? Julian Whitaker, MD, literally wrote the book on solving blood-sugar problems naturally. He's the best-selling author of *Reversing Diabetes*, *Reversing Heart Disease*, *Dr. Whitaker's Guide to Natural Healing*, *Shed 10 Years in 10 Weeks*, *Reversing Hypertension* and many more books considered must-reads by medical experts.



Plus, he heads the world-acclaimed *Whitaker Wellness Institute* in Newport Beach, California, where he and his team have helped thousands of patients balance their blood sugar quickly. Now he'd like to send you his breakthrough blood-sugar formula risk-free, together with 3 FREE GIFTS. It's not available in any store, but you'll get FREE shipping if you reply in 7 days.

seen my patients do it thousands of times, and...

**There's just ONE thing they had that you don't...**

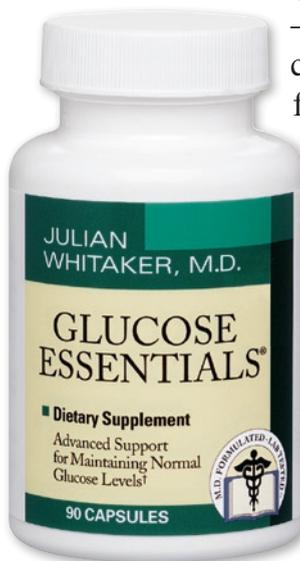
*And you're about to get it!* For years, my Forward Nutrition team has been working on the PERFECT glucose support supplement. They've been scouring the world for all the hard-to-find compounds I give my own patients here at the Clinic — all, in the **most concentrated, bioavailable forms** and the **exact right dosages** — putting them into ONE easy-to-take formula.

Now, all their hard work at last is complete. The result is my

*Glucose Essentials*<sup>®</sup>, and we're not just saying it's miles ahead of anything you've ever tried. We're actually offering you a...

**Great Glucose GUARANTEE!**

That's right! No matter how long you've struggled in vain — you'll finally have the chance to achieve trouble-free blood sugar, and soon! Keep turning these pages to learn the secrets of how it's done, starting with...  
*(continued on page 4)*



**Great Glucose GUARANTEE!**

**See page 23 and RSVP today**

## BLOOD SUGAR BLUNDER #2 :

*Even most natural doctors won't tell you about*

# DR. WHITAKER'S SECRET WEAPON

**If I had to name *one* compound that has helped tens of thousands of blood sugar patients more than any other it would be...**

**V***anadyl sulfate!* Never heard of it? Don't feel bad — even most natural doctors are unaware of its powers. Yet if I could use only one natural substance to help my blood sugar patients, it would have to be this magnificent mineral.

You just can't beat its track record at the Whitaker Wellness Institute. For over 30 years, we've treated more than 40,000 patients, over half of whom had some form of blood sugar concern.

And, time and again, I've seen *vanadyl sulfate* help patients who had been struggling unsuccessfully for years. Here's how...

**First, it acts in your body amazingly like natural insulin...**

Except that, unlike insulin, it doesn't make you hungry and fat. That's because vanadyl sulfate works like your body's own natural insulin

to reduce your blood sugar levels. It also stimulates uptake of glucose in your cells, and...

***Second, it's shown to help reduce INSULIN RESISTANCE...***

And, as we'll see, that's the name of the game if you're concerned about pre-diabetes, metabolic syndrome, cravings linked to weight gain, or other dangers linked to insulin resistance.

***Third, its been tested in numerous CLINICAL STUDIES...***

For example, in one single-blind, placebo-controlled clinical trial, eight people with problem blood sugar were given 100 mg of vanadyl sulfate daily. In just four weeks, those taking the vanadyl sulfate slashed their fasting glucose levels by 20% and improved insulin sensitivity. I could rattle off results of other studies for pages, but even more importantly, *I've seen it work with my own eyes for literally thousands of patients at the Whitaker Wellness*

# Why it's so hard to beat **BELLY FAT**

**Y**ou can do crunches till the cows come home and eat like the proverbial bird, but you'll never pare fat from your waist for keeps as long as you're *insulin resistant*. When you've got this condition, your body secretes higher than normal levels of insulin to keep your blood sugar from raging out of control.

What's wrong with that? High insulin levels are closely linked



to belly fat! This is because excess insulin drives fatty compounds called *triglycerides* into the fat cells of your abdomen, bloating them and making your

belly balloon. Plus insulin works on your brain cells, causing cravings that doom any diet. So be sure you're taking the one supplement that helps reduce insulin resistance. RSVP for your RISK-FREE supply of *Glucose Essentials!*

*Institute*. Yet outside my clinic...

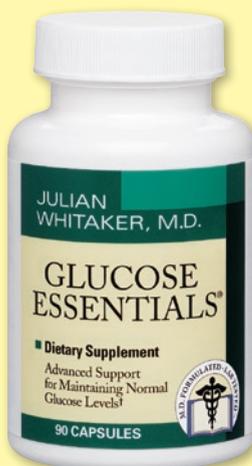
## **Outrageously, it's almost NOWHERE TO BE FOUND!**

No other blood sugar formula I've investigated anywhere contains therapeutic amounts of vanadyl sulfate. It's even tough to find it in singles. You may find a few at your health food store with 10 or 15 mg of vanadyl sulfate, but they're a joke...

**The full research dose is 100 mg.**

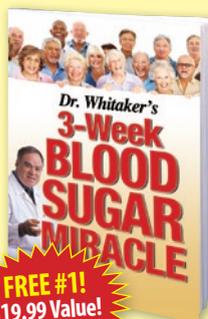
*That's ten times more than I found in those few supplements that even bother to include it.* Scientists used 100 mg in studies, and that's how much I've found you need in my 30 years of experience.

So I made sure that my *Glucose Essentials* delivers a full 100 mg a day. Accept nothing less, and also make sure that your blood sugar formula contains...



## **Great Glucose GUARANTEE!**

**See page 23 and RSVP today**



Call 1-800-211-8560 today for your risk-free supply and FREE gifts!

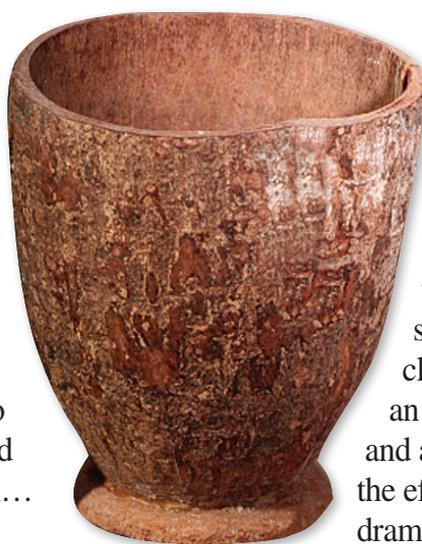
## BLOOD SUGAR BLUNDER #3 :

If you're not getting this, you're missing what could be...

# THE GREATEST BLOOD SUGAR BREAKTHROUGH OF OUR TIME

A miracle out of ancient India  
triumphs in clinical studies

“Just drink from this wooden cup, and your blood sugar problems will go away” said traditional healers in India for centuries. Carved from the Indian kino tree, these vessels seemed to work wonders for blood sugar, but HOW? Then...



This is the top health research organization in this entire nation of over a billion people, and they conducted the studies with great scientific rigor. In one clinical trial, they gave an extract to 93 patients, and after 12 weeks, the effects were already dramatic...

**Scientists finally analyzed the wood...**

... and both the heartwood and bark turned out to be medical miracles. Kino tree bark is rich in *epicatechin* and the heartwood has *pterostibene* — two highly potent, antioxidant-rich flavonoids.

**Tested in Phase II Open Label Clinical Trials by India's Official Council of Medical Research**

**Average Fasting Blood Sugar DROPPED OVER 32 POINTS...**

And NOT ONE of the patients reported any side effects. A study on a second group produced an **average drop of nearly 56 points**. Folks, I can't think of any other therapy that could duplicate this with zero side effects.

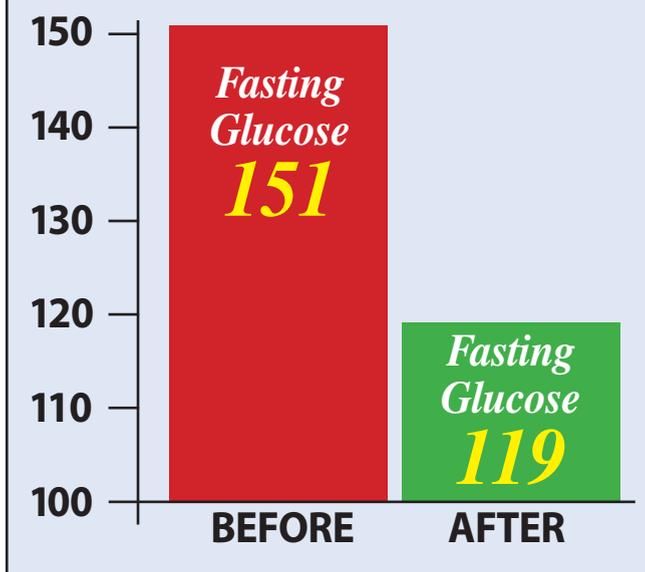
The next step, of course, is phase III studies, but they're not likely

anytime soon. Meanwhile, I'm certainly not waiting — I'm recommending kino extract for my own patients here at the Whitaker Wellness Institute, and I urge you in no uncertain terms to consider it yourself. Quite simply, this may be the biggest blood-sugar breakthrough of our time, and...

*If your blood sugar program doesn't include this extract, YOU MAY BE STRUGGLING FOR NOTHING*

Yes, I believe this Indian discovery is that life-changing. But you can't use just any extract and expect these fine results. My team has secured the highest quality extract in the world — the state-of-the art, standardized extract called *Silbinol*<sup>™</sup>. Combining essence of Indian kino tree bark and the heartwood, *Silbinol* is exceptionally pure, concentrated

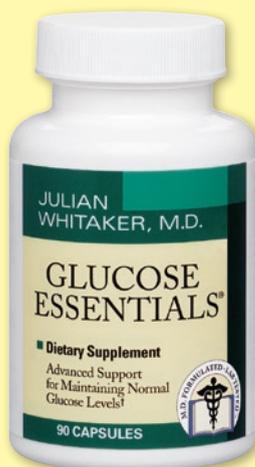
## Results of Phase II Clinical Trials



and rich in both epicatechins and pterostibene.

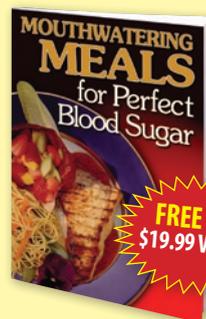
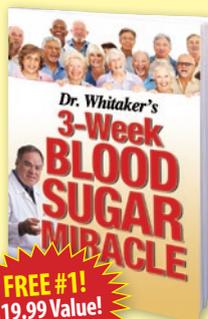
**But it's very hard to come by here in America...**

...Except in my exclusive formulation of *Glucose Essentials*! Crucially, it contains no mere dusting of *Silbinol*, but the full specified dosage of 450 mg per day. Plus, only *Glucose Essentials* has a trio of "secret weapons" my patients swear by. (Continued on page 8)



## Great Glucose GUARANTEE!

See page 23 and RSVP today



Call 1-800-211-8560 today for your risk-free supply and FREE gifts!

## BLOOD SUGAR BLUNDER #4 :

# Is your blood sugar supplement SCIENCE OR “SORT-OF?”

Everyone's touting *Gymnema sylvestre*, *banaba leaf*, and *chromium* these days — but what **form and dosage** of these big three are they delivering? Hucksters may claim it's a “whopping amount,” but too often it's a dusting of the cheapest type available.



*This is an outrage!* And it's why my team scoured sources all over the world to bring you the **state-of-the-science forms** of these nutrients. Each in the **full research dosage** — the same dosage used in the scientific studies. You must absolutely insist on:

**1. The clinically tested type of *Gymnema*.** When I formulated *Glucose Essentials*, we moved heaven and earth to obtain the very special *gymnema extract* that's making news in clinical studies. Researchers insist on **GS4 *Gymnema*** for good reason. In one pilot study, a number of subjects were even able to maintain normal glucose with GS4 alone. Of course my *Glucose Essentials* contains the full research dosage — a generous **400 mg of GS4 *Gymnema*** in every daily dose.

**2. *GlucoHelp*™ *banaba extract*.** *Banaba leaf* has been

used for years by traditional healers in the Philippines, and clinical studies suggest they're onto something big. It's been shown to improve glucose tolerance, but your

own results won't be reliable unless your extract is potent and standardized. So I insist on a very special brand of *banaba extract* called ***GlucoHelp***, standardized to an amazing **18% corosolic acid**. Even standardized *banaba extracts* often have just 1% corosolic acid. *That means they are 18 times less concentrated!*

### **3. The world's most absorbable chromium.**

Studies suggest that chromium excels in boosting insulin sensitivity. But chromium isn't easily absorbed from food, and high-sugar foods deplete your chromium levels. It's gotten so bad that 90% of Americans aren't getting enough chromium.

That's why I give my patients 200 mcg daily of niacin-bound **chromium polynicotinate**, and why it's included in *Glucose Essentials*. It's the most bioavailable and bioactive form of this crucial mineral, so you can be extra sure your body is actually absorbing the chromium you need.

*Why get crushed by*

# SUGAR CRASHES?



**Goodbye noontime naps —  
*hello, midday power surge!***



*Make sure you're  
getting all three of my*  
**CRASH  
CONTROLLERS**

My *Glucose Essentials* now includes incredibly bioavailable and reliable forms of *banaba extract*, *chromium*, and *Gymnema sylvestre* — and you'll be getting them all in the full research dosage. (That's absolutely critical — see details on page 8.) Like a car's cruise control, they help keep you from screeching to a halt and let you zip through your day at even throttle. So please do send for your risk-free supply of *Glucose Essentials* today, even if your blood sugar is "a little high," because...*(continued on page 10)*

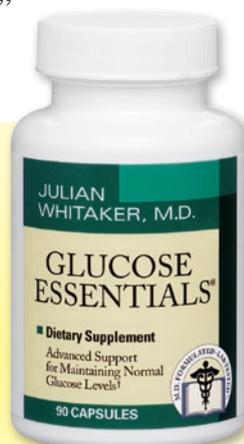
## **D**rowsy in the afternoon?

Sluggish after meals?  
Irritable and anxious when you *haven't* eaten? These are classic symptoms of a midday *sugar crash*. They happen when your blood sugar spikes after meals, causing your body to pump out too much insulin. Then, as the insulin kicks in and your blood sugar plummets...

**All you want to do is  
curl up on the couch...**

Your energy drains away, your brain can't focus, and you get desperate for cookies, candy, or anything sugary. So please...

**Great Glucose  
GUARANTEE!**  
**See page 23  
and RSVP  
today**



## BLOOD SUGAR BLUNDER #5:

# *Do this IMMEDIATELY if you've been warned about* **PRE-DIABETES**

**I'll give it to you straight, like I do  
with my own patients...**

**I**f your fasting blood sugar clocks in above 100, or if you simply feel midday fatigue or other signs of insulin resistance...

*For heaven's sake, tackle it now while it's still easy.*

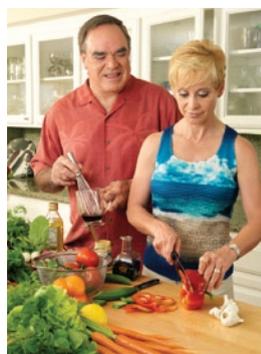
Caught early, imperfect blood sugar and insulin resistance are simple to fix. But too many doctors wait until things snowball. Believe me, you don't want to slide down that slippery slope!

### **Insulin resistance attacks every cell in your body...**

Because each cell has *insulin receptors*. These receptors are like “doorways,” admitting glucose into your cells for energy. But if you're *insulin resistant*, your cells have fewer “doorways.” And because they're unable to get enough glucose, they literally starve. Worse, the excess sugar stays in your blood instead of getting burned by your cells for energy. Harmful **free radicals** multiply, as do nasty *advanced glycosylation end products* — better known as **AGEs** — and every single organ in your body suffers. For example...

- **Your brain fogs up** — researchers recently found that memory scores decline as blood sugar levels rise...
- **Your muscles fatigue** as their cells lack fuel to “fire”...
- **Your heart and arteries** suffer as excess sugar sticks to your blood vessel linings like a “caramel coating”...
- **Even your skin** can develop tags and darkened areas...

### **But it's so simple to turn this around!**



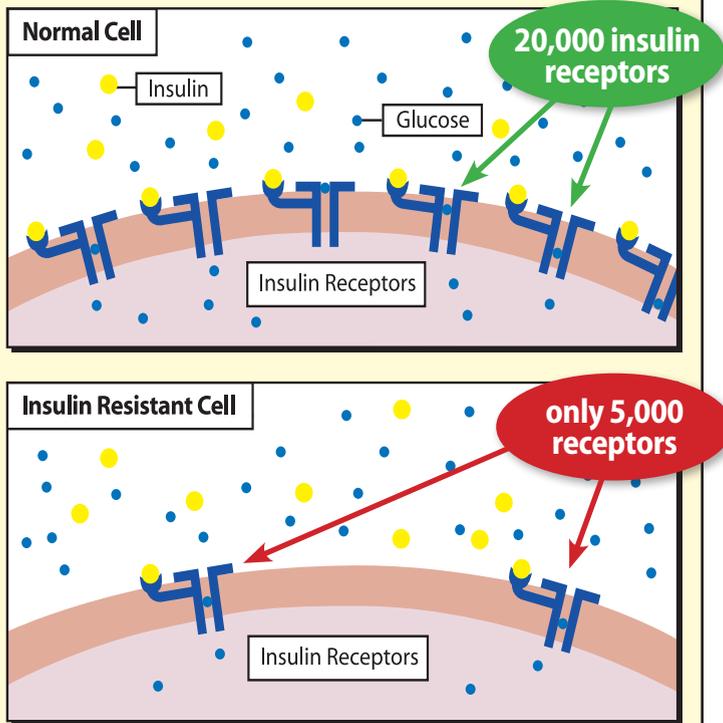
Just get a good meal plan going, exercise moderately every day, and feed your cells the scientifically tested nutrients in my

*Glucose Essentials*. In addition to all the critical nutrients I've already mentioned, it also includes:

- **High-grade cinnamon bark**, rich in the phytonutrient MHCP, which appears to have an insulin-like effect in the body. You may

## Give your brain, eyes and kidneys **SUPERIOR CELLS**

**J**ust lower your insulin resistance, and every organ in your body will surge with new health and energy — because all their cells will grow plenty of insulin receptor “doorways”, admitting all the fuel they need to do their jobs. Plus, they’ll be protected from harmful free radicals and AGEs that can age organs prematurely!



sprinkle cinnamon on your cereal, but did you know *saliva* contains a chemical harmful to cinnamon? That’s why I urge you to use it in *supplement* form, plus....



- **Green tea extract**, packed with compounds called *catechins*, shown in cell studies to decrease the liver’s sugar production, and increase activity at insulin receptor sites...

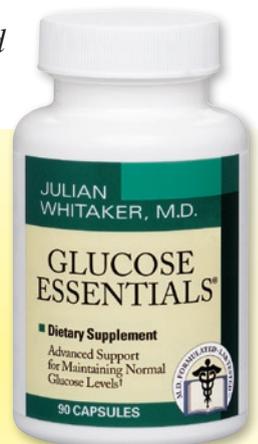


- **Holy basil extract** — which comes from a very different plant than the common basil we consume here. Called *Tulsi* in India,

this traditional medicinal herb has been used there from time immemorial to manage blood sugar levels...

So you see, we’ve got all your bases covered in new **Glucose Essentials**. It’s so packed with all the right stuff that the good folks at Forward Nutrition guarantee... *(continued on page 14)*

**Great Glucose GUARANTEE!**  
**See page 23 and RSVP today**



# BEST-SELLING AUTHOR OF REVERSING DIABETES

## *gives away blood-sugar secret*



When *USA Weekend TV* featured Julian Whitaker, MD, on a national special, it was a triumphant vindication of his amazing blood sugar program.

Author of *Reversing Diabetes*, *Reversing Heart Disease*, *Reversing Hypertension*, and other bestsellers, he's got an astonishing 30-year track record of success...

Tens of thousands of patients have traveled from all over the world to his legendary California clinic...

**B**ut today, Dr. Whitaker is giving away the secret of all his newest and greatest natural discoveries for blood sugar management, risk-free...

...In one astonishing formula that anyone can use! Called *Glucose Essentials*, it incorporates the exact same natural compounds he uses for his patients at the world-renowned Whitaker Wellness Institute, in the precise forms and dosages he prescribes.

"I've always said anyone can get the same fine results my patients enjoy," says Dr. Whitaker. "And now my team has taken all the trouble out of tracking down the hard-to-find compounds we use, and getting the dosages just right."

**But how can they  
guarantee great glucose?**

So sensational is Dr. Whitaker's

30-year track record, that the producers of *Glucose Essentials* have stunned the health world by issuing a *better blood sugar satisfaction guarantee*, or your money back.

**It seems incredible to some.** How can any firm do this without going broke in a matter of weeks?

"**Because it works,**" says Tom Callahan of Forward Nutrition. People can ask for a full refund at any time, even if they're on the last day of a six-month supply. Frankly, we expected some less-than-forthright individuals to cash in on our good faith, but even this hasn't happened much. People are thrilled."

**Readers of this special report** are invited to try *Glucose Essentials* risk-free. Return the form on the last page in the attached postage-paid envelope or call 1-800-211-8560. If you respond in 7 days, shipping is free.

# More than 40,000 patients prove **HIS SECRETS WORK!**

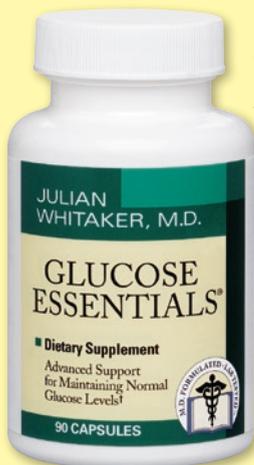
**J**ulian Whitaker, MD, has helped more than 40,000 real patients regain their health at his world-acclaimed clinic, and nearly half of them had some kind of blood sugar concern. Day after day, for over three decades, he and his dedicated staff have been making natural breakthroughs where it really counts, “in the trenches.”



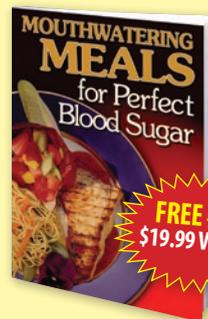
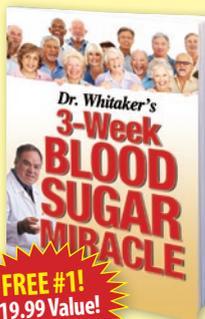
**He's been proving it for over 30 years.** His discoveries have been hailed on *The Today Show*, *Good Morning America*, *Larry King Live*, *MSNBC* — and he's been widely quoted in *The New York Times*, *The Los Angeles Times*, *The Washington Post*, and *TIME* magazine.

**He's a brilliant and highly credentialed MD.** After graduating from Dartmouth College, Julian Whitaker earned his MD degree from the prestigious Emory University School of Medicine.

**He's the world-famous medical author** of 13 best-selling books, including *Reversing Diabetes*, *Reversing Heart Disease*, *Dr. Whitaker's Guide to Natural Healing*, *Shed 10 Years in 10 Weeks*, and *Reversing Hypertension*. His monthly newsletter *HEALTH & HEALING* is widely considered the most influential physician-edited publication on earth, having reached more than 3 million readers since 1991. Don't miss this opportunity to use his greatest blood sugar breakthrough, risk-free.



**RSVP in 7 days for FREE shipping**  
See page 23 or call 1-800-211-8560 today



Call 1-800-211-8560 today for your risk-free supply and FREE gifts!

# YOUR WHOLE BODY *will thank you for using it!*

## Great blood sugar is just the first of *many* blessings you may feel

**B**est of all, *Glucose Essentials* doesn't just "fix the numbers." It really, truly helps reduce your *insulin resistance*. And that's going to pay enormous health dividends all throughout your body. Because when you start banishing insulin resistance and balancing your blood sugar, that's going to help you:

Make **weight control** easier by eliminating food cravings

Enjoy **healthy circulation** and glucose uptake

Do away with **brain fog** and **daytime drowsiness**

Protect your **eyes** from harmful free radicals and AGEs

Guard your **heart and arteries** from excess blood sugar

Protect **liver and kidneys** from wear and tear

Deliver **more energy** to your muscles

So please, send for your risk-free supply of **Glucose Essentials** today  
*(continued on page 16)*

# Great news for sufferers of METABOLIC SYNDROME

Also known as **Syndrome X**, this worrisome condition afflicts at least 50 million Americans, according to the American Heart Association. And *you* may have it without even knowing it, if you suffer from:

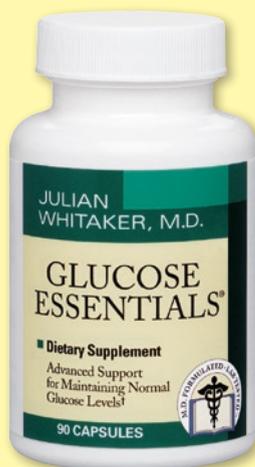


- **High blood sugar**, equal to or greater than 100 mg/dL...
- **Insulin resistance**, meaning that your body needs more insulin to handle its blood sugar...
- **Excess fat** around the waistline, meaning a 40" waistline or greater for men, and a 35" waistline or greater for women...
- **High triglycerides**, equal to or greater than 150 mg/dL
- **Low HDL ("good") cholesterol**, meaning under

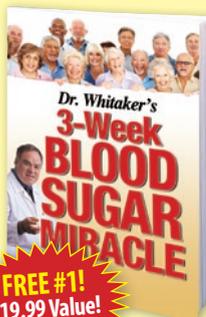
40 for men or under 50 for women...

- **High blood pressure**, equal to or greater than 130/85 mm Hg...

The bad news is that more and more Americans are getting metabolic syndrome. But **the great news** is that the nutrients in *Glucose Essentials* can help you slash your insulin resistance, balance your blood sugar, and beat the fatigue and cravings that threaten your waistline. So send for your risk-free supply today!



**RSVP in 7 days for FREE shipping**  
See page 23 or call 1-800-211-8560 today



**FREE #1!**  
\$19.99 Value!



**FREE #2!**  
\$19.99 Value!



**FREE #3!**  
\$19.99 Value!

Call 1-800-211-8560 today for your risk-free supply and FREE gifts!

## BLOOD SUGAR BLUNDER #6:



*Don't settle for "okay" blood sugar*

# MAKE IT PERFECT

*or you won't pay a penny!*

**G**etting the picture? If you wait, "slightly high" blood sugar can sink your entire system — but if you act now, it's easily fixable.

I'll stake my 30-year reputation on it! I've seen nutrients in *Glucose Essentials* do their fine work for thousands of patients at the Whitaker Wellness Institute in California. They often see dramatic results in as little as 21 days, and when they come back for checkups, they're transformed people — glowing with health, surging with energy. Now I can hear you saying...

***"Fine for them, Dr. Whitaker, BUT WHAT ABOUT ME?"***

So *Forward Nutrition* is going to give you something even your own doctor doesn't offer. A no-excuses, ironclad GUARANTEE. Just RSVP right now and, when your *Glucose Essentials* arrives...

**DON'T YOU DARE FEEL GUILTY**  
*Whenever You Sit Down to Eat...*

Just take one *Glucose Essentials* capsule before your first bite (three times a day) — then dig in and enjoy! As long as your menus are sensible and you exercise moderately, you're on the road to...

***Great Glucose GUARANTEED...***

And I mean soon! After 21 days or at your next blood test, I expect you and your doctor to be thrilled. Then just keep taking *Glucose Essentials* — after 90 days, if you're not completely satisfied with your blood sugar readings...

**You won't pay a red cent, PERIOD.**

That's right! If your 21-day blood tests don't WOW you — if your 90-day tests aren't PERFECT — or if you're less than thrilled at *any* time, simply return the unused portion of *Glucose Essentials*. You'll get a prompt, courteous refund of every

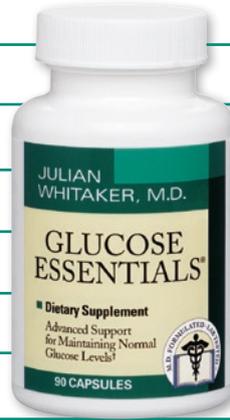
penny you paid (you don't even risk a shipping charge, because shipping is FREE)...



# WOW, WHAT VALUE

**Glucose Essentials saves you over \$327 a year!**

INGREDIENT	COST PER MONTH
Silbinol™ Kino Tree Extract	Not readily available at any price
Vanadyl Sulfate (100 mg. daily)	\$20.33
GS4° Gymnema Sylvestre	\$8.89
GlucoHelp™ Banaba Leaf Extract	\$4.25
Chromium Polynicotinate	\$2.45
Holy Basil Extract	\$4.19
Cinnamon Bark	\$3.49
Green Tea Extract	\$2.02
<b>TOTAL COST of Ingredients</b>	\$45.62
<b>Glucose Essentials "Best Deal"</b>	\$18.33
<b>YOUR monthly savings</b>	<b>\$27.29</b>



**Why buy a "regular" blood sugar formula,** when you can have the cutting-edge secrets we use at the Institute for the same or less! Our "best deal" price is just \$18.33 a month — today's greatest bargain in blood sugar health, bar none!

## And you'll keep your FREE GIFTS forever...

More about them on the next page! So be sure to RSVP during this 7-day introductory period. You'll get FREE SHIPPING, FREE GIFTS, and most importantly — perfect blood sugar or it's FREE.

Here's to a perfectly healthy you,

Julian Whitaker, MD

**PS.** As your blood sugar improves, you'll *keep* feeling more energetic, strong, and youthful for as long as you keep using my *Glucose Essentials!* If you're not increasingly thrilled, same deal. Return the unused portion at any time and keep your FREE GIFTS.

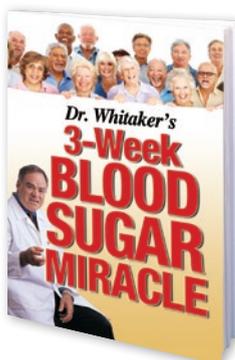
**P.P.S. Save 51% (\$115.91) without any risk!** Try a 6-month supply! You'll save big and risk nothing with our money-back guarantee. Turn the page to see your 3 FREE GIFTS and RSVP today!

# RSVP to keep all 3 FREE GIFTS!

Try *Glucose Essentials* for 6 months and you'll save over \$7.50 per bottle — plus, get FREE shipping and 3 brand-new, special reports worth nearly \$60!

**FREE Report #1!**  
*\$19.99 Value!*

## Dr. Whitaker's Famous 3-Week BLOOD-SUGAR MIRACLE



No other natural clinic in the world is more famous for helping patients solve blood sugar problems than the Whitaker

Wellness Institute in Newport Beach, California. And now you can have Dr. Whitaker's complete blood sugar control program, in one, easy step-by-step guide! You'll learn dietary secrets and easy exercises, specially designed to be used alongside your powerful *Glucose Essentials* formula. Plus, you'll learn the life-changing truth behind well-accepted LIES like...

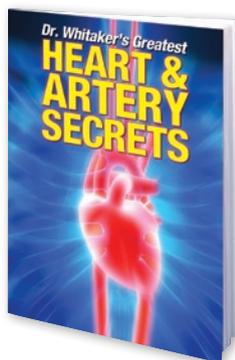
- “Lower your blood sugar, no matter what.” **WRONG.** In fact, lowering your blood sugar the *wrong* way can actually make you fat and ravenous — your numbers may look good for a bit, but long-term, your glucose will soar!

Learn the secret that makes it so much simpler to look great, feel energetic, and keep your blood sugar balanced for keeps.

- “High blood sugar is genetic.” **WRONG.** Some people may genetically be a bit more *inclined* to high blood sugar, but nearly anyone can keep it balanced with surprising ease. Discover the secret!
- “You need more self-control.” **WRONG.** Insulin resistance can give you unbearable cravings for sweets — but I'll show you how to lick those food cravings for good!

**FREE Report #2!**  
*\$19.99 Value!*

## Dr. Whitaker's Greatest HEART & ARTERY SECRETS



If your blood sugar is unbalanced, your blood pressure and cholesterol may be too! Fortunately,

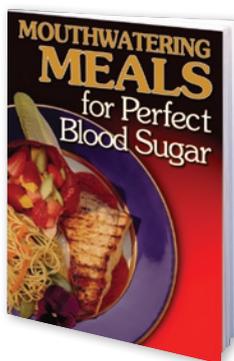
our team at the Whitaker Wellness Institute has restored thousands of patients to great heart health, and now you'll learn our latest secrets too. Discover:

- **This phenomenal “power powder”** improves your heart’s endurance and energy almost instantly...
- **World’s smartest cholesterol-buster** that nourishes your brain as well — the most potent cholesterol secret we’ve investigated in 25 years...
- **Tame high blood pressure** in days with this tasty juice on your supermarket shelves...
- **Support healthy heart rhythms** with the world’s best (and cheapest!) supplement secret...

**FREE Report #3!**  
*\$19.99 Value!*

## MOUTHWATERING MEALS

*for Perfect Blood Sugar*



If your doctor orders, “Zip your lips shut,” not so fast! You may have to lose *some* weight, but I’m living proof you don’t

have to be movie-star thin. And it’s perfectly okay to enjoy delicious meals, as long as they use the low-glycemic secrets in this brand-new collection of mouthwatering recipes for delights like:

- **Banana Pecan Pancakes**, so fill-you-up fabulous, you’ll be getting up earlier just to sit down to breakfast...



- **Sicilian Chicken Marsala, Tasty Turkey Stew** and more old-fashioned favorites the whole family will be clamoring for...



- **Delectable Fruit Cobbler, Chocolate Covered Pears**, and other yummy desserts to beguile your sweet tooth...

- **PLUS Fancy Fish Tacos, Savory Shrimp Jambalaya, Citrus-Infused Chicken** and so many more unbelievably guilt-free goodies, so RSVP today!

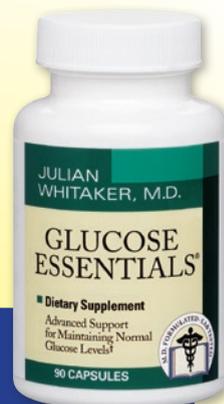


**Great Glucose GUARANTEE!**

**See page 23 and RSVP today**

**PLUS! FREE SHIPPING**

*if you reply in 7 days*



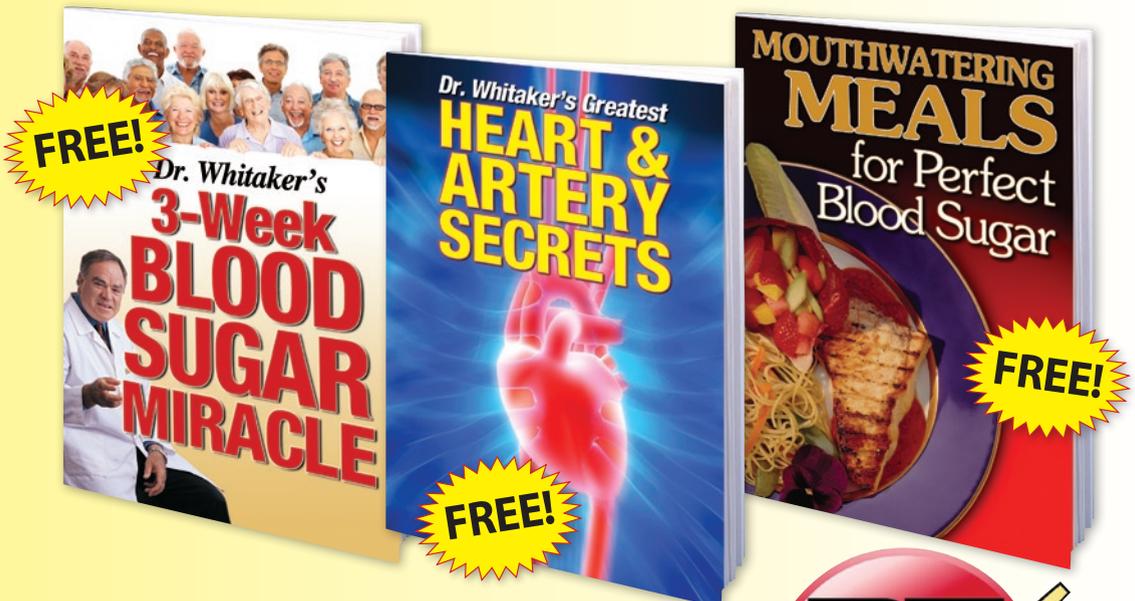
# SPECIAL INTRO OFFER:

Just  
**\$18.33**  
per bottle

**Lowest Price per Bottle!**



*Plus 3 FREE Special Reports:*



*You get everything  
you see on this page!*



# Just \$18.33 with 6-month supply

## 7 Reasons Why It's the Smart Choice:

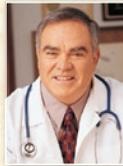
1. *Lowest per-bottle price, only \$18.33*
2. *You save \$115.91*
3. *Skip the bother of reordering*
4. *Won't run out and miss a dose*
5. *Get all 3 FREE GIFTS*
6. *FREE shipping if you reply in 7 days*
7. *NO RISK! All your money back if not thrilled, even on the last day of a 6-month supply!*

The longer you take *Glucose Essentials*, the better you'll feel. So we're making it easy to stock up and save big! Just order a 6-month supply, and you'll save \$115.91 on this order alone. NOTE: It saves energy too, and we pass on the savings to YOU.

**WHY NOT, it's totally risk-free!**

### Learn all the secrets my patients use **FREE!**

Order my *Glucose Essentials* today, and you'll also receive a FREE copy of *Dr. Whitaker's 3-Week Blood Sugar Miracle* — the complete program we use here at the Whitaker Wellness Institute. Including the delicious and satisfying meal plan, the shockingly easy exercise schedule, and *all* the other secrets that my own patients benefit from. This exclusive new volume is the perfect complement to *Glucose Essentials* — an \$18.33 value, but yours FREE if you order today!



#### DEAR HESITANT READER,

It beats me why anyone would *not* take the best deal. Think about it. Are you risking even a penny more? NO! Even if you're down to the last capsule of a 6-month supply, you can *still* change your mind and get all your money back. You're not even out the shipping (it's free).

**PLUS:** Those who order just one or three bottles nearly always wind up re-ordering anyway, *so why throw away \$115.91!*

**AND:** You get all 3 FREE GIFTS, to keep no matter what. They're packed with my latest discoveries to help you escape *all* the problems that come with high blood sugar, and enjoy your new life to the fullest!

*Julian Whitaker MD*

**Hurry to get FREE SHIPPING**

*Act fast! You must reply in 7 days!*

## GOOD SAVINGS!

- ✓ Three months of *Glucose Essentials*
- ✓ 2 FREE GIFTS



## SINGLE BOTTLE SPECIAL!

- ✓ One month of *Glucose Essentials*
- ✓ 1 FREE GIFT



## BIGGEST SAVINGS!

- ✓ Six months of *Glucose Essentials*
- ✓ Lowest Price per bottle
- ✓ All 3 FREE GIFTS



Just  
\$18.33  
per bottle

# YOUR GREAT GLUCOSE GUARANTEE

**GUARANTEE #1: Great results in 21 days or it's FREE!** After just 3 weeks of trying *Glucose Essentials*, you've got to be wowed. If not, return the unused portion for a prompt, 100% refund of every penny you paid. No questions asked. Keep your FREE GIFTS!

**GUARANTEE #2: Even better blood sugar in 90 days or it's FREE!** In fact, you can "cash out" at any time, even if you're on the last capsule of a 6-month supply. Return the unused portion, get 100% of your money back, keep

the FREE GIFTS. (So feel free to save BIG on a 6-month supply!)

**GUARANTEE #3: Beats anything you've tried!** I'm staking my 30-year reputation on new *Glucose Essentials*. I've never been prouder of any blood sugar product, and if you don't get dramatically better results compared to whatever you're using now, same deal — full refund, keep your FREE GIFTS. So let us hear from you today!

*Julian Whitaker MD*

Julian Whitaker, MD

# RISK-FREE CERTIFICATE

Reply in 7 days for **FREE SHIPPING!**

**YES, Dr. Whitaker!** I want my blood sugar to be *perfect*, with help from your *Glucose Essentials!* I must be thrilled with my results or I can return the unused portion at any time — even if I'm on the last day of a 6-month supply. I'll get a full refund of every cent I paid and keep my **FREE GIFTS** forever!

**BIGGEST SAVINGS (less than \$20 a bottle) and 3 FREE REPORTS!**

Rush me a six-month supply of *Glucose Essentials* for only \$109.99. I'll get 3 **FREE** Reports, **FREE** shipping and save \$115.91 on this order alone! [Item #GE61]



**GOOD SAVINGS (less than \$25 a bottle!)**

Rush me a three-month supply of new *Glucose Essentials* for only \$64.99. I'll get 2 **FREE** Reports, **FREE** shipping, and I save \$62.95 on this order alone! [Item #GE32]



**SINGLE BOTTLE** Send me a month's supply of *Glucose Essentials* for only \$25.99. I'll get one **FREE** Report and I save \$29.98 on this order alone. [Item #GE30]



**FREE SHIPPING** \$9.99 value! I'm ordering within 7 days, so my shipping is **FREE**.



## Method of Payment:

Enclosed is my check for \$ \_\_\_\_\_

(Payable to Forward Nutrition. NC residents add 6.75% sales tax.)

Please charge my:  MasterCard  Visa  American Express  Discover

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_ (for credit card orders only)

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

(optional, in case we have a question about your order)

**Please confirm shipment of my order via e-mail.** You may also e-mail me updated research, recommendations, and e-mail-only special savings. My e-mail address will never be sold or rented. I can unsubscribe at any time.

E-mail address \_\_\_\_\_

No need to write your name and address! Just check the back cover to see if your address is correct. If not, please correct. Thank you!



For fastest delivery of *Glucose Essentials*, call toll-free:

**1-800-211-8560**

24 hours a day, 7 days a week

PRSR: STD.  
US Postage  
**PAID**  
Doctors'  
Preferred

**Forward Nutrition**  
Customer Service Center  
P.O. Box 1841  
Arden, NC 28704

GEAA

**IN THIS SPECIAL REPORT**

# HOW COULD THIS WOODEN CUP

*make your  
blood sugar  
troubles  
go away?*



**T**raditional healers in India have been using it with amazing success for centuries. Sufferers swore the cups worked, but HOW? Then, just recently, scientists finally analyzed *the wood* and *(continued on page 6 inside...)*