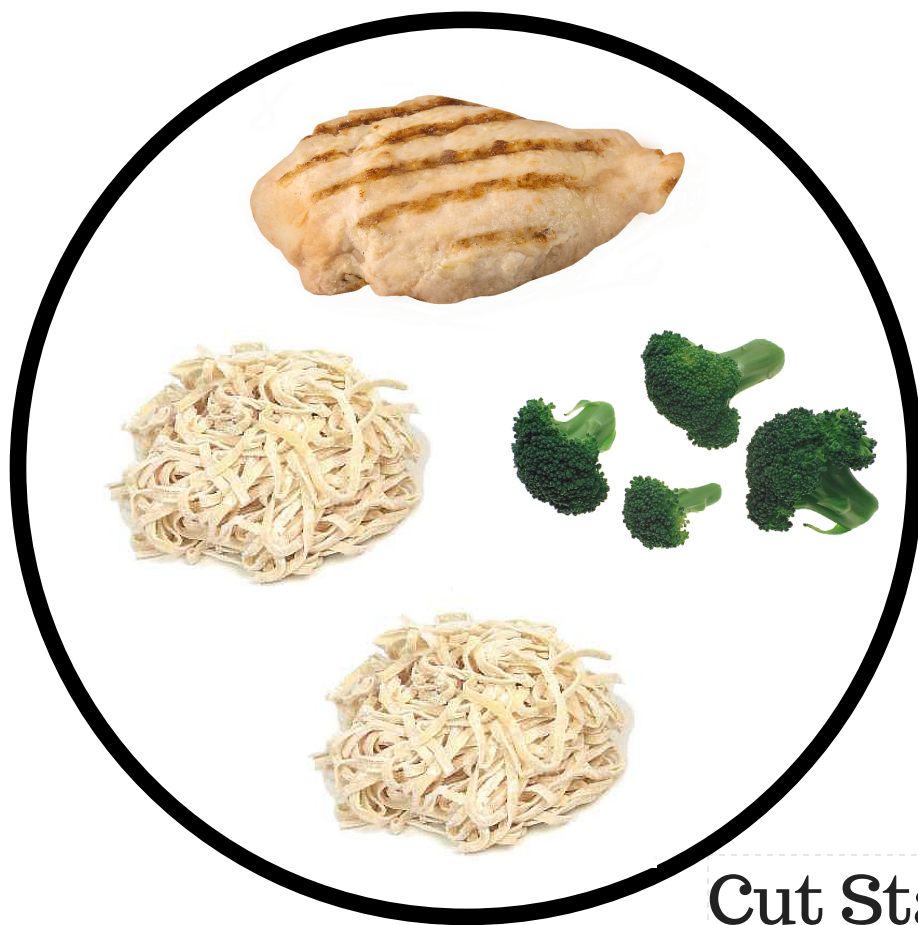
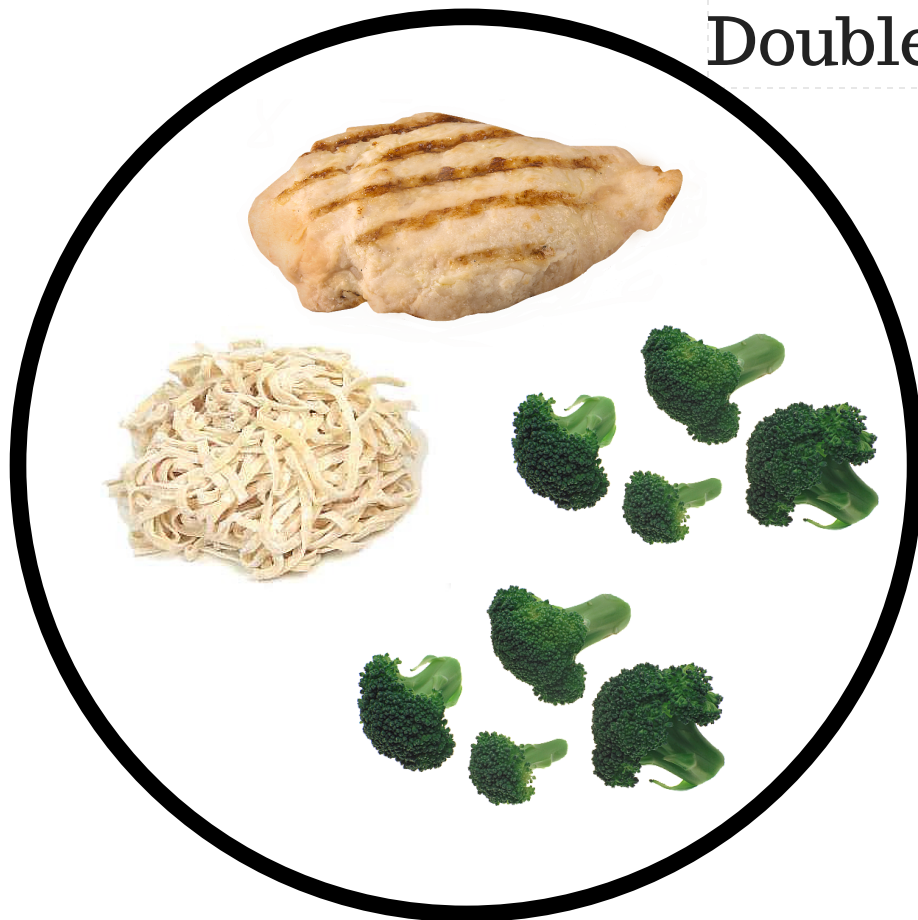


Dr. Spencer's Blood Sugar Nutrition Plan



Cut Starch in half
Double Veggies



Maintain Exercise Performance AND Sanity