

What Your Doctor May *Not* Tell You About Diabetes  
by Steven V. Joyal, M.D. with Deborah Mitchell  
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As type 2 diabetes, metabolic syndrome, and pre-diabetes reach epidemic levels in the U.S., patients and physicians alike desperately need an innovative new strategy for prevention and treatment. In an eye-opening new book, Life Extension's medical director Dr. Steven Joyal reveals a groundbreaking, integrative program that links the core causes of metabolic disease to accelerated aging. Dr. Joyal's innovative plan integrates cutting-edge discoveries in an easy-to-follow fashion. *What Your Doctor May **Not** Tell You About Diabetes* offers a groundbreaking new program to dramatically enhance metabolic health in patients with diabetes as well as aging people interested in controlling key metabolic factors linked to accelerated aging.

A small sample of the startling new information you will discover in *What Your Doctor May **Not** Tell You About Diabetes* includes:

- Powerful nutritional tools that allow you to literally *reprogram the expression of your genes* to achieve optimal metabolic health;
- Readily-available blood tests *overlooked by many mainstream physicians* yet critical for optimal evaluation of metabolic health;
- An important blood test that *directly measures* a core factor involved in *accelerated aging*;
- Cooking methods and techniques that are *literally accelerating the aging process*, every day and with every meal, as well as food preparation techniques to minimize this deadly, and largely unknown, phenomenon;
- Potent, natural dietary supplements to support optimal metabolic health;
- The *critical* relationship between mental stress and poor blood sugar control in large degree ignored by mainstream physicians;
- A *comprehensive stress management plan* to immediately begin feeling more relaxed and less stressed about diabetes;
- An *innovative exercise routine* that takes only *twelve minutes a day* yet can create profound benefits in metabolic health;
- Detailed information about the best pharmaceutical options used to battle metabolic disease;
- A revolutionary new class of medications that represents the biggest breakthrough for diabetes' sufferers in the past decade!

If you have diabetes, seek to prevent diabetes, or simply want to dramatically enhance your metabolic health and slow down the aging process, *What Your Doctor May **Not** Tell You About Diabetes* by Life Extension's medical director Steven V. Joyal, M.D. offers groundbreaking, proven strategies to dramatically improve your health.

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