

MORE THAN 18 MILLION AMERICANS HAVE TYPE II DIABETES, THE FASTEST GROWING DISEASE EPIDEMIC IN OUR COUNTRY. EVEN MORE FRIGHTENING, NEARLY ONE-THIRD OF ITS VICTIMS DON'T EVEN KNOW THEY HAVE DIABETES!

Are you one of them?

If you are, not knowing the signs, causes, and treatments could cost you your health. Learn the Untold Truth and you can change your life!

Are you on a collision course with diabetes? Find out! Take our diabetes risk inventory:

1. Are you overweight?

- a. Yes—More than 30 pounds (or tested as obese)
- b. Yes—20-30 pounds
- c. Yes—10-20 pounds
- d. Yes—but within 10 pounds
- e. No, I'm at the ideal weight for my height and age

2. Do you have family members with type II (“adult onset”) diabetes?

- a. 1 immediate family member, plus any extended family (or “don't know”)
- b. 1 immediate family member
- c. 2 or more extended family members
- d. 1 extended family member
- e. None in immediate or extended family

3. How often do you exercise vigorously?

- a. Never
- b. Rarely
- c. Occasionally; 1-2 times per week
- d. Regularly; 3-4 times per week
- e. Every day

SCORING

Using the legend below, tabulate your score.

- “a” answers = 2 points
- “b” answers = 3 points
- “c” answers = 5 points
- “d” answers = 8 points
- “e” answers = 10 points

Of a possible 50 points, how did you fare? The scary truth is that if you scored less than a perfect 50, you may be at risk for developing type II diabetes*. Learn more now!

*Diabetes is a highly personal disease—it may be insulin-dependent type I, type II caused by a virus or genetics, even gestational diabetes. These types are sometimes uninfluenced by diet and lifestyle, and may require lifetime medications. The focus of this survey and brochure is type II diabetes caused (and treated) with diet and lifestyle. This is the most prevalent and fastest-growing form of the disease.

4. How often do you eat carbohydrate-rich fast foods (or processed snack foods including, donuts, sugared soda, and candy bars)?

- a. Every day
- b. Regularly; 3-4 times per week
- c. Occasionally; 2 times per week
- d. Rarely; once or fewer per week
- e. Never (or less than once per month)

5. Do you suffer from any of the following: blurred vision, constant thirst, overweight, shakiness, lethargy after eating, increased urination, impotence (in men), abdominal pain or nausea, weakness, susceptibility to infection or slow healing, irregular menstruation (in women), weight loss, increased appetite?

- a. 6 or more
- b. 4 or more
- c. 3 or more
- d. 2 or more
- e. None of the above

For more information on this topic, please contact the person who sent this information to you. To order more detailed information, go to www.naturestools.com, or dial 1-888-225-6601.