**Special Report:** Your Blood Sugar Health

## SAY NO TO DIADETES! Journal of Vibrant Living

## **Blood Sugar** TOO HIGH?

### You're Not Alone!

**Over 100 million Americans worry about high blood sugar** levels since it puts them at greater risk for everything from heart disease and stroke to kidney failure and blindness.

If you're among that group, here are 10 true stories you must read if you want to stabilize your blood sugar for the rest of your life...

#### WITHOUT ADDING ANY DRUGS!

TRUE STORY #1 NO NEED FOR DANGEROUS DRUGS AND INSULIN INJECTIONS...PG 02 BLOOD GLUCOSE LEVELS DROPPED AFTER THE FIRST DAY...PG 05 TRUE STORY #2 TRUE STORY #3 YOUR FORMULA HAS KEPT ME FROM BEING A DIABETIC...PG 08 TRUE STORY #4 PASSED THE TEST I THOUGHT I WOULD FAIL...PG 09 FEEL LIKE I COULD ROLLERSKATE INTO A BUFFALO HERD...PG 11 TRUE STORY #5 TRUE STORY #6 NURSE CLAIMS NATURAL FORMULA WORKS BETTER THAN ANY DRUG...PG 013 TRUE STORY #7 NO PILLS OR SHOTS ...THANK GOD FOR GLUCO HARMONY...PG 15 TRUE STORY #8 TOOK THE FEAR OUT OF MY DIAGNOSIS...PG 16 TRUE STORY #9 **DOCTOR USES IT INSTEAD OF DRUGS...17** TRUE STORY #10 I AM A TOTALLY NEW PERSON...17

If you're worried about a blood sugar imbalance leading to diabetes, you owe it to yourself and your loved ones to try the safe, natural, all-day blood-sugar stabilizing secret that's changing the lives of TENS OF THOUSANDS of men and women ... without drugs ... without diet ... without injections!



### A Natural All Day Blood Sugar Stabilizing Secret

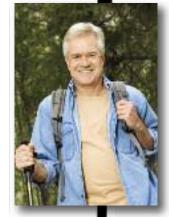
that puts drugs to shame...

#### **TRUE BLOOD SUGAR STORY #1**

NO NEED FOR DANGEROUS DRUGS AND INSULIN INJECTIONS! Tobin's Success Story – This could be your story starting today!

"I have type 2 diabetes. I've been using your product for more than a year now. It makes it unnecessary for me to use dangerous prescription drugs and insulin injections. Your Gluco formula keeps my blood sugar levels just right."

— Tobin P.,



- Tobin P., Pembroke Pines. Fl

#### **AMERICA'S BIGGEST HEALTH CRISIS: Type 2**

diabetes (which accounts for 90% of the diabetes cases) is the fastest escalating disease in America, and doctors prescribe drugs for it that do little to stem the tide. Diabetes is routinely linked to insulin resistance, high blood pressure, heart disease, obesity, stroke, kidney failure, glaucoma and blindness.

## Don't worry another minute about your blood sugar levels...

NOW, YOU CAN STABILIZE YOUR BLOOD SUGAR FOR THE REST OF YOUR LIFE, WITHOUT ADDING ANY DRUGS!

### YOUR BLOOD SUGAR BURNOUT IS OVER!

Dear Friend.

Is your blood sugar too high and draining you of energy?

Have you been labeled a pre-diabetic?

Do you stress about what to eat out of fear you're making matters worse for your health?

If you answered YES or MAYBE to any of these three questions, YOU'RE NOT ALONE.

79 million people are pre-diabetic with high blood sugar levels that make them feel famished and thirsty, exhausted, irritable with added blurred vision and tingling in the hands and feet.

What's more unsettling...

Twenty-five million Americans suffer from Type II diabetes which puts them at greater risk for everything from heart disease and stroke to kidney failure and blindness.

Maybe you or a loved one are caught in one of these two groups and face each day with the sword of bad blood sugar hanging overhead

If so, I have very good news for you today.

Now, you can stop worrying about whether everything you eat is making your blood sugar levels rise higher.

You can stop worrying about failing your next glucose test...

You can stop worrying about the threat of diabetes and now...

You can <u>start enjoying your life</u>, your health, and all your favorite foods as never before.

3

### GLUCO HARMONY TO YOUR BLOOD SUGAR RESCUE, ALL DAY, EVERY DAY! NO WORRIES EVER AGAIN!

How does **GLUCO HARMONY**® work so you can lower your blood sugar naturally and get the most energy and health from your food ... all at the same time?

Before I tell you the answer that Big Pharma doesn't want you to know about...

First let me offer a little back ground on blood sugar burnout and why you don't want to ignore it.

There are two main characters in any blood sugar drama: Glucose and Insulin.



- ► Glucose, made from carbohydrates, is your body's major energy source.
- ► Insulin is the only way to get glucose into your cells.

Simply stated, when you put too much glucose in your blood, your pancreas responds by pumping out more insulin.

When that cycle goes on for too long, your pancreas suffers fatigue and your cells become insulin-resistant and...THEY DON'T GET FED.

Starved cells make you more hungry, more thirsty and increase your craving for more empty-calorie foods and that only puts more strain on your pancreas and increases your blood sugar levels.

## GLUCO HARMONY TAKES THE FEAR OUT OF FOOD, AND PUTS THE JOY BACK INTO EATING!

The most potent new weapon against blood sugar imbalances is actually based on the ancient healing traditions of Ayurvedic (pronounced Air-you-ved-ic) medicine.

Our **GLUCO HARMONY** formula contains the highestquality, most-concentrated, nutraceutical-grade Ayurvedic botanical EXTRACTS available.

There's no other ALL-DAY, EVERY-DAY bloodsugar stabilizing combination like it anywhere.

JUST TRY GLUCO HARMONY RISK-FREE AND WATCH ALL YOUR BLOOD SUGAR WORRIES DISAPPEAR! (see pg 19 for our best value offer)



#### **TRUE BLOOD SUGAR STORY #2**

#### **GLUCOSE LEVELS DROPPED AFTER THE FIRST DAY!**

Heidi's success story –
This could be your story starting today!

"I started your product and my blood glucose dropped 28 mg/dl after the first day's dose. Your Gluco formula is really helping me to get my readings down to where



my doctor wants them. Thanks IVL!"
- Heidi R., Enumclaw, WA

## 9

### **AYURVEDIC SECRETS THAT MOST DOCTORS SADLY IGNORE**

#### (Or Have Never Heard Of)

#1 GYMNEMA SYLVESTRE – Ayurvedic

doctors use Gymnema Sylvestre as their first and most powerful agent for improving blood sugar control. In clinical tests, this herb has demonstrated a significant reduction in blood glucose.

Like no other Ayurvedic herb, Gymnema Sylvestre has been shown to help...

- NORMALIZE blood sugar and triglycerides
- REDUCE sugar craving and reduce sweet stimuli
- IMPROVE insulin pathways and thus decrease insulin needs

**BLOOD SUGAR LOWERING SECRET** #2 BITTER MELON – Close to 100

studies have demonstrated the blood sugar-lowering effect of bitter melon. It also enhances the cells' uptake of glucose, activates the pancreatic cells that make insulin and reduces the craving for sweets.

For centuries, bitter melon has been an Asian folk remedy for improving glucose tolerance and only now has science started to document what traditional healers have known for generations.

### BLOOD SUGAR LOWERING SECRET #3 PTEROCARPUS MARSUPIUM -

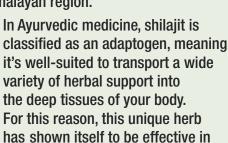
You don't need to be able to pronounce the name of this herb, but you do need to know that P. marsupium demonstrates remarkable glucose-lowering power. Plus, in repeated studies, P. Marsupium was able to reverse the damage to the

6

pancreatic beta cells. The result was the near complete restoration of normal insulin secretion. This restoration, in turn, helps to counter the effects of insulin resistance.

#### BLOOD SUGAR LOWERING SECRET #4 SHILAJIT –

Shilajit is a unique mineral obtained from rocks in the Himalayan region.



Shilajit also helps reduce oxidative stress (think of it as internal "rusting") which is a common disorder associated with blood sugar imbalances.

carrying blood sugar into insulin-

### **BLOOD SUGAR LOWERING SECRET #5 CURCUMIN –**

resistant cells.

Curcumin is one of the major antioxidant extracts found in the spice turmeric. It has been used successfully in Ayurvedic medicine to reduce the oxidative stress (or internal rust) throughout the body.

When excess glucose resides in the blood, it causes injury to the small blood vessels that feed the eyes, kidneys and heart. Curcumin helps repair that damage. What's more...

Curcumin increases the levels of prostacyclin, your body's natural zapper of abnormal platelet clusters which are linked to abnormal blood sugar and blood clots.

#6 FENUGREEK — Since ancient times, East Indian herbalists have used fenugreek, a common spice, to combat blood-sugar imbalances. Now, modern research has shown that

research has shown that fenugreek does help with glucose management by acting as a filtering buffer.

Fenugreek seeds are 55% fiber which is why they slow down food digestion. Because fenugreek is broken down slowly, it delays glucose absorption, resulting in lower blood sugar.

#### BLOOD SUGAR LOWERING SECRET #7 CINNAMON –

And you thought cinnamon was only good during the holidays. In the Ayurvedic tradition, cinnamon is used to help alleviate fatigue, fever and pain, but that's not all. Dr. Richard Anderson, at the Human Nutrition Research Center (USDA) found that cinnamon has a key substance called methylhydroxychalcone polymer (MHCP) that helps stimulate glucose intake. How?

Cinnamon works by modifying the insulin receptors of your cells so they can better manage all the glucose energy you want and need.

BLOOD SUGAR LOWERING SECRET #8
HOLY BASIL — Holy basil is named
because of the tradition of
planting this herb around

the temples of India to purify the air.

A significant placebo-controlled, crossover study published in the *Journal of Clinical Pharmacy and Therapeutics* showed a 17.6 percent reduction in blood sugar and led the scientists to conclude that holy basil was a powerful natural agent for supporting stable blood sugar.

BLOOD SUGAR LOWERING SECRET #9
BANABA — Can one leaf, grown in
the tropics, help you lower blood
sugar and lose weight at the
same time? That is how Banaba
is regarded in Japan, the
Philippines and in India.

How does it work?

Banaba leaf contains corosolic acid which acts as an amazingly-efficient glucose transport activator. As banaba helps you gain a tighter control over both blood sugar and insulin levels, it simultaneously promotes weight loss – without significant dietary changes.

When you reduce the "yo-yo" swings between glucose and insulin, you reduce your need to eat more when you don't need it.

Throughout the world, many weight-loss formulas are now using banaba as a

safe, natural and essential component.
But there's no need to seek it out as a separate formula because banaba is a FABULOUS builtin benefit of using GLUCO HARMONY®!



These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

TRUE BLOOD SUGAR STORY #3

## YOUR FORMULA HAS KEPT ME FROM BEING A DIABETIC!

Leo's success story. This could be your story starting today!



"A couple of years ago I was diagnosed as prediabetic. I read an article on your formula and gave it a try. That was 2 years ago. In the past year the hcl test has been normal. I will continue to use your formula, as I believe it has kept me from being a diabetic. Thanks."

— Leo J. Link, Erie, PA

## WHOSE BODY NEEDS THE EXTREMES OF BLOOD SUGAR IMBALANCE?

The Answer: No One Needs It!

Because of the American diet and the fast pace of our lifestyle with too little exercise built in, most people over 30 have problems maintaining proper blood sugar balance.

As a result, you may feel as if you're constantly on a yo-yo, bouncing back between feeling revved up and utterly fatigued.

### WHOSE ORGANS NEED THOSE EXTREMES?

Not your pancreas. Not your heart. Not your kidneys. Not your eyes. In fact, all your major organs suffer from undue stress when your glucose and insulin levels experience enormous spikes and spills.

Despite regular reports in the national press about the near epidemic-level of diabetes, people persist in thinking about diabetes as simply blood sugar levels that are a little high or low. NO BIG DEAL! WRONG!

First and foremost, diabetes is a major risk factor for heart disease and stroke. Why?

Because when you have rapidly rising and falling glucose levels, those extremes "de-stabilize" your heart rhythms.

The excess insulin produced by the pancreas to respond to the glucose spikes causes high blood pressure problems. Which is why diabetics are two to four times as likely to have heart disease or a stroke.

Diabetes is the number one cause of kidney failure because excess glucose in the bloodstream damages the small blood vessels in the kidneys.

In the eyes, sudden surges of blood sugar put extra stress on the retinal blood vessels. The repeated stresses that diabetics often experience causes these vessels to hemorrhage and break down.

Diabetes is the second most common cause of blindness in older people, following glaucoma.

Type 2 diabetes typically strikes later in life and as the 77 million baby boomers age, the number of people who will suffer is expected to skyrocket.

IN FACT, IT'S ESTIMATED THAT SOME 40% OF AMERICANS 65 OR OLDER NOW HAVE DIABETES.

Don't stress anymore about the grim statistics.

Don't stress anymore about what you eat.

Don't stress anymore about whether your blood sugar readings are in the normal range and...

TRY GLUCO HARMONY™ –
RISK FREE – AND WATCH ALL YOUR
BLOOD SUGAR WORRIES DISAPPEAR!

(see pg 23 for our best value offer)

TRUE BLOOD
SUGAR STORY
#4

## PASSED THE TEST I THOUGHT I WOULD FAIL!

Felix's Success story.
This could be your story starting today!

"I was told from my doctor that in two months they were going to test me for diabetes. So I knew that I

ate too many
sweets and I was going
to fail the test. I ordered
Gluco Balance (now
Gluco Harmony) right
away hoping to pass the
test. I took your Gluco
formula for one month. I
took the test and passed
the test and the doctor
did not find diabetes in
my body."

- Felix Torres, Henderson, NV

## 5 WAYS YOU CAN AVOID OR REVERSE THE THREAT OF DIABETES FOR LIFE...

#### 1. EAT COMPLEX CARBOHYDRATES, FORGET SODA POP!

Here's a good rule of thumb to follow: The longer food takes to chew, the better it is for you. All processed food and beverages are packed with sugar and salt and will only create glucose spikes which you must avoid. Your ideal diet would be low in fat and high in slow-digesting, complex carbs like legumes, whole grains and most fruits and vegetables.

- **2. MOVE IT OR LOSE IT!** Regular daily exercise improves the ability of your cells to accept insulin which, in turn, allows them to burn glucose more efficiently.
- **3. SUNLIGHT IS YOUR FRIEND!** When you take a 20-minute walk outside, you can get an extra shot of natural insulin which will help you normalize your blood sugar levels. (Plus, natural Vitamin D3, which your body converts from sunlight, is believed to help lower insulin resistance and reduce blood pressure!)
- **4. LOSE A LITTLE, GAIN A LOT!** 95% of all diabetics and prediabetics carry too much weight and body fat. Which is why doctors and health professionals recommend monitoring your total percentage of body fat. They recommend no more than 24% body fat for women and no more than 17% for men. Lose a little body fat with the help of GLUCO HARMONY and gain a lot of health for life.
- **5. USE GLUCO HARMONY® AND GET A BRAND NEW BODY!** GLUCO HARMONY is the MOST ADVANCED and comprehensive nutraceutical formula ever developed for the management of glucose levels. It is formulated to help you stop sugar craving and maintain healthy blood sugar levels without causing hypoglycemia.





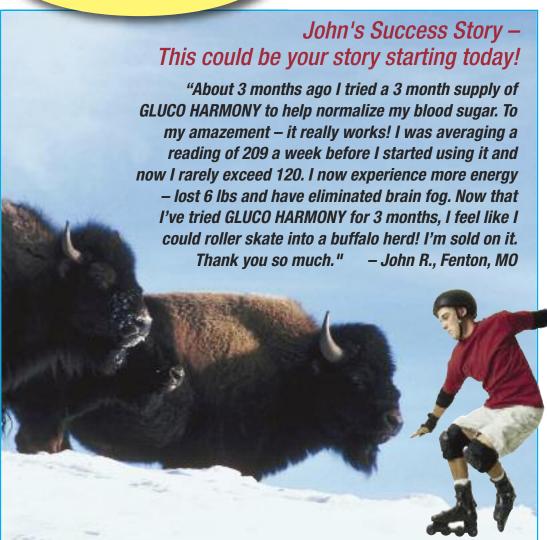








"FEEL LIKE I COULD ROLLERSKATE INTO A BUFFALO HERD!"



TRY GLUCO HARMONY® – RISK FREE – AND WATCH
ALL YOUR BLOOD SUGAR WORRIES DISAPPEAR!
(see pg 23 for our best value offer)



Since 2004, GLUCO HARMONY® has been a proven way for tens of thousands of men and women to take control of their blood sugar energy and insure their vitality and independence.

**GLUCO HARMONY** takes the best of the best of the Avurvedic extracts and combines them into ONE, complete scientifically-formulated supplement to help you stop sugar cravings, gain everyday glucose control and lower your insulin requirements – all at the same time. Like no other formula on the market, GLUCO **HARMONY** may help you...

- ► STOP sugar cravings
- IMPROVE insulin response in the body
- NORMALIZE blood sugar levels
- REDUCE the glycemic index after meals
- REACH AND MAINTAIN your ideal weight
- ► GIVE you more freedom in your diet

If your energy and mood levels are subject to wild fluctuations... If you're over 30 and overweight..

If you crave sugar throughout the day...

If food does not give you all the fuel you need to manage your busy days...

#### **GLUCO HARMONY** is made for you.

Now, you'll be able to take charge of your health and energy as never before when others settle for a yo-yo existence that's fraught with health perils.

No matter what your age or current physical condition, you too can easily STOP sugar cravings, REACH AND MAINTAIN ideal body weight and DODGE the diabetes bullet – when so many others will not. Starting today, it's all possible with GLUCO HARMONY.

(Continues on pg 18)



**NURSE CLAIMS THAT NATURAL FORMULA WORKS BETTER** THAN ANY DRUG!

Lee's Success Story -This could be your story starting today!

"I'm a nurse and I've never seen a prescription medication work as well as GLUCO HARMONY. I only wish it could be paid for under insurance. Then I could recommend it to all my patients because that's the main way they can pay for it. Kudos to IVL for producing such a quality product!"

- LEE S., TOCCOA, GA



# MILLIONS OF AMERICANS ARE CAUGHT IN A 92-BILLION DOLLAR BLOOD SUGAR PIPELINE

#### **BUT NOW YOU CAN SAVE YOUR MONEY & YOUR HEALTH...**

The vast majority of people with blood sugar imbalances can be helped with diet, exercise and supplements, but most doctors won't take that route. To control blood sugar, most doctors will get their patients on diabetes drugs. But here are the facts:

All blood-sugar lowering drugs have side effects. All of them gradually become less effective, which means the side effects continue and so does the disease. The end result...

The total annual cost of diabetes is estimated to be 92 billion, but the numbers of people diagnosed with the disease keeps skyrocketing.

### IS IT POSSIBLE TO COMBAT THE BLOOD SUGAR CRISIS WITHOUT DRUGS AND WIN?

The answer, we believe, is YES.

Diet and exercise are critical, but while you make those lifestyle changes, you can still normalize your blood sugar levels and protect yourself from the ravages of other health problems associated with diabetes. HOW CAN YOU DO THIS THE EASY WAY?

By using GLUCO HARMONY®. Like no other blood sugar regulator, GLUCO HARMONY can help repair and rebuild a faulty blood sugar system – so that you'll stop sugar cravings, gain more fuel from food and even achieve your optimal weight.

#### THE TRUTH IS THIS:

The only way to avoid, manage or reverse diabetes is to bring your blood sugar back into balance.

And that's precisely what **GLUCO HARMONY** can do for you, day in, day out, without fail.

## TRUE BLOOD SUGAR STORY #7

## NO PILLS OR SHOTS ... THANK GOD FOR GLUCO HARMONY!

MOLLY'S SUCCESS STORY – This story could be your story!

"Your GLUCO HARMONY is a Godsend to me, it keeps my gluco at a normal number, not too low or too high, just right. No pills or shots, I eat right and exercise. I thank God for GLUCO HARMONY, and I thank God for IVL."

- Molly Hudson, Míamí, FL

From the American Diabetes Foundation

## PLEASE CHECK YOURSELF FOR THESE SYMPTOMS...

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms can decrease the chance of developing the complications of diabetes. Some diabetes symptoms include...

- **X** Frequent urination
- **X** Excessive thirst
- **X** Extreme hunger
- **X** Unusual weight loss
- **X** Increased fatigue
- **X** Irritability
- **X** Blurry vision

If you're experiencing any of these symptoms, please consult your doctor right away. In the meantime, avoid simple sugars, take daily exercise and try **Gluco Harmony**® – RISK FREE – for as long as you like. We guarantee it will help you better manage your blood sugar or it's YOURS FREE!

#### TRUE BLOOD SUGAR STORY #8

## TOOK THE FEAR OUT OF MY NEW DIAGNOSIS!

Theresa's success story – This story could be your story starting today!



"I was diagnosed with type 2 diabetes 3 months ago. My mother read about your product and encouraged me to try GLUCO HARMONY. I am pleased to report that it has significantly helped lower and manage my blood sugar. My doctor is very pleased with my new low blood sugar test results. GLUCO HARMONY took the fear out of my new diagnosis and it will be a long life companion in my daily regimen."

- Theresa Page, Franklin, TN

#### TRUE BLOOD SUGAR STORY #9

DOCTOR USES GLUCO HARMONY® INSTEAD OF DRUGS!

Doctor's Success Story – This could be your story starting today

"I am a 72 year old physician who about 1½ - 2 years ago found that my fasting blood sugar was staying at 125 for 2 years in a row. I was then placed on an oral extended release medication. It helped my blood sugar to be in balance, but the side effects of bloating, belching, body aches and

lassitude became unacceptable. I put myself on GLUCO HARMONY and my blood sugar is in balance and side effects are minimal or none. Thanks."

- S.O., Houston, TX

#### **TRUE BLOOD SUGAR STORY #10**

#### I AM A TOTALLY NEW PERSON!

Oralia's Success Story – This story could be your story starting today!

"My blood sugar levels had shot up to 335 and I was forced to take prescription drugs. The drug intake resulted in heart palpitations and kidney pain until I discovered IVL products and started taking

GLUCO HARMONY. I have been on it for about a year now and am a totally new person, with blood sugar levels of 120 to 140. I can honestly say that I can eat anything I want in moderation. I feel great, no worry about blood sugar levels and no side effects. I highly recommend this product."

Oralia V., Houston, TX



#### You'll get your own amazing bloodsugar results from your doctor or GLUCO HARMONY® is yours FREE!

Lots of supplement companies talk about customer satisfaction — but when it comes to getting your money back, they back down quickly.

Because I sincerely want you to enjoy the enormous health advantages that GLUCO HARMONY can bring to your life, I'm doing something unheard of in my business...



If **GLUCO HARMONY** doesn't help you achieve lower blood sugar numbers at your next checkup...

If it doesn't help you reduce food cravings...

If it doesn't help you achieve your ideal weight or...

If it doesn't help you reduce the stress about your blood sugar health...

You can return your order AT ANY TIME and I'll refund all your money -- even if you return the bottles empty!

### THEN YOU WILL SOON ENJOY EATING AGAIN WITHOUT THE FEAR OR WORRY

Just take one GLUCO HARMONY in the morning and one before dinner, then you're good to go – provided, of course, you eat balanced meals and get some moderate exercise every day.

IT CAN REALLY BE THAT EASY TO STABILIZE YOUR BLOOD SUGAR ALL DAY – WITHOUT ADDING ANY DRUGS ...

REALLY THAT EASY TO GET THE MOST FUEL FROM YOUR FOOD WITHOUT TAXING YOUR PANCREAS AND HEART...

REALLY THAT EASY TO WALK AWAY FROM THAT YO-YO-FEELING AND GET A NEW LEASE ON ROCK-SOLID ENERGY AND VITALITY.



Plus, when you take advantage of our best value offer, you'll get BIG savings, 4 Bonus Health Reports, (up to a \$39.80 value), plus FREE SHIPPING for a total savings value of \$227.68 And most important to you and your loved ones, you'll get worry-free blood sugar readings or your order of GLUCO-HARMONY is free.

Here's to your balanced blood sugar for life.

Jay White, Founder,

Institute for Vibrant Living®

P.S. PLEASE GO GET YOUR BLOOD SUGAR CHECKED AND LET YOUR DOCTOR GIVE YOU THE HAPPY RESULTS. IF GLUCO HARMONY doesn't lower your blood sugar, help you manage your weight, food cravings and improve your energy, I'll return your money – every penny of it.

## BIG SAVINGS ARE PACKED INTO EVERY BOTTLE OF GLUCO HARMONY!

If you could find all the 9 blood sugar lowering ingredients used in GLUCO HARMONY®, here's what you'd have to pay:

	iat you a nato to pay
1. Bitter Melon	\$12.99
2. PTEROCARPUS MARSUPIUM (Not easily	y available at any price)
3. Gymnema Sylvestre	\$17.49
4. Shilajit (Not easily available at any price	ce)
5. Curcumin	\$16.89
6. Fenugreek Extract	\$14.99
7. Cinnamon Bark	\$15.42
8. Holy Basil Extract	\$12.73
9. Banaba	\$11.95
Total Cost of Ingredients	\$102.46
GLUCO HARMONY "Best Deal"	\$24.99
SAVINGS PER MONTH	\$77.47
SAVINGS PER YEAR	

## May I send you 9 FREE GIFTS worth NEARLY \$400.00 in value and savings now?

No strings attached!

You'll get 9 amazing gifts absolutely FREE when you agree to sample the BEST VALUE offer for GLUCO HARMONY® during this limited time offer!

#### FREE GIFTS #1-4

FOUR FREE BOTTLES of GLUCO HARMONY – a \$159.96 value – yours FREE!



A \$9.95 value -

yours FREE! Nature's

Alternatives

to Antibiotics

A Self-Help

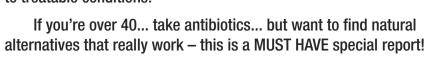
Manual For

Folks Over 40

#### FREE GIFT #5

Nature's Alternatives to Antibiotics
A self-help manual for folks over 40

The Center for Disease Control (CDC) released a first-ever report that shocked Americans: "Antibiotics put 142,000 into emergency rooms each year." The major reasons? Allergic reactions... overdoses... and mistakes by patients and physicians! What's more, overuse of antibiotics now cause "antibiotic resistance" to treatable conditions!



In this eye-popping new release, you'll discover:

- ► How to protect yourself from "Super bugs"! (Yes, you can overcome infections – without drugs!)
- ► The new science behind "transfer factors"!
- Over 3,000 published papers and 50 years of research now show a powerful way to BOOST immunity!

#### And much more!

20

#### FREE GIFT #6

#### 10 Medical Breakthroughs

from the Longest Living People On Earth

Researchers sponsored by National Geographic Society discovered places where a significant number of people live—in good health—to be over 100 years old. Pollsters interviewed people, verified birth dates, and noted dietary and health information.

This 23-page report reveals the secrets of their long lives: Which foods they eat. How much exercise they get. What they do for fun. Even what they think about. Discover through them how you too can reduce the risk of illness and enjoy maximum lifespan extension, the easy way.

#### FREE GIFT #7

The Battle in Your Digestive Tract and How to Win It

Your colon is a breeding ground for over 400 different strains of bacteria. The "good" and "bad" bacteria are constantly fighting for a space in your digestive tract. When the "bad" guys take over, your entire health suffers!

In this brand new special report – you'll discover how to get the odds back in your favor – and give the "good guys" a fighting chance! And the great news is: You can restore healthy intestinal flora – starting in just 24 hours! You'll uncover:

How to get the right probiotics to fight your intestinal problems. Not all beneficial bacteria are alike – discover the powerhouses you NEED now!

How, if colon cancer runs in your family, to discover critical information for anyone at "high risk"!

How to get the scoop on your poop and discover what your bowel movements are trying to tell you!

And much more!



vours FREE!

Longest Living

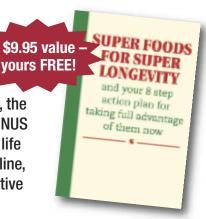
leaple on Earth

#### FREE GIFT #8 FAST ACTION BONUS REPORT!

Super Foods for Super Longevity

and your 8-step action plan for taking full advantage of them now

Whether in whole food or supplement form, the 8 superfoods you'll learn about in your FREE BONUS REPORT can add years of vibrant health to your life by helping to fight off inflammation, mental decline, osteoporosis, heart disease and other degenerative conditions.



MORE PROTEIN THAN STEAK? Discover the one superfood that, by weight, has more protein than steak and over 10 times the calcium of milk.

#### THE APPETITE SUPPRESSANT THAT PROTECTS AGAINST ANEMIA?

This superfood can help protect your body against inflammation, anemia, cell damage and cardiovascular disease and it's been used in China for thousands of years.

WHAT IS THE SEA'S POWERFUL DETOXIFIER? This superfood is rich in phycocyanins that seek out and bind with heavy metals. This toxin-flushing role is reason enough to add this super food to your age-fighting arsenal.

### FREE GIFT #9

FREE SHIPPING & HANDLING,
A \$7.99 VALUE.

LOOKING FOR BETTER EYESIGHT FOR A LIFETIME?

with the 8 super foods revealed inside YOUR FREE REPORT! A healthier, longer life can be yours today.

## GET NEARLY \$400 IN SAVINGS AND VALUE – YOURS FREE – WHEN YOU TAKE ADVANTAGE OF OUR BEST OFFER NOW!

- By Phone: Just call Toll-FREE 1-800-218-1379.
  Please have your credit card ready.
  We also take checks by phone!
- By Mail: Just fill out the GIFT CLAIM CERTIFICATE and mail it back in the enclosed envelope to: Institute for Vibrant Living, P.O. Box 3840, Camp Verde, AZ 86322-3840
- By Internet: Shop 24 hours online at: www.ivlgluco.com

E-Z Order!

#### **GIFT CLAIM CERTIFICATE**

I WANT TO STABILIZE MY BLOOD SUGAR FOR THE REST OF MY LIFE WITHOUT ADDING DRUGS... SHED EXCESS WEIGHT... RE-ENERGIZE MY BODY... AND TAKE THE WORRY OUT OF EATING FOREVER. Rush my order of GLUCO HARMONY® today. I understand I am fully protected by your 100% lifetime guarantee of satisfaction.\* If I'm not completely delighted with the results, I can receive a full refund of my purchase price at any time. ALL THE FREE GIFTS ARE MINE TO KEEP, NO MATTER WHAT. \*(less s/h)

Please accept my order as follows:

☐ BEST VALUE: CLAIM A WHOPPING \$387.64 IN FREE GIFTS & SAVINGS. Order a one year supply of GLUCO HARMONY for only \$299.99 (I save \$179.89 off the regular price). Plus, I'll also receive: 4 FREE bottles of GLUCO HARMONY... 3 FREE Health Reports, FREE shipping and handling\*... and FAST RESPONSE Health Report − all FREE. ITEM #GH04

☐ GREAT VALUE: CLAIM \$157.77 in FREE gifts & SAVINGS! Order a 6-month supply of GLUCO HARMONY for only \$199.99! Plus, I'll also receive 2 FREE bottles of GLUCO HARMONY... 2 Health Reports #1, #2...FREE shipping and handling\*... and FAST RESPONSE Health Report – all FREE. ITEM #GH03

☐ GOOD VALUE: CLAIM \$49.92 in FREE gifts. Order a 3-month sup ply of GLUCO HARMONY for only \$119.99, plus \$7.99 shipping and handling\*. PLUS, I'll also receive: 1 FREE bottle of GLUCO HARMONY and.. FAST RESPONSE Health Report − both FREE. ITEM #GH02

☐ **TRIAL OFFER:** Order a 1-month supply of GLUCO HARMONY for only \$39.99, plus \$7.99 shipping and handling\*. **ITEM #GH01** 

☐ No thanks, I already have them. (Pl	ease call to sub	stitute oth	er available boo
Name (please print)			
Address			
City	State	Zip	
E-mail_ (Get shipping confirmation / IVL's e-newsletter and exclusive email promotions)	Phone_ (In case we ha		bout your order)
☐ Check or money order (please make payable to We take Check by Phone  Please bill my: ☐ MasterCard ☐ VISA ☐ Disc	AZ add		
Card#		ate	_/

**Returning IVL Customers:** ☐ Yes, please send my free books.

\*(Please call for shipping rates for AK, HI and out-

side of Continental U.S.)

For fastest customer service and delivery of Gluco Harmony®, CALL TOLL-FREE: 1-800-218-1379 or visit www.ivlgluco.com

MAIL TO: Institute for Vibrant Living® • P. O. Box 3840 • Camp Verde, AZ 86322



HERE'S OUR LIFETIME GUARANTEE:

#### LOWER YOUR BLOOD SUGAR FOR THE REST OF YOUR LIFE **WITHOUT ADDING DRUGS!**



- STOP SUGAR CRAVINGS!
- **SHED EXCESS WEIGHT!**
- **NEVER STRESS AGAIN ABOUT WHAT YOU EAT!**

It's all possible with GLUCO-HARMONY®. IT WORKS WHEN OTHER SOLUTIONS FAIL





