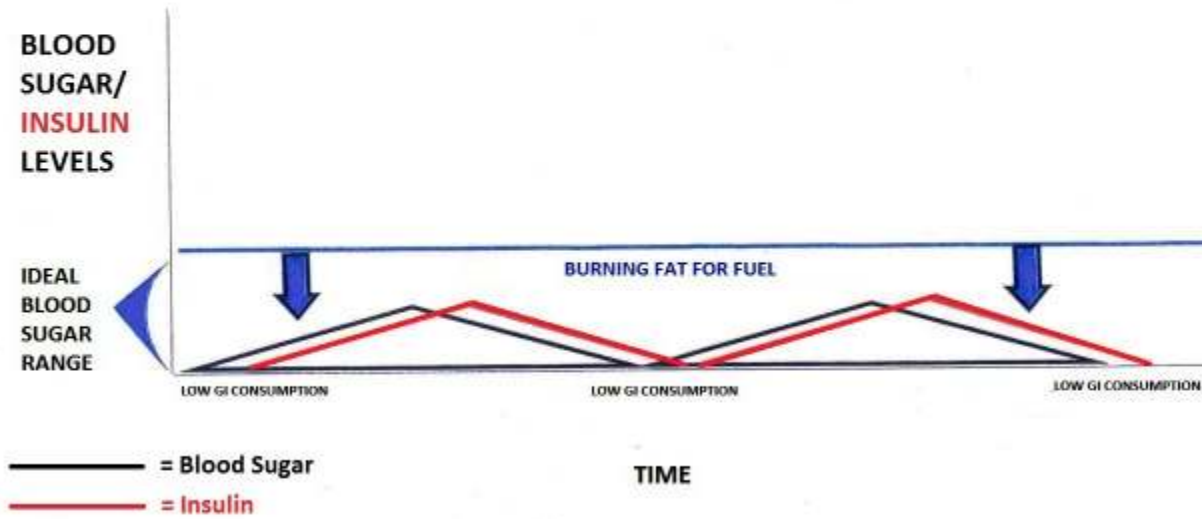


LOW GLYCEMIC NUTRITION PLAN

LOW INSULIN= INCREASED METABOLISM= FAT BURNING MACHINE



HIGH GLYCEMIC NUTRITION PLAN

HIGH INSULIN=DECREASED METABOLISM=FAT STORAGE

