

# The Profound Benefits of a Low-Calorie, "Glucose-Control" Diet\*

Easy maintenance of a healthful weight – and weight loss, if needed

Lower body fat – reducing risk of disease

Protection from cardiovascular disease

Lower blood pressure – both systolic and diastolic

Lower LDL cholesterol and triglycerides

Less plaque formation and reversal of plaque accumulation

Protection against cancer

Protection from diabetes and reduction of diabetes severity

Less inflammation

Reduced severity of autoimmune diseases

Improved cognitive functions: better memory, improved learning skills

More effective DNA repair and maintenance

More energy!