

## Day 24: A Spoonful of Sugar Makes the Medicine Go Down?

Conspiracy theories are pretty fascinating, aren't they? Is there a conspiracy out there to make us fat? Here's Mike's take on it:

"As I began my research, I quickly realized there was no government or hidden corporate agenda to 'make America fat' or to mislead Americans. It simply happened over a period of time. Some misunderstandings, a few large and persuasive corporations and some biased studies have led to popular belief and conventional wisdom.

Unfortunately, when corporations began seeing the profits of this newfound fat theory, our course of dietary confusion went into extreme fat-man vertigo. Over the past 40 years, many companies have seen record revenues based on a misunderstanding of obesity."

What if you stopped buying sugar? Food manufacturers couldn't sell you sugary foods, and you will stop getting fat.

That's not a big fat conspiracy. That's capitalism.

Let's take it one step further. If Americans stopped buying sugar and insisted on eating the PTF way, in order to stay in business, food manufacturers would be forced to start providing real, natural foods instead of sugary stuff. Obesity would come to an end!

### **The Economics of Type 2 Diabetes**

In 2012, the cost of type 2 diabetes to America was estimated to be \$245 BILLION dollars a year. That is up 41% from 2007 forecasts. One out of every five health care dollars will go to 'treating' diabetes.

Right now in North America, there are now somewhere around 100,000,000 people who are walking around with diabetes or pre-diabetes.

The cost of diabetes includes \$69 BILLION in reduced productivity from increased sick days off, chronic disability and the premature death of American workers. (Worse, is the untold cost of living a reduced quality of life that includes pain and suffering.)

Having Type 2 diabetes does not mean that you just have a problem with insulin. A whole host of serious and costly complications arise as a result of the disease. They include things like: heart disease, stroke, blindness, high blood pressure, kidney disease, neuropathy and even amputation of limbs.

### **If We Could Just Stop Eating Ourselves to Debt**

Can you afford an additional \$13,700 a year in medical expenses? That is the average cost of care for someone with diabetes, which works out to \$37.63 a day for medications, doctor's visits, tests and so on.

Even if you never develop type 2 diabetes, you will be paying for the cost of the disease indirectly. It should make you more than a little frustrated to know that you will only be increasingly burdened with the cost of caring for millions of people who require medical care.

The bittersweet truth of it all is this: type 2 diabetes is a preventable and reversible disease. The looming financial crush to our economy is also entirely preventable. Sixty years ago, type 2 diabetes was a rarity and only found in adults over 40. Today, we have obese 6-month old babies who will grow up to become part of the epidemic. Children born today are now expected to be the first generation of kids who will die before their parents.

### **Put Your Money Where Your Mouth Is**

The food industry's response to the obesity trend is what we expect: watch what you eat and exercise. This is the classic Calorie, Portion Control and Burn it Off Myths all wrapped up in 6 clever words that have done absolutely nothing to stop obesity. The catch-phrase does, however, keep you buying and eating sugar, and industry profits high.

Remember when you cleaned out your fridge and kitchen cabinets at the beginning of your program? Were you surprised at how many things you had to throw out? Did you calculate how much money you had spent on foods that were only making you fat and sick?

The cure for type 2 diabetes and our healthcare problems is the same: quit spending your money on junk and eat real, natural food!

### **Real Food Economics**

Personal Trainer Food can cost you as little as \$8 a day. You have to eat anyways, and chances are that you were spending more eating the way you were before than with PTF, especially if you calculate fuel and time spent shopping, cooking and cleaning up. When you do decide to transition to purchasing your foods at the grocery store using PTF guidelines, you will probably continue saving more over your old food budget.

With PTF, you are drastically reducing your risk of developing costly medical issues for yourself and the nation. You are also doing your part to force food manufacturers to start providing more real food and less sugar.

...all while saving money on your grocery budget. That is capitalism working for you. If someone tells you they can't afford Personal Trainer Food, show them this excerpt.

P.S. Do You Know Someone with Type 2 Diabetes?

Send these links to them! It might save their lives. These are real people who used Personal Trainer Food to get their blood sugar levels back under control.

Even on 24-hour insulin, Ben's blood sugar levels were still dangerously high at 250 to 350. With Personal Trainer Food, he dropped to 121 in 3 days.

Part one:



Part two:



Chrumaine has been type 2 diabetic for 20 years. She dropped her blood sugars to normal after just two weeks with Personal Trainer Food. She also lost 29 pounds in twelve. You can see her transformation here:



Avelino was pre-diabetic. He lost over 52 pounds in 10 weeks-- and completely changed his blood work and risk factors:



Kevin and his wife Anna both lost weight and stopped diabetes in it's tracks:



Feel free to have anyone you know suffering from Type 2 diabetes call us. Our Weight Loss Coaches can help them. How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com)  
Email us at [WeightlossCoach@PersonalTrainerFood.com](mailto:WeightlossCoach@PersonalTrainerFood.com)  
Call us at [1-800-273-1686](tel:1-800-273-1686) x4

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