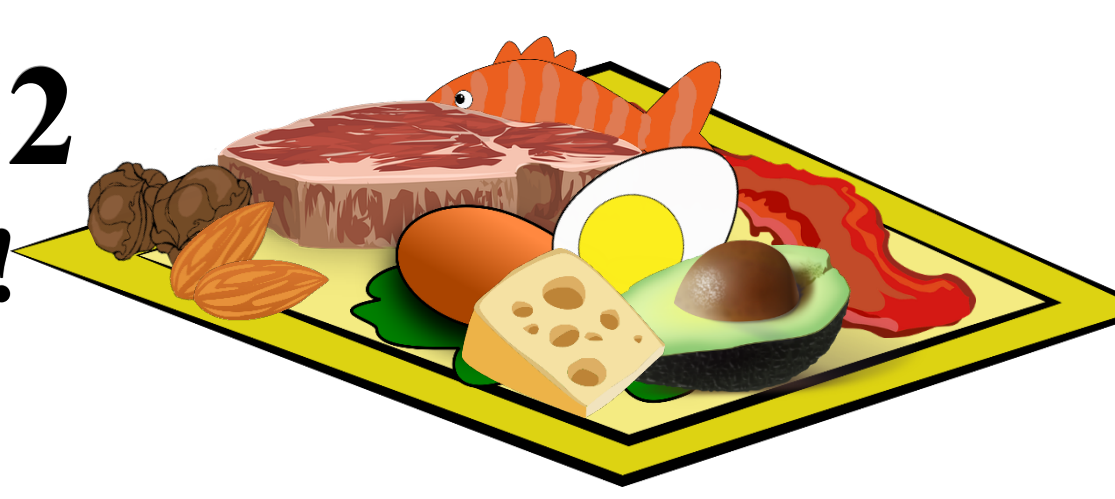




Eat for your Genes - APOE2

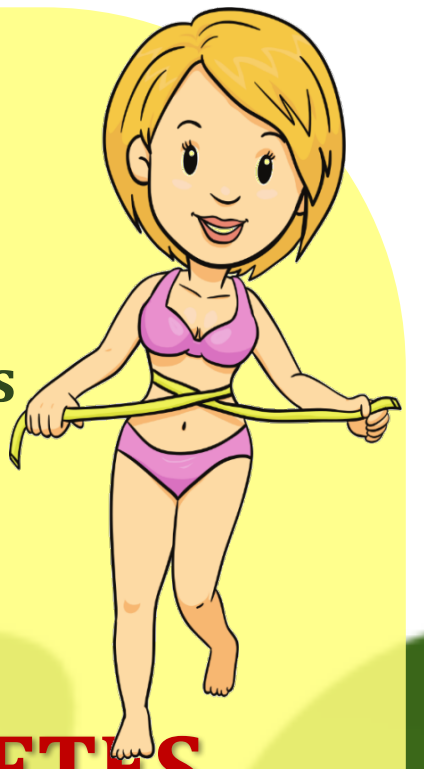
Tiger's are Carnivores for a reason!

Low Carbs High Protein



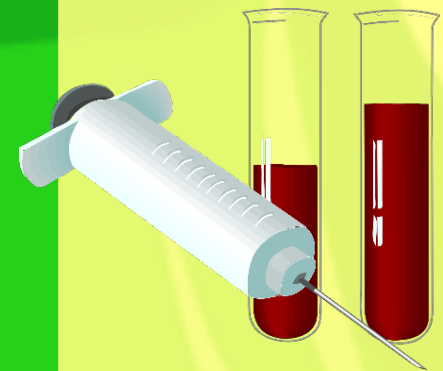
WEIGHT LOSS

- ❑ A Low carb high fat diet makes the body use fat for energy instead of carbs resulting in efficient weight loss
- ❑ On average, low carb dieters consume less calories and feel more satisfied with less food
- ❑ Low carb diets prevent out of control cravings



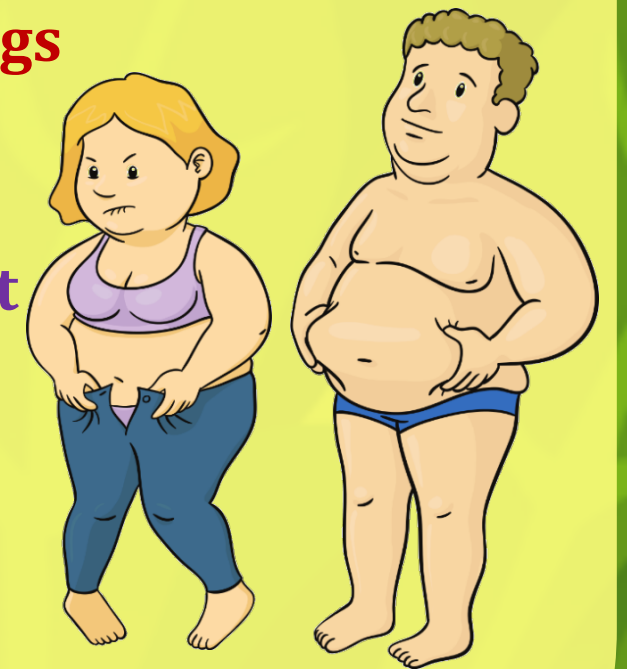
STABILIZE BLOOD SUGARS – PREVENT AND MANAGE TYPE DIABETES

- ❑ "Tigers" APOE2 are susceptible to diabetes and have great heart disease prevention as long as the sugar stays in control!
- ❑ A low carb diet prevents erratic blood sugar spikes that may lead to insulin resistance and type 2 diabetes and helps stabilize blood sugars in those with prediabetes and diabetes
- ❑ Stable blood sugar results in a very stable appetite and eliminates out of control cravings



REDUCE BELLY FAT

- ❑ Research shows a low carb diet can help to reduce levels of visceral fat, a most dangerous type of fat that sits around the organs and can cause serious health problems, including premature death
- ❑ Insulin is a FAT FETILIZER! Keep the insulin and sugar in check and lose that belly fat.



HEALTHY BLOOD PRESSURE

- ❑ Reducing intake of carbs, and especially refined carbs and sugars promotes healthy blood pressure

YOUR BEST LOW CARB FOOD CHOICES

- ✓ All Non-Starchy Vegetables
- ✓ Meat
- ✓ Fish and Seafood
- ✓ Poultry
- ✓ Eggs
- ✓ Raspberries, Blackberries, Strawberries, Lemons and Limes
- ✓ Healthy Fats
 - Olive Oil
 - Grass Fed Butter
 - Coconut Oil and MCT Oil
 - Avocados
 - Nuts, Sunflower and Pumpkin Seeds