

Direct News

Direct Health Nutrition

Durk Pearson & Sandy Shaw's® "Glycemic Control" - Advanced Weight Loss Program

Durk & Sandy have a new weight loss program for the 21st century that involves several strategies. Today, here at Direct Health Nutrition we are happy to introduce the first step of "Durk & Sandy's new program," "Glycemic Control"!

"Glycemic Control" is a special type of barley flour or barley flakes which contains very high levels of beta-glucan. When you add the flakes or flour to almost any food it -

- lowers the food's glycemic index

...and turns what you eat into time released food!!!

Imagine turning your high carbohydrates into low carbohydrates simply by adding the flakes or the flour to the food.

Along with this "Glycemic Control" can help you lose weight by slowing the rate of glucose absorption -

- permitting more glucose to be burned
- leaving less glucose to be converted to body fat
- Reducing the desire for and (the consumption of) food



Contains twice the beta-glucan of regular barley and about three times the beta-glucan of oats!!!

Easy! And delicious too...

It is so easy to add to your diet!

All you need to do is consume 2 tablespoons of the Pearson & Shaw "Glycemic Control" with each meal, stirred into a beverage or added to cereal, gravy, soup, sauces, casseroles,

meatloaf, turkey stuffing, or other prepared foods. Durk and Sandy have designed this to revolutionize the way you eat, to promote weight loss, and to improve your health without the need for calorie counting or even exercise—but most of all—without

giving up the pleasures of eating!

Weight Loss without pain... and hunger—who could ask for more!

Using the new Glycemic Control!! Weight Loss Tips

**Easy! Simple!
And yummy!**

Lowers food's glycemic index

Lose weight without being hungry

Easy to use ...just add to your food

Exercise is good for you - it's your

No need to count calories

Easy to not get fat!

Glycemic Control

**Flakes
\$21.50**

**Flour
\$25.50**

Call today to order

1-866-234-2341

Don't forget to ask about our special preferred member!