

## Participant Handout for Night #2

### Free Lifestyle Program Based on the Video Series “Thirty Days to Natural Diabetes and High Blood Pressure Control”

1. Measure, Measure, Measure: What Gains Can You Expect?
  - “My blood pressure is 95/65, how much can I expect it to drop?”
  - “How often should I be weighing myself?”
  - One patient’s dramatic blood sugar change with a simple measurement (aka “Is Raisin Bran an ideal blood sugar lowering food?”)
  
2. Bonus material drawn from the past week’s topics:
  - a. “Essentials of Healthy Sprouting” – free video at [https://youtu.be/YXKa\\_YZY\\_wY](https://youtu.be/YXKa_YZY_wY)
  - b. Questions about nutrients (handout)
  
3. Bonus material in preparation for the upcoming week
  - Sleep right – Sleep hygiene principles (on handout)
  - Bonus video (from *The Methuselah Factor* series): <https://youtu.be/gDHq6T1butS>
  - “Rest and Refresh,” “Seek Spirituality” and the spiritual dimension
    - A specific day is not stipulated
    - Double feature next week: “The Question of Theodicy” with Pastor Doug Batchelor
  
4. Program Mechanics
  - a. Are you keeping your medical providers in the loop?
  - b. Are you tracking your progress?
  - c. Are you watching the daily videos?  
Note about “the free gift cards”
  
5. Example of another key topic: Seek Low Sodium Options.
  - The power of produce
  - Handout on topic
  - Recipes: pros and cons
  
6. Other Resources:
  - Methuselah Factor videos:
    - Overview videos:  
[https://www.youtube.com/playlist?list=PLW2SvLyeNkrSaLYIMBzfbIMNHQ\\_PwTbPw](https://www.youtube.com/playlist?list=PLW2SvLyeNkrSaLYIMBzfbIMNHQ_PwTbPw)
    - Examples of daily program videos:  
<https://www.youtube.com/watch?v=fsBITZoV14o&list=PLW2SvLyeNkrQIZ0YvzAxkaLoTgnQ83-N8>
  
7. Your Questions and Answers