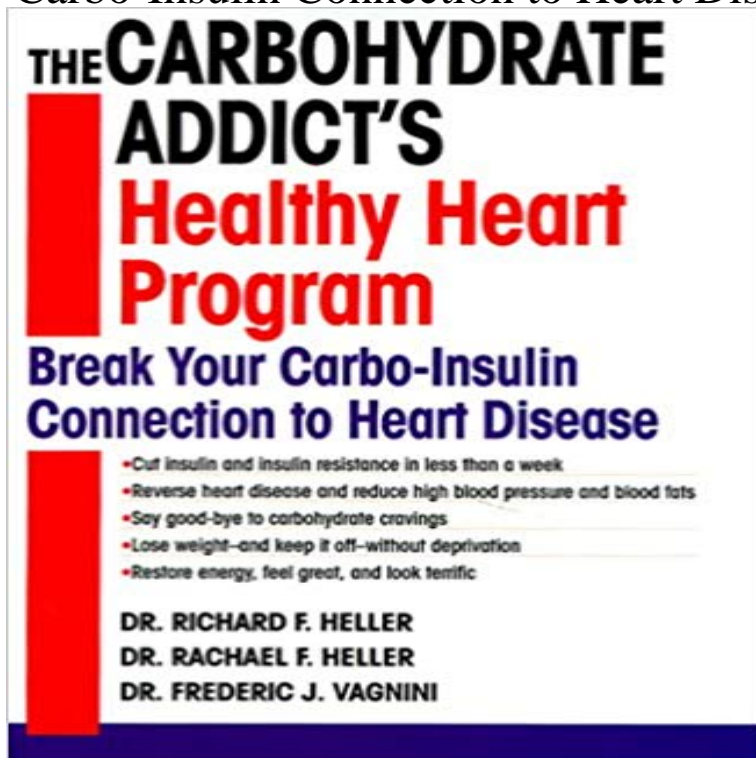


The Carbohydrate Addicts Healthy Heart Program: Break Your Carbo-Insulin Connection to Heart Disease



Compatible with the American Heart Association guidelines, The Carbohydrate Addicts Healthy Heart Program is a carb-smart plan designed to correct the cause of your carbohydrate cravings and weight gain while cutting your risk for high blood pressure, high blood fat levels, adult-onset diabetes, and heart disease--without sacrifice and without deprivation!**WITNESS THE AMAZING RESULTS FROM THE CARBOHYDRATE ADDICTS HEALTHY HEART PROGRAM****DR. RACHAEL F. HELLER**[show before and after photos of Dr. Heller]**BEFORE****AFTER****BLOOD PRESSURE:220/120****110/70****TOTAL CHOLESTEROL:250****178****TRIGLYCERIDES:385****98****BLOOD SUGAR:DIABETIC****NORMAL****WEIGHT:300+** lbs.**138** lbs.**HEART RISK RATIO:HIGH** **RISK****LOW** **RISK**Are you a carbohydrate addict at risk for heart disease?Take this quiz and find out.**1.** After eating breakfast, are you hungry before lunchtime?**2.** Do you get tired in the middle of the afternoon and find that a snack makes you feel better?**3.** Do you eat or snack when youre really not hungry?**4.** Once you start eating snack foods or sweets, is it hard to stop?**5.** Does stress, exhaustion, loneliness, or boredom make you want to eat?**6.** Have you been told that youre overweight or have high blood pressure or adult-onset diabetes? Or do any of these disorders run in your family?**SCORING: COUNT YOUR YES ANSWERS:0-1** **PROBABLY** **NOT** **CARBOHYDRATE** **ADDICTED****2-4** **MILD** **OR** **MODERATE** **CARBOHYDRATE** **ADDICTION****5-6** **SEVERELY** **CARBOHYDRATE** **ADDICTED**

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