

TIMECODE	VISUALS	AUDIO
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	<p>Announcer</p> <p>dLifeTV, the only show for your diabetes life. Packed with information, insights, cooking, and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p><b>Clips of paramedics</b></p> <p><b>Clip of man and dog</b></p> <p><b>Clip of man golfing</b></p>	<p>Nicole Johnson</p> <p>Today on dLife, diabetes 911 emergency situations and what you need to know. Also, how one man's best friend helps save him from diabetes danger. Plus why everyday is tough when you're living with diabetes.</p>
	<p><b>Clip of Nicole Johnson</b></p> <p><b>Lower third:</b>  <b>Type 1 Diabetes, Miss America 1999</b></p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. Every minute, somewhere in the United States, emergency teams rush to treat people with diabetes. These emergencies are often due to extreme high or low blood sugar and require action from trained medical professionals. dLife recently took a ride with a fire rescue department in Atlanta where a large percentage of their emergency calls are diabetes related. Check this out.</p>
	<p><b>Scenes of ambulance, fire vehicles</b></p> <p><b>Lower third:</b>  <b>Matthew Brown</b>  <b>Firefighter/Paramedic, Atlanta</b></p>	<p>Matthew Brown</p> <p>I would say on a given day, there'd maybe be about two or three of our calls would be diabetic related. But we see everything from patients that pass out from low blood sugar -- we call whiting out. Blood sugar's gotten so low that their body can no longer function. We also run high blood sugar, which, once it gets so high, the patient tries to compensate by trying to breathe it off and then when you see that, definitely diabetic problems is going to be in the back of your mind. You're going to have that as one of your things you're going to- going to try to figure out that's what's going on.</p>

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	<b>Shot of inside fire vehicle</b>	<p>Nichole Johnson</p> <p>According to the Centers for Disease Control, every year 14% of people with diabetes go to emergency rooms for a diabetes-related emergency.</p>
	<p><b>Lower third:</b>  <b>Troy Junnier</b>  <b>Lieutenant, Atlanta Fire Dept.</b></p>	<p>Troy Junnier</p> <p>We're the first response unit that's actually dispatched out with a medical transport unit. We traditionally will start treatment, finish our course of treatment in the field, and then transfer to the ambulance. "Hi, which building do I go in?"</p>
	<p><b>Scenes of firemen rushing into building</b></p> <p><b>Scenes of paramedics treating patient</b></p>	<p>Matthew Brown</p> <p>When we first get on scene, the first thing we want to do is check for the blood sugar and we check the blood sugar using the uh... glucometer. Based upon the reading and how the patient with the symptoms are, the patient-- that's how we're going to treat the patient.</p> <p>If the patient's blood sugar is hypoglycemic, if they're low, then we have uh... dextrose-50, D-50 is what we call it. Uh... D-50 has to be given intravenously. It is a large sugar molecule. It's gonna simulate what the body already has in it.</p>
	<b>Scenes of paramedics treating patient</b>	<p>Troy Junnier</p> <p>Glucagon is- is a drug that we can actually give when we can't access the person's veins. The D-50, of course, goes straight into the vein. It acts within, you know, two to five minutes. With the Glucagon, it's 20 to 30 minutes.</p>
	<b>Scenes of paramedics treating patient</b>	<p>Nicole Johnson</p> <p>A doctor can prescribe Glucagon for patients to keep in a home emergency kit. Anyone with diabetes should always wear medical identification.</p>
	<b>Scenes of paramedics treating patient</b>	<p>Troy Junnier</p> <p>We didn't have any medical history really to speak of on that gentleman. We look for any kind of ID bracelet. You look around, you know, the room for</p>

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		any kind of, you know, medicines or whatever that might be there that might tip you off to something.
	<b>Scenes of emergency vehicles</b>	Nicole Johnson  High and low blood sugars are a fact of life when you have diabetes. Health care professionals teach you how to adjust blood sugar levels that are above or below normal but extreme lows or extreme highs require emergency medical treatment. That means calling 911.
	<b>Shots of Kerri Morrone sitting</b>  <b>Lower third: Kerri Morrone Type 1 Diabetes</b>	Kerri Morrone  It was about two years ago and it was a morning that I was getting up and getting ready to go to work. But instead, the alarm just kept going off and I didn't get up and get ready to go to work. So my roommate noticed that the alarm kept going off and going off so he came in and noted that I was in the bed not moving at all and that I was sweating. So he immediately thought "Okay, well she's having a low blood sugar reaction. I need to help her out."
	<b>Shots of roommate opening refrigerator</b>  <b>Shots of Kerri sitting</b>	Kerri Morrone  And he went and got juice. He came back and tried to make me drink it and I was incredibly resistant. I'm a little combative when I'm low so I said "No!" And he said "No, you need to drink the juice." Fine! So I took the glass and I poured it all over the bed. Showed him. So he just went and got another glass and he had the phone in his other hand and he said "Listen, if you don't drink this juice, I have to call the paramedics. I have no choice." "I'm not drinking it!" So he had to make the phone call.
	<b>Scenes of paramedics entering building</b>  <b>Shots of Kerri sitting</b>	Kerri Morrone  When the paramedics arrived, I was at a blood sugar of 44 and normal has you hovering a little closer to 100 so I was definitely very, very low. They administered the insta-glucose, they monitored me, my roommate took my blood sugar and once he saw that it was on the climb, he pretty much had the conversation with the team telling them had things under control and thanked them for coming.

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	<p><b>Shots of Kerri sitting</b></p>	<p>Kerri Morrone</p> <p>In this situation, there isn't room for embarrassment. It's about living or dying so you can't really be embarrassed about needing to ask for help. If you need it, you ask for it and if you get it, you're lucky.</p>
	<p><b>Scenes of hospital emergency room</b></p>	<p>Nicole Johnson</p> <p>Kerri was also lucky to have a roommate who knew what to do and what to tell the emergency team.</p>
	<p><b>Lower third:          James P. Capes, M.D.          Emergency Room Physician Emory Crawford Long Hospital</b></p> <p><b>Scenes of Dr. Capes talking to patient</b></p>	<p>Dr. James P. Capes</p> <p>Dr. Capes, I'm one of the emergency doctors, nice to see you.</p> <p>If they come in by air mail, usually the ambulance crew will let us know that they're a diabetic, either from history they got from the family or the patient.</p> <p>You have anything unusual to eat last night or this morning?</p>
	<p><b>Scenes of Dr. Capes talking to patient</b></p>	<p>Patient</p> <p>I ate some cookies last night, with some water.</p>
	<p><b>Scenes of Dr. Capes talking to patient</b></p>	<p>Dr. James P. Capes</p> <p>A person who has diabetes may come in and they're family says, "Oh, they're not acting right." Well, then we check their blood sugar and it's really low and we say oh, well now we know why they're not acting right. Or their blood sugar may be really high.</p>
	<p><b>Scenes of ER room/Dr. Capes</b></p> <p><b>Lower third:</b></p>	<p>Dr. James P. Capes</p> <p>The worst thing that we see with diabetics is something called diabetic ketoacidosis, or what we call DKA. You know, they're really thirsty and they're drinking a lot of water and they don't seem to be able to keep up with it and they're going to the bathroom a lot. You're urinating just profusely because they're losing all this fluid because their sugar's high.</p> <p>And hopefully, they seek medical care before they-</p>

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	<b>Always test for ketones when blood sugars are running over 240 mg/dl.</b>	they get DKA, but a lot of them don't.
	<b>Scenes of emergency room</b>  <b>Lower third:</b> <b>Hypoglycemic hyper[illegible] syndrome also has DKA symptoms</b>	Dr. James P. Capes  The main thing that paramedics can do is give them IV fluid because when your blood sugar gets really high, you are losing a lot of fluid from your body because you lose it through your kidneys. It's your body's way of trying to maintain homeostasis or normalcy.
	<b>Shots of hospital and emergency vehicles</b>	Nicole Johnson  If you're not sure whether or not emergency help is necessary, pick up the phone.
	<b>Shots of fire vehicle/Troy Junnier</b>	Troy Junnier  An emergency to a layperson may not be an emergency to me, but I have the training; they don't. Any time that they have a situation that they can't control, by all means, call 911.
	<b>Nicole Johnson in studio</b>	Nicole Johnson  The time to learn what to do in a diabetes emergency is before the situation ever occurs. Be prepared. When you have diabetes, always wear a medical ID. I've got mine.
	<b>Scenes of woman in grocery store, disc jockey</b>	Nicole Johnson  Up next, why every day with diabetes, even a really good day, is tough.
	<b>dLife</b> <b>For Your Diabetes Life!</b>  <b>Lower third:</b> <b>Nicole Johnson</b>	Nicole Johnson  Welcome back to dLife. I've had diabetes now for over 14 years and as much as I'd like to say it's easy to live with, let's face it, it's not. Every day presents challenges. Jim Turner agrees, as do a lot of people you talk to. Here's Jim.
	<b>Jim Turner golfing</b>	Jim Turner  All right, you know what's hard for diabetes for me?

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		<p>It's when I have a day off and I go out to play golf. And I'm playing and I'm having a great time and all of a sudden, a low blood sugar just creeps up at me and for three holes, for half an hour, that's all I'm dealing with, is getting my blood sugar up and just dealing with that.</p>
	<p><b>Shot of Jim Turner</b></p>	<p>Jim Turner</p> <p>You know, it's these little things that make it really hard, these day to day things. What makes diabetes hard for you?</p>
	<p><b>Collage of speakers</b></p>	<p>Male on upper left of screen</p> <p>Every day is tough because I have to take the place of an organ that my body wants controlled.</p>
	<p><b>Collage of speakers</b></p>	<p>Woman on upper right of screen</p> <p>Diabetes is a full-time job that uhm... no one gets paid for.</p>
	<p><b>Collage of speakers</b></p>	<p>Woman on lower right of screen</p> <p>It's something that you wake up every day with and you go to bed with every day.</p>
	<p><b>Collage of speakers</b></p>	<p>Male on upper left of screen</p> <p>It's like what if you-- your heart stopped working and you had to sit there and squeeze it all day long to make sure you stay alive?</p>
	<p><b>Shot of female</b></p>	<p>Female</p> <p>Actually, I'm married to a chef so we like to go out to eat a lot and we certainly enjoy some wine and alcoholic beverages. And for me, that's a little more difficult to control all of those variables together.</p>
	<p><b>Shot of female</b></p>	<p>Female</p> <p>Macaroni and cheese, which I love and I have to say I make it very well, I make once a year because the way I make it is just like forget it, it's off- off the hook. So I just make it once a year, enjoy it for that time, and then I don't make it any more. And I don't eat it from other people because it's just too-- it's just not good for me.</p>

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	<b>Shot of male</b>	<p>Male</p> <p>I've lost the ability to play basketball because of the feeling in my feet. I- I can't feel the jump sometimes and so it's very difficult uh... to be in- in those rigorous sports that I used to do. I- I'm a former football player and so just the ability to have the- the same uhm... feelings in- in certain extremities, particularly the feet, that I used to have, I don't have any longer.</p>
	<b>Shot of male</b>	<p>Male</p> <p>You will always see the diabetic anywhere in the room. He's the guy carrying the big bag of whatever. You know, we're always famous for bringing everything and the kitchen sink.</p>
	<b>Shot of male</b>	<p>Male</p> <p>You know, sometimes when I'm out eating with my friends and my sugar level's real high, I- I have to excuse myself to go to the bathroom and take my insulin and hope that it's, you know, really down by the time the uh... food comes. That's- that's really disturbing to me.</p>
	<b>Shot of female</b>	<p>Female</p> <p>I was with some friends at a breakfast, took my insulin and then we all decided to go for a walk. It was actually a lot longer walk than I anticipated and I needed to find a place to have a snack because my blood sugar was running low. Those kinds of uh... activities that are spontaneous, where I haven't planned to carry a snack with me, those can be a challenge.</p>
	<b>Shot of disc jockey</b>	<p>J. Anthony Brown</p> <p>Man, one of the problems you have when you do a radio show for six hours, you can't just jump up and go get a snack. So if it wasn't for my sidekick, my good friend here, Shawny Mack going to get me something when my blood sugar goes low, I would be completely out of whack. Shawny Mack, can you</p>

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		get me a snack now?
	<p><b>Shot of Jim Turner</b></p> <p><b>Jim putts and misses</b></p>	<p>Jim Turner</p> <p>So, you see, it's really the day-to-day stuff that makes living with diabetes so hard. But if you test your blood sugars, if you eat right, most importantly, if you plan and prepare, it can be manageable. It's never easy but it can be manageable. That's all right. Now, if you don't mind-- Oh!</p>
	<p><b>Shot of Nicole in studio</b></p> <p><b>Lower third:</b>  <b>www.dLife.com/forum</b></p>	<p>Nicole Johnson</p> <p>Thanks, Jim. The daily challenges of diabetes can be easier to deal with when you're part of a caring community. We're here for you. Visit the dLife community online at dLife.com/forum and join the conversation.</p>
	<p><b>Scenes of Copper playing with owner</b></p>	<p>Nicole Johnson</p> <p>Up next, a dog named Copper who's as good as gold.</p>
	<p><b>Shot of Nicole in studio</b></p> <p><b>Lower third:</b>  <b>Nicole Johnson</b>  <b>Type 1 Diabetes, Miss America 1999</b></p>	<p>Nicole Johnson</p> <p>Welcome back. Many of us living with diabetes can talk about our diabetes hero, someone who's always been there for us, especially in emergencies. Mike Graham of St. Paul, Minnesota discovered that diabetes heroes aren't always of the human variety.</p>
	<p><b>Scenes of Cooper and Mike Graham</b></p> <p><b>Scenes of Mike testing</b></p> <p><b>Lower third:</b>  <b>Mike Graham</b>  <b>Type 2 Diabetes</b></p>	<p>Mike Graham</p> <p>Copper, come on! Come on!</p> <p>I'm uh... Mike Graham. I have type-2 diabetes. Uh... I'm insulin dependent and I've been a diabetic for about 25 years. I have a great deal of trouble getting my uh... readings down to a normal level. My A1Cs are typically right around 7.2. And this is my friend, Copper, who uh... is my diabetes hero, my guardian angel on four feet.</p>
	<p><b>Shots of Menomonie scenery</b></p>	<p>Mike Graham</p> <p>My daughter, Erin and my son-in-law, Wayne live in</p>

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	<p><b>Shots of Mike on couch, Copper whimpering</b></p>	<p>Menomonie and I was here on a weekend, house sitting. I was alone. The kids were gonna be gone the full weekend. I was sleeping on the couch and I heard this whining and whimpering and I felt this licking of my face and I felt this pressure on my chest and it was Copper.</p>
	<p><b>Mike and Copper on couch</b></p>	<p>Mike Graham</p> <p>When I woke up, I couldn't sit up. I was so incapacitated uh... that I was trembling and uh... right away, I recognized it, that it was an incidence of low blood sugar. Uh... I took a glass of juice. Now, I checked my blood when I was uh... finally able to do so after I- I'd drank the juice and my sugar level was 40. Normal is 70 to about 110. Uh... I was headed for a diabetic coma. She sensed it and had the dog not gotten me up, uh... I would've gone into a coma and I'd have been laying here all weekend. So I'm convinced that she saved my life.</p>
	<p><b>Nicole in studio</b></p>	<p>Nicole Johnson</p> <p>Up next, more hero dogs and one of the most popular segments we've ever done here on dLife. Find out why so many people want to see it again.</p>
	<p><b>dLife For Your Diabetes Life!</b></p> <p><b>Nicole in studio</b></p> <p><b>Lower third: Nicole Johnson</b></p>	<p>Nicole Johnson</p> <p>Awhile back, Michelle Reinkemeyer was a guest here on dLife. She's a mother of seven and three of her kids have diabetes so you can imagine her life is a constant juggling act. When she realized she needed help monitoring her kids' activities as well as their blood sugar levels, Michelle started training her dogs to detect high and low blood sugar. Michelle and members of her family came into our studio to tell us about it.</p>
	<p><b>Nichole in studio, audience in back</b></p> <p><b>Lower third: Michelle Reinkemeyer Founder, "Heaven Scent Paws"</b></p>	<p>Nicole Johnson</p> <p>Michelle started Heaven Scent Paws. It's a company that trains dogs to detect high and low blood sugar. Can you believe that? We are so delighted to have her here with us along with some of your family members, not all of them, but some. So please welcome. And we actually have two of your dogs. There are more dogs in the family, right?</p>

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	<b>Shot of Reinkemeyers in audience, dogs on floor</b>	Michelle Reinkemeyer There are 16 in our home being trained right now.
	<b>Shot of Nicole</b>	Nicole Johnson Sixteen being trained.
	<b>Shot of Nicole</b>	Michelle Yes, ma'am.
	<b>Shot of Nicole</b>	Nicole Johnson Now, how did you get the idea for this company?
	<b>Shot of Michelle</b>	Michelle I read an article on the Internet in the middle of the night. Uh... It was a lady who had a service dog for another disability, had learned to start doing this naturally. I've figured if dogs have the brains to do this on their own, surely we can figure out a way to train them.
	<b>Shot of Nicole</b>	Nicole Johnson It's absolutely amazing now. There's something that occurred though in your family that really gave-- pushed you towards getting the courage to start this business because that's not an easy thing to do.
	<b>Shot of Michelle and Nicole</b>  <b>Lower third: Glucagon is given to someone who has lost consciousness due to a low.</b>	Michelle Reinkemeyer No, uh... and forgive me if I start crying. My son had his 11 <sup>th</sup> seizure and uh... we-- after two Glucagon and two Insta-Glucose, uh... he was finally at 29 uh... about an hour later.
	<b>Shot of Nicole</b>	Nichole Johnson And what did-- I- I understand that your son had some words to share with you after that experience, that really pushed you over the edge and said, "As a mother, I'm going to do something about this."
	<b>Shot of Joseph</b>  <b>Shot of Michelle</b>	Michelle Any time he comes out of a seizure, he would say uh... "I love you, I love you, I love you." And uh... I

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		asked him why he said that and he said, "Because I just want to die. I'm tired of this and I just want to die." And he was seven. So we decided we were gonna do something and this was the only thing we could do.
	<b>Shot of Nicole, Joseph</b>	Nicole Johnson  And this is the young man that we're talking about right here next to you, Joseph. It's pretty amazing to have trained your two dogs here. Do you want to introduce them to us?
	<b>Shot of Joseph and dogs</b>	Joseph  This is Delta. She is my dog, my service dog, and this is Lance, Alice's service dog.
	<b>Shot of dogs, Nicole</b>	Nicole Johnson  Okay, Michelle. How does the process work? How did you get them to help detect the highs and lows?
	<b>Scenes of dogs being trained</b>	Michelle Reinkemeyer  We took the clothing off the children after they've had a high, or specifically, a low actually and we trained the dog to that scent the same way you would uhm... a- a drug dog or a dog for search and rescue. And uh... after that, there's a breathing exercise they do for quite some time after the dog is in the home and it allows them to alert on these lows. And he is experiencing a low so we're kind of dealing with the behavior.
	<b>Shot of Michelle</b>	Nicole Johnson  Is that what's happening right now?
	<b>Shot of Michelle</b>	Michelle  Correct
		Nicole Johnson  So do you- you feel low, Joseph?
	<b>Lower third: Joseph Reinkemeyer</b>	Joseph  Yes, ma'am.

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	<b>Type 1 Diabetes</b>	
	<b>Shot of audience</b>	Nicole Johnson  So Delta is sensing that. Now, what is she trying to do?
	<b>Shot of audience, dog licking Michelle's hand</b>	Michelle Reinkemeyer She's trying to get in our laps and lick and see, she was licking on his hand earlier and now she's licking on mine. Uhm... She will literally climb up on him. She feels that we're ignoring the problem right now.
	<b>Shot of audience</b>  <b>Shot of Nicole</b>	Nicole Johnson  Now we've just treated Joseph with juice so I just want everybody to know that, that he's not in a crisis situation right now. He and I just had our juice boxes together because that was what was easily accessible at the moment. Uhm... But this is- this is phenomenal. So, when you say that you take the clothes off the children when they've experienced a high or experienced a low, is it a difference in the smell or the taste of the perspiration?
	<b>Shot of Michelle</b>  <b>Shot of dog</b>	Michelle Reinkemeyer When he would have a- a-- what I call a severe seizure -- they're all severe -- we would uhm... almost smell like a formaldehyde that had been watered down. It's a really odd smell. And uhm... that is-- You know, dogs are able to smell a lot better than we are.
	<b>Lower third: Signs of a low include confusion, fatigue, shakiness, lightheadedness</b>	Nicole Johnson  Now- now, in your home, you are training how many other animals to do this right now?
	<b>Shot of Nicole</b>	Michelle Reinkemeyer They're all dogs, but there are 16 of them.
	<b>Shot of Nicole and Michelle</b>	Nichole Johnson  Sixteen. Now, they're not all your dogs. They're for people across the country?

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	<b>Shot of Nicole and Michelle</b>	Michelle Reinkemeyer They're for other individuals, yes, ma'am.
	<b>Shot of Nicole and Michelle</b>	Nichole Johnson Wow, and there is a waiting list.
	<b>Shot of Nicole and Michelle</b>	Michelle Reinkemeyer Correct
	<b>Shot of Nicole and Michelle</b>	Nicole Johnson How long is that waiting list?
	<b>Shot of Michelle and Nicole</b>  <b>Lower third: Medically trained dogs do not replace good diabetes management.</b>	Michelle Reinkemeyer Uhm...We have quite a number of people. Right now, we're trying to get dogs in the homes with-- inside of a nine- to 12-month period. Typically, it takes six to nine months.
	<b>Shot of Nicole and audience</b>  <b>Lower third: Learn more about Heaven Scent Paws at www.dLife.com.</b>	Nicole Johnson  Thank you, Michelle and the whole family for being here. Well, not exactly the whole family. I think we'd need another studio for that. But thanks so much. To learn more about Heaven Scent Paws and to see pictures of the dogs and get contact information, go to dLife.com. We'll be right back.
	<b>dLife For Your Diabetes Life!</b>  <b>Shot of Nicole in studio</b>  <b>Lower third: Nicole Johnson Type 1 Diabetes</b>	Nicole Johnson  Being a vegetarian with diabetes can be a challenge. It's easy to load up on carbs that will spike your blood sugar. Chef Michel Nischan is here with a great recipe from our friends at Diabetic Cooking magazine that uses vegetables to replace carbs in a familiar dish.
	<b>Shot of Michel in kitchen</b>  <b>Lower third: Michel Nischan dLife Chef</b>  <b>Shot of lasagna</b>	Michel Nischan  Hi, I'm chef Michel Nischan and welcome to the dLife kitchen. What we're gonna do today is show you a great alternative to lasagna that'll fill you up. It's just packed with flavor but low on the carbs. Let's talk about some of the vegetables we're going to use. We have eggplant. We're going to slice it

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	<p><b>Shots of veggies and other ingredients</b></p>	<p>lengthwise so it acts like pasta noodles. Zucchini squash, summer squash, and then we have all these kind of like great Italian-style ingredients here -- some Ricotta cheese, some parmesan cheese, some marinara sauce -- all things that you expect when you eat lasagna but without the punch of those carbohydrates from the lasagna noodles.</p>
	<p><b>Shots of ingredients.</b></p> <p><b>Lower third:          To 'sweat' vegetables, cook over gentle heat until tender but not brown.</b></p>	<p>Michel Nischan</p> <p>What we're going to do to get started is sweat off a little bit of garlic and some chopped onion. What I have is a non-stick cooking spray here. I'm just gonna pop my garlic in there and pop the shallots in here.</p>
	<p><b>Lower third:          Sweating releases the natural flavors and juices of the garlic and onions.</b></p> <p><b>Shots of Michel cooking</b></p>	<p>Michel Nischan</p> <p>Now, you can see when you look at this, that the onions and the garlic are getting a nice sheen to them. They're sweating just a little bit and that's when it's time to just transfer it over to the bowl here where we're gonna make our cheese mixture.</p>
	<p><b>Shots of Michel combining ingredients</b></p>	<p>Michel Nischan</p> <p>Now we're going to add our low-fat Ricotta cheese. We have our parmesan cheese, a little bit of uh... non-fat milk and then I love to add some pimento, fresh chopped red peppers, whatever you like. A little bit of oregano, a little bit of marjoram and these type of cheeses love a little pinch of nutmeg.</p>
	<p><b>Shots of Michele stirring, combining ingredients</b></p>	<p>Michel Nischan</p> <p>And then we just give it a good stir. Now we're kind of ready to assemble this baby and I'm going to start out with a little bit of marinara sauce. Just check the label to make sure that it's low in sodium because sodium aggravates high blood pressure, which can be a real problem if you're living with diabetes.</p>
	<p><b>Shots of Michele stirring, combining ingredients</b></p>	<p>Michel Nischan</p> <p>This is gonna give us a base for our vegetables and then we're just gonna take these wonderful slices of eggplant and start to build the base of what you can see looks just like a lasagna. Now we're gonna take</p>

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	<p><b>Shots of Michel building lasagna</b></p>	<p>some of the zucchini and the summer squash and we're just creating this kind of structure of criss-cross, almost noodle-like vegetables.</p>
	<p><b>Shots of Michel building lasagna</b></p>	<p>Michel Nischan</p> <p>Now, for that really great cheesy center, we're going to take our Ricotta mix, spread it around, and then we're going to repeat the layering process one more time. There we go. I'm gonna give it a little bit of a press and I'm gonna finish with a little bit more of my cheese mixture. This is gonna just kind of melt out under the sides a little bit and then to finish the whole dish, I'm gonna top it with a little bit more of my magnificent marinara sauce. Then I'm gonna sprinkle it with a little bit of low-fat mozzarella cheese. I'm gonna bake this puppy in the oven at about 375 degrees for 45 minutes.</p>
	<p><b>Shots of lasagna, Michele</b></p> <p><b>Left of screen:</b>  <b>Eggplant Squash Bake</b>  <b>Per 1 Cup Serving:</b>  <b>Calories: 190</b>  <b>Carbs: 19g</b>  <b>Fiber: 5g</b>  <b>Protein: 13g</b>  <b>Total Fat: 8g</b></p> <p><b>Lower third:</b>  <a href="http://www.dLife.com/recipebox">www.dLife.com/recipebox</a></p> <p><b>Diabetic Cooking Magazine</b></p>	<p>Michel Nischan</p> <p>So there we have it, the finished dish. This is a really great alternative to lasagna because it doesn't have the carbs. It just won't spike the blood glucose level. Really good stuff and it smells great. Now, for this recipe and many other recipes and tips like it, you can visit our website at <a href="http://dLife.com/recipebox">dLife.com/recipebox</a> or look to every issue of Diabetic Cooking magazine. Great stuff. Join us again soon here in the dLife kitchen. I'm Michel Nischan. Thanks for joining us.</p>
	<p><b>Shot of Nicole in studio</b></p> <p><b>Lower third:</b>  <b>Hear more from today's guests on dLife Backstage Podcasts at</b>  <a href="http://www.dLife.com">www.dLife.com</a></p> <p><b>dLife is produced by LifeMed Media and does not represent the</b></p>	<p>Nicole Johnson</p> <p>Well, that's all the time we have. We'll be back again next week with another edition of dLifeTV to inform, inspire, and connect, for a healthy diabetes life.</p>

TIMECODE	VISUALS	AUDIO
	<b>views or opinions of CNBC, Inc.</b>  <b>End Credits</b>	
	<b>End credits rolling, Nicole on right side of screen</b>	Nicole Johnson  Remember, we're not role models. We're people living with diabetes just like you. What we do and how we manage may work for us but everyone's different and you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes and there's no substitute for getting control of it.