

TIMECODE	VISUALS	AUDIO
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p> <p><b>Show opener GFX</b></p>	<p>VO</p> <p>dLife TV, 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>GFX Center</b></p> <p><b>dLife</b>  <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Montage of upcoming segments</b></p>	<p>Nicole Johnson</p> <p>Today on dLife, the Desert Dingo goes in a Bug, and crawling across Mexico, all for diabetes. A man with type 2 sees a heart doctor for the first time, and learns what everyone with diabetes needs to know. Plus, Chef Michel Nischan's in the dLife kitchen, making some delicious and low carb party nibbles.</p>
	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b>  <b>Type 1 Diabetes, Former Miss America</b></p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. The world of off-road racing is one of adventure and excitement. But for Team Desert Dingo, there's an extra incentive: the hope that their car will raise awareness of the growing diabetes epidemic. dLife journeyed south of the border to follow the team along the treacherous terrain of Baja, California. They were competitors in the annual road race known as the Baja 1000.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Jim "Ron John" Graham -- interview</b></p>	<p>Jim "Ron John" Graham</p> <p>Hey, we're Team Desert Dingo, we're here at the Baja 1000, and we're racing for diabetes.</p>
	<p><b>Montage of Baja 1000 race</b></p>	<p>Nicole Johnson</p> <p>In its 40th year, the Baja 1000 attracts 300,000 spectators, with millions more watching on television. As first-time participants, Team Desert</p>

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		Dingo was geared up for an arduous, grueling track.
	<p><b>Mike "Skid" Aquino -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>MIKE "SKID" AQUINO</b>  <b>Type 2 Diabetes Since 1999</b></p>	<p>Mike "Skid" Aquino</p> <p>We were working on the car, working on the team, and we realized that uh... in reading up on other teams that they were- they were doing fundraisers and they were doing drive-a-thons. And we thought, "Hey, this is a- this is a perfect opportunity."</p>
	<p><b>Jim "Ron John" Graham -- interview</b></p> <p><b>Desert Dingo car, close ups on logos</b></p>	<p>Jim "Ron John" Graham</p> <p>Mike and Richard both suffered from type 2 diabetes. And then several others of us, myself included, had a history of the disease in our families. And so it just seemed like a natural thing that we could- we could do a fundraiser, a drive-a-thon fundraiser for diabetes. And at the same time, because we're in Mexico, where diabetes is so prevalent, that we could raise awareness of it, and maybe-- and encourage people just to go get checked for it.</p>
	<p><b>Desert Dingo car, driving down street</b></p> <p><b>Jim "Ron John" Graham -- interview</b></p>	<p>Jim "Ron John" Graham</p> <p>It really is organized chaos to get this thing ready to go.</p>
	<p><b>Team in and around car, preparing for race</b></p>	<p>Driver</p> <p>And I'm going to put a neck brace on.</p>
	<p><b>Jim "Ron John" Graham -- interview</b></p>	<p>Jim "Ron John" Graham</p> <p>But within that chaos, there's a process where people know what they're doing, they know where they have to be. And regardless of everything going on around it, they're focused and they get the job done.</p>

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	<p><b>Team in and around car, preparing for race</b></p>	<p>Jim "Ron John" Graham</p> <p>And I think that, you know, plays into the same thing with diabetes, is, you know, you could be all over the place on things, but you know what you need to accomplish. It's very- they are very similar parallels.</p>
	<p><b>Richard Palasik knees beside car, working on seat</b></p>	<p>Richard Palasik</p> <p>I just want raise it up and set it on this- this brake.</p>
	<p><b>Richard Palasik works on car at night</b></p> <p><b>Richard Palasik -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>RICHARD PALASIK</b>  <b>Type 2 Diabetes Since 1994</b></p>	<p>Richard Palasik</p> <p>I never really thought about diabetes affecting me in this race. Whereas, my wife did, because uh.. a couple of weeks ago uh.. we met up with an old friend of hers who is a type 1 diabetic.</p>
	<p><b>Richard Palasik works on car</b></p> <p><b>Richard Palasik -- interview</b></p>	<p>And she had mentioned to him that I was coming down to race in the Baja 1000. And he said, "You can't race, you're a diabetic. You can't. it's not good, it's too stressful."</p>
	<p><b>Mike "Skid" Aquino in car, preparing to race</b></p>	<p>Mike "Skid" Aquino</p> <p>This feels great, guys.</p>
	<p><b>Mike "Skid" Aquino -- interview</b></p> <p><b>Mike walking next to RV</b></p> <p><b>Mike -- interview</b></p>	<p>Mike "Skid" Aquino</p> <p>A big uh.. part of it is being honest with yourself, and not- and not let your ego g- get- get in the way and if there's a risk that you're putting yourself or others at risk, then you just- you cant do it. But there's no reason that- that- that you can't if you're- if you're healthy enough.</p>
	<p><b>Car drives at night</b></p> <p><b>Mike sitting, gets pills out of bottle</b></p> <p><b>Mike -- interview</b></p> <p><b>Desert Dingo car driving at night</b></p>	<p>Mike "Skid" Aquino</p> <p>People find out that we're raising money for diabetes and- and that I'm a diabetic, they come out of the woodwork and say, "I am too. My dad is. My- my daughter is," and that kind of stuff. And it's more</p>

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		than just awareness. It's just like being open about it too.
	<p><b>Jim "Ron John" Graham -- Interview</b></p> <p><b>Richard checks blood sugar</b></p> <p><b>Mike drinks water</b></p> <p><b>Richard behind the wheel of Desert Dingo car at night</b></p> <p><b>Richard and Mike, standing outdoors in sun</b></p>	<p>Jim "Ron John" Graham</p> <p>In terms of their performance on the team, I just watched them. They watched out for how they were doing. They rested when they needed to, drank water, ate when they needed to. And it played no factor on the team. And I think it really goes to show that, you know, you-- even if you have diabetes, you can accomplish whatever you want, and that was really inspiring.</p>
	<b>Montage, Baja 1000</b>	<p>Jim "Ron John" Graham</p> <p>The race starts in Ensenada, up in the northern tip of Baja, California. And thirteen hundred miles later, everybody finishes in Cabo San Lucas. It's best described as a 24-hour plane crash when you're inside the car, in our case, 53 hours. And as one of the few people who actually got to drive, I can testify to that.</p>
	<b>Jim "Ron John" Graham -- interview</b>	<p>Jim "Ron John" Graham</p> <p>What got us into it was one night I went to Blockbuster and rented "Dust to Glory," a documentary on the Baja 1000. And about 10 minutes into it, I turned to my wife and I said, "I have to do this."</p>
	<b>Mike "Skid" Aquino -- interview</b>	<p>Mike "Skid" Aquino</p> <p>When I watched "Dust to Glory," I- I just got excited as well and uhm.. actually started thinking, "Hey, maybe we can- maybe we can do this."</p>
	<p><b>Jim "Ron John" Graham -- interview</b></p> <p><b>Desert Dingo Bug, Jim behind the wheel</b></p> <p><b>Jim "Ron John" Graham --</b></p>	<p>Jim "Ron John" Graham</p> <p>It really started with Mike Aquino, because he bought a \$300 body with some wheels on it, that the next day was going to be towed to the junkyards. It had no engine, it had no transmission, and we</p>

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	<b>interview</b>	literally had to tow it back to his place to get started.
	<b>Richard Palasik -- Interview</b>  <b>Team working on car</b>	Richard Palasik  I never really had the- the desire to be uh.. specifically a driver in the Baja 1000, but I just wanted to be a participant in any way that I could. And the fact that it's not just the driver who wins the race, it's all the back-up help, all the- the- the wrenchers, the-- everybody on the pit crew filling the- the gas tank. It's a whole team effort, and it's the camaraderie of everybody working together for one purpose.
	<b>Montage of Baja 1000 race</b>  <b>Team works with car at night</b>	Nicole Johnson  While disaster loomed around every twist and turn, Team Desert Dingo was not prepared for the shocking news they received just hours after the start of the race.
	<b>Mike "Skid" Aquino -- Interview</b>  <b>Mike walks next to RV</b>  <b>Mike "Skid" Aquino -- Interview</b>	Mike "Skid" Aquino  I was ready to go. Uhm.. I had- I had been hydrating, I had been very meticulous about what I ate, so I wasn't full. And I was just like totally getting in the zone. And then the sat phone rang, and Seth- uh.. Seth said, "I have bad news."
	<b>Jim "Ron John" Graham -- interview</b>	Jim "Ron John" Graham  Somewhere up around 4,600 feet, in the middle of the night, uhm.. we lost all oil pressure. There's a big oil light that comes on, and that's an immediate, you know, response to turn the engine off to protect the engine.
	<b>Mike "Skid" Aquino -- Interview</b>  <b>Desert Dingo car, close up on kitty logo</b>	Mike "Skid" Aquino  For ten seconds, I was relieved that it was just a broken car, you know. And- and then, you know, disappointment started to set in. But one of the first things I thought about was, it could be worse. It

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		could be a lot worse.
	<b>Montage of Desert Dingo team</b>	Nicole Johnson  Their race had ended prematurely, but the team's commitment to future races, to diabetes awareness, and to each other endures.
	<b>Mike "Skid" Aquino -- Interview</b>	Mike "Skid" Aquino  While we didn't finish the race, it's still- it's still a success to me.
	<b>Richard Palasik -- Interview</b>  <b>Montage of Desert Dingo Team and car</b>  <b>Richard Palasik -- Interview</b>	Richard Palasik  People that I've talked to for the three or four days that I've been down here, they would ask, you know, why we're doing this. And I said, "To raise money for the International Diabetes Federation." And I feel that we were a success in that aspect.
	<b>Cary McHugh and Jim</b>  <b>Lower Third:</b>  <b>CARY McHUGH</b> <b>Team Desert Dingo</b>	Cary McHugh  To be able to do something for somebody else, just, it's over the top. It's so incredible. I love it.
	<b>Richard Palasik -- Interview</b>	Richard Palasik  I'm living in the way that I'm not letting the disease affect the way that I live. It's not gonna dictate how I run my life.
	<b>Mike "Skid" Aquino -- Interview</b>  <b>Desert Dingo car drives off (night)</b>	Mike "Skid" Aquino  We're gonna fix the car, we're gonna keep going. We're gonna still-- we're gonna keep on with the- with the message.
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	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>www.dLife.com</b></p>	<p>Nicole Johnson</p> <p>To learn more about Team Desert Dingo and their next race, check out dLife.com.</p>
	<p><b>Montage of upcoming segment</b></p>	<p>Nicole Johnson</p> <p>Up next, the first step for keeping your heart healthy when living with diabetes. But first, here's a good eating, good living food idea from Kraft.</p>
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	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b></p>	<p>Nicole Johnson</p> <p>The number one health risk for those of us living with diabetes is cardiovascular disease. For years, it was seen as separate from diabetes complications. But more and more data suggests everyone with diabetes needs to be vigilant about heart health.</p>
	<p><b>Exterior, Mount Sinai Medical Center</b></p>	<p>Nicole Johnson</p> <p>dLife went along when a man with Type 2 visited a specialist in diabetes and heart disorders.</p>
	<p><b>Dr. Smith and John Dietz in exam room</b></p>	<p>Donald Smith, M.D.</p> <p>Hello.</p>
		<p>John Deitz</p> <p>Hello, Doctor.</p>
		<p>Donald Smith, M.D.</p> <p>How are you?</p>
		<p>John Deitz</p>

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		Fine.
		Donald Smith, M.D. Good. Great.
		John Deitz Glad to see you again.
		Donald Smith, M.D. Feeling pretty well?
		John Deitz Couldn't be better.
	<p><b>Donald Smith, M.D. -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>DONALD SMITH, MD</b>  <b>Mt. Sinai Heart Institute</b></p>	<p>Donald Smith, M.D.</p> <p>My name is Donald Smith. I work here in Mt. Sinai Heart of the Cardiovascular Institute, because I deal with metabolic disorders. That is, diabetes and with lipid disorders.</p>
	<p><b>Dr. Smith and John Deitz in exam room</b></p>	<p>Donald Smith, M.D.</p> <p>Let me just do a few quick things here, and then we'll get over, because I got your lab tests today, so that'll be helpful.</p>
	<p><b>John Deitz -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>JOHN DEITZ</b>  <b>Type 2 Diabetes Since 2002</b></p>	<p>John Deitz</p> <p>I believe my heart's in good shape. I uh.. exercise quite a bit. I lead a pretty active life.</p>
	<p><b>Dr. Smith talks to John Deitz in exam room</b></p>	<p>Donald Smith, M.D.</p> <p>The main thing people have is they die early with</p>

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	<p><b>Lower Third:</b></p> <p><b>Coronary heart disease is the leading cause of death for people with diabetes.</b></p>	<p>diabetes from coronary disease and strokes.</p>
	<p><b>Dr. Smith takes John Deitz's blood pressure</b></p>	<p>Nicole Johnson</p> <p>Three factors that increase a Type 2's risk of coronary disease are</p>
	<p><b>Centered on blue background:</b></p> <ul style="list-style-type: none"> <li>• <b>High blood pressure</b></li> <li>• <b>High glucose levels</b></li> <li>• <b>Dyslipidemia</b></li> </ul>	<p>high blood pressure, high glucose levels, and dyslipidemia, an abnormal concentration of lipids, such as cholesterol, in the blood.</p>
	<p><b>Dr. Smith talks to John Deitz in office, writes in medical chart</b></p>	<p>Donald Smith, M.D.</p> <p>The total cholesterol is the sum of three different kinds. So you have the low density lipoproteins, you have the high density HDL, and then you have what we call very low density lipoproteins.</p>
	<p><b>Donald Smith, M.D. -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>DONALD SMITH, M.D.</b>  <b>Specialist in Diabetes &amp; Heart Health</b></p>	<p>Donald Smith, M.D.</p> <p>HDL cholesterol, right, I like to term the healthy, protective cholesterol, actually is used to take cholesterol out of the body, into the stools, and get rid of it.</p>
	<p><b>Neck-down shots of overweight women and men walking down the street</b></p>	<p>Donald Smith, M.D.</p> <p>The average HDL in women in this country is 55, and for men is 45.</p>
	<p><b>Centered on blue background:</b></p> <p><b>HIGH DENSITY LIPOPROTEINS (HDL)</b></p>	<p>Donald Smith, M.D.</p> <p>So what we prefer to do is to keep HDLs, if we can,</p>

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	<p align="center"><b>(Good Cholesterol)</b></p> <p><b>TARGET LEVELS</b></p> <p><b>&gt;40 mg/dl for women</b></p> <p><b>&gt;50 mg/dl for men</b></p> <p><b>&gt;70 mg/dl for “very high risk”</b></p> <p><b>*According to the NIH</b></p>	<p>above 40.</p>
	<p><b>Centered on blue background:</b></p> <p align="center"><b>LOW DENSITY LIPOPROTEINS (LDL) (Bad Cholesterol)</b></p> <p><b>TARGET LEVEL</b></p> <p><b>&lt;100 mg/dl</b></p> <p><b>*According to the NIH</b></p>	<p>Donald Smith, M.D.</p> <p>There are low density ones, the lousy ones, because those are the ones that increase risk and cause plaque formation.</p>
	<p><b>Donald Smith, M.D. -- Interview</b></p>	<p>Donald Smith, M.D.</p> <p>We try to keep those below 100 in those people with diabetes, and certainly in those people with higher risk of diabetes.</p>
	<p><b>Dr. Smith in office talking with John Deitz</b></p> <p><b>Lower Third:</b></p> <p align="center"><b>Factors leading to elevated levels include diet and genetics</b></p>	<p>Donald Smith, M.D.</p> <p>The LDL is 168. Now the average in the population is about 130. So you’re about 40 points over this.</p>
		<p>John Deitz</p> <p>Is that a lot?</p>
		<p>Donald Smith, M.D.</p>

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		It is a lot. So we've got to do something about that. Because that plus the diabetes is going to get you in trouble one of these days, unfortunately.
	<b>Dr. Smith checks John Deitz on exam table</b>	Nichole Johnson  A heart specialist will work with you to lower your bad cholesterol. Statins are commonly used to achieve this goal.
	<b>Donald Smith -- interview</b>  <b>Lower Third:</b>  <b>Statins are drugs that lower the amount of cholesterol in blood</b>	Donald Smith, M.D.  Statins reduce cholesterol synthesis within a liver cell.
	<b>Lower Third:</b>  <b>Widely prescribed statins include Lipitor, Zocor, Vytorin, and Crestor</b>	Donald Smith, M.D.  The liver cell must keep a constant concentration of cholesterol.
	<b>Animation: cholesterol in liver and bloodstream</b>	So when you reduce the synthesis within that liver cell, it puts out receptors on the service to draw in cholesterol from the blood. So by decreasing cholesterol synthesis in the liver cell, increasing receptors that draw in cholesterol from the bloodstream, you reduce cholesterol within the bloodstream.
	<b>Dr. Smith talks to John Deitz in office</b>	Donald Smith, M.D.  Triglycerides we try to keep under a 150. And you're way under that. So you don't have a triglyceride problem at all.
	<b>People lifting weights</b>	Nichole Johnson  Triglycerides can be best reduced through exercise and a five to ten percent weight loss.

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	<b>Dr. Smith weighs John Deitz</b>	
	<b>Donald Smith, M.D. -- interview</b>  <b>Footage of patient receiving stress echocardiogram</b>  <b>Donald Smith, M.D. -- interview</b>	Donald Smith, M.D.  Since you feel nothing from these risk factors being out of control, one does nothing. It's up to us in the medical profession basically to teach people that these changes in triglycerides and cholesterol and blood pressure and glucose levels, and albumen in the urine, all these things can affect their risk long term for coronary disease and stroke.
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	<b>Nicole Johnson</b>  <b>Lower Third:</b>  <b><a href="http://www.dLife.com/heartrisk">www.dLife.com/heartrisk</a></b>	Nicole Johnson  To learn more about cardiovascular health and assess your diabetes heart risk, visit <a href="http://dLife.com/heartrisk">dLife.com/heartrisk</a> .
		Nichole Johnson  When we come back, party snacks don't need to be high carb or high fat. We're mixing up healthy crackers and dip with Chef Michel Nischan.
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	<b>Nicole Johnson</b>  <b>Lower Third:</b>  <b>NICOLE JOHNSON</b> <b>Diabetes Since 1993</b>	Nicole Johnson  If you think party munchies don't belong in a diabetes diet, wait till you see these recipes from Chef Michel Nischan.
	<b>GFX Center</b>  <b>dLife</b>	

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	<p><b>Chef Michel Nischan in kitchen</b></p> <p><b>Lower Third:</b></p> <p style="text-align: center;"><b>MICHEL NISCHAN</b>  <b>dLife Chef</b></p>	<p>Michel Nischan</p> <p>Hi, and welcome to dLife kitchen. I'm Chef Michel Nischan. And today, we're gonna do a really great high protein, low carb snack combo, spelt crackers and cheddar cheese dip.</p>
	<p><b>Close up, bowl of spelt flour</b></p> <p><b>Lower Third:</b></p> <p style="text-align: center;"><b>Spelt is a whole grain that is lower in gluten than wheat, barley, and oats</b></p>	<p>Michel Nischan</p> <p>Alternative to a lot of the snacks that are already out there that are really high in simple carbohydrates and offer almost no protein at all, spelt is great because low in gluten as well.</p>
	<p><b>Michel Nischan adds dry ingredients to mixing bowl</b></p>	<p>Michel Nischan</p> <p>So we're gonna put a little bit of spelt flour in here. We're gonna start with the crackers. And here I have some non-toasted white sesame seeds.</p>
	<p><b>Close up of arrowroot in bowl</b></p> <p><b>Michel Nischan adds ingredients to mixing bowl</b></p>	<p>Michel Nischan</p> <p>Now this is arrowroot, which is actually a South American herb that's starchy. It actually will help thicken or bind, and make things crisp. And then we have some condensed, dry milk. Here we have about a half a teaspoon of uh.. baking powder, a little bit of salt. And we're gonna mix these dry ingredients together.</p>
	<p><b>Michel Nischan mixes ingredient.</b></p>	<p>Michel Nischan</p> <p>Here we go, just use a little bit of a whisk.</p>
	<p><b>Michel Nischan adds yogurt to cup</b></p> <p><b>Michel Nischan adds oil to cup</b></p>	<p>Michel Nischan</p> <p>Now we're going to take a little bit of yogurt in the water. And then just finish with a little bit of olive oil.</p>

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	<p><b>Michel Nischan blends ingredients</b></p> <p><b>Michel Nischan adds oil mixture to dry ingredients</b></p>	<p>Michel Nischan</p> <p>We're gonna blend the wet ingredients together, just like that. And then we're gonna stir them to really start to kind of make a batter. And you can see here, I'm just starting to pull it together.</p>
	<p><b>Michel Nischan uses electric mixer</b></p> <p><b>Close up -- dough in mixer</b></p>	<p>Michel Nischan</p> <p>And now we're just gonna move this over to an electric mixer. So we're using the dough hook, and we're just gonna kind of blend it at medium until we see the dough just start to come together away from the side of the bowl.</p>
	<p><b>Michel Nischan rolls out dough</b></p> <p><b>Close up -- dough being cut in circles</b></p>	<p>Michel Nischan</p> <p>Just take a standard rolling pin, and now we're gonna roll this out. And it's pretty simple. And just work like this. Now you just take a cutter, and you can cut really any shape you want. So- so we're just gonna cut all these out into crackers.</p>
	<p><b>Close up -- cookie sheet sprayed with oil</b></p>	<p>Michel Nischan</p> <p>And I'm gonna take my trusty Misto here, with a little bit of grape seed oil, and just lightly coat the tray.</p>
	<p><b>Close up -- cracker dough transferred to cookie sheet</b></p>	<p>Michel Nischan</p> <p>And then just transfer the crackers right onto the cookie sheet just like this.</p>
	<p><b>Close up -- full cookie sheet</b></p> <p><b>Michel Nischan places cookie sheet in oven</b></p>	<p>Michel Nischan</p> <p>So there you have it, one, two, three. There's the last of the three. Now, this looks great. Now we're gonna transfer them to a preheated 400 degree oven and bake them for about 10 to 12 minutes, or until they're just crisp. Now, let's get to the cheddar cheese dip.</p>
	<p><b>Michel Nischan in kitchen</b></p>	<p>Michel Nischan</p>

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	<b>Close up -- cheese and other ingredients</b>	Now I've got two pounds of cheddar cheese here that I've cut into small cubes, because that's gonna make it a lot easier to blend.
	<b>Michel Nischan puts cheese cubes in food processor</b>  <b>Close up -- food processor as ingredients are added</b>	Michel Nischan  Just take all of the cheese, and put it in the tub of a food processor. Like so. And it's really helpful if the cheese is at room temperature. It's gonna blend a little bit better. And here I have some mustard powder, a little bit of chopped garlic, a little bit of extra salt. Then we have some light soy, a little bit of vinegar. And then we're gonna add about a half a bottle of beer.
	<b>Michel Nischan operates food processor</b>  <b>Michel Nischan turns of food processor</b>	Michel Nischan  We just put it in here and turn the processor on. You're gonna let this process probably about a minute to a minute and a half, until it's nice and smooth. There we have it. Now let's go check on the crackers.
	<b>Michel Nischan takes crackers out of the oven</b>	Michel Nischan  Look at this. They're nice and brown on the outside, you know, not so brown in the inside. These crackers are just absolutely perfect.
	<b>Michel Nischan scoops cheese spread into bowl</b>  <b>Close up -- cheese spread</b>  <b>Lower Third:</b>  <b>To spice up the dip try adding chopped Serrano, jalapeño or other chile peppers</b>	Michel Nischan  Now, to set this up, I'm just gonna take a nice looking serving bowl, and look at this. This is like perfect spreadability on a spatula here, look at that. Just really amazing. Place the bowl on a serving plate.
	<b>Michel Nischan slides crackers onto platter</b>	Michel Nischan  And we can just slide the crackers right off of the

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		tray and onto the platter.
	<p><b>Close up -- cheese spread and crackers</b></p> <p><b>Left side:</b></p> <p><b>SPELT CRACKERS &amp; CHEESE DIP</b></p> <p><b>Per cracker with smear of dip:</b></p> <p><b>Calories: 76</b></p> <p><b>Carbs: 4g</b></p> <p><b>Fiber: 7g</b></p> <p><b>Protein: 6g</b></p> <p><b>Total Fat: 6g</b></p>	<p>Michel Nischan</p> <p>And there you have it. A really great high protein, low carb snack, low in gluten. Really, really healthful stuff, and tasty too.</p>
	<p><b>Michel Nischan in kitchen</b></p> <p><b>Lower Third:</b></p> <p><b><a href="http://www.dLife.com/recipebox">www.dLife.com/recipebox</a></b></p>	<p>Michel Nischan</p> <p>So thanks for joining us here. For these recipes and more great tips, just look to <a href="http://dLife.com/recipebox">dLife.com/recipebox</a>. Thanks for joining the dLife kitchen, Michel Nischan here. See you next time.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Montage of upcoming segment</b></p>	<p>Nicole Johnson</p> <p>Up next, an artist at work after a devastating complication of diabetes.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b></p>	<p>Losing your eyesight to complications from diabetes is devastating. But for an artist named Suzanne Gardner, blindness also opened up a new world of color and movement that she now captures in her painting.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p>	

TIMECODE

VISUALS

AUDIO

	<b>FOR YOUR DIABETES LIFE!</b>	
	<b>Close up -- Suzanne Gardner, painting</b>	Suzanne Gardner  I started to lose my vision about eight years ago uhm.. from long-term diabetes.
	<b>Suzanne Gardner</b>  <b>Lower Third:</b>  <b>SUZANNE GARDNER</b> <b>Artist, Diabetes Since 1972</b>	Suzanne Gardner  And I went to go see uh.. an ophthalmologist. And he started doing uhm.. laser treatments on my eyes.
	<b>Computer screen with optical images</b>  <b>Animation of eye</b>	Nicole Johnson  After laser treatments failed to stem her vision loss, Suzanne underwent a series of operations that saved partial vision in only one eye.
	<b>Suzanne Gardner, painting</b>  <b>Overlay of obscured vision, with close up inset of her painting</b>  <b>Close up -- Suzanne painting with glasses</b>	Suzanne Gardner  Basically, I see uhm.. the large forms. Uhm.. I can't see any detailed work. So when I start to get more detailed in the difference between the shading, then I start to use my magnifying glasses.
	<b>Suzanne Gardner -- Interview</b>	Suzanne Gardner  When it was suggested to me that I start painting, I thought that it was a crazy idea.
	<b>Suzanne painting with glasses</b>   <b>Suzanne's art displayed</b>  <b>Suzanne at computer, looking at</b>	Suzanne Gardner  I did it just to have something to do. But I did think it was a crazy idea myself. It really kept me busy and kept me happy at a difficult time in my life. And uhm.. then I started to really love it. And from small shows, they got- I got to bigger shows, to where uh.. you know, people go to my website now and uhm.. and my paintings sell.

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	<b>her website</b>	
	<b>Suzanne Gardner -- Interview</b>	Suzanne Gardner  It has given me that feeling that I'm not dependent on a paycheck from an employer. That I now uhm.. am self-sufficient.
	<b>Suzanne in studio, painting</b>  <b>Suzanne hangs painting on wall</b>	Suzanne Gardner  It sounds a little crazy, but I'm almost grateful for it, because I never would have left my job and gone on this path had the issue with my vision ever come up. Had it not come up, I never would have taken that step.
	<b>Suzanne in studio, painting</b>	Nicole Johnson  If Suzanne has any regret, it's that many years of "could have done better" led to her severe vision loss.
	<b>Suzanne Gardner -- Interview</b>  <b>Suzanne checks blood sugar</b>  <b>Lower Third:</b>  <b>Since Suzanne can't read the numbers on her insulin pen, she listens to the clicks.</b>	Suzanne Gardner  You always wish that you could have done it a little bit better. As a young a kid also, you kind of uh.. you know, you do the best you can. There were a lot of challenges to keeping everything in line when you really-- we didn't have the technology back then to monitor things really closely.
	<b>Suzanne prepares insulin pen</b>  <b>Suzanne gives herself insulin</b>  <b>Shot of painting of flowers</b>	Suzanne Gardner  Diabetes in general is- is- is a challenge. Everything is so regimented with diabetes. It's got to be at precise times and exact numbers and uhm.. I think that painting was just something that allowed me to finally be uhm.. free.

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	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p>	<p>Nicole Johnson</p> <p>Next on dLife, they became big stars at a young age. We'll go backstage with the teen pop stars, the Jonas Brothers.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b></p> <p><b>Type 1 Diabetes</b></p>	<p>Nicole Johnson</p> <p>If you have kids in your house, then you've probably heard of the Jonas Brothers. The singing group started in 2005, and already has two hit albums and a huge following. Nick Jonas, the youngest of three brothers in the group, privately battled diabetes for many years. It wasn't until an appearance at a diabetes fundraiser that Nick's private battle became public.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Two girls with painted shirts and faces</b></p> <p><b>Fans waving</b></p>	<p>Girl</p> <p>Hi you guys!</p>
	<p><b>Jonas Brothers sit backstage</b></p>	<p>Nick Jonas</p> <p>Hey, what's up? I'm Nick.</p>
		<p>Kevin Jonas</p> <p>I'm Kevin.</p>

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		Joe Jonas  I'm Joe.
	<b>Montage of Jonas Brothers</b>	Kevin Jonas  And we're the Jonas Brothers
	<b>Denise Jonas -- Interview</b>  <b>Lower Third:</b>  <b>NICK JONAS</b> <b>Diabetes Since 2005</b>	Nick Jonas  We are here to support DRI, Diabetes Research Institute. And uhm.. I am giving the announcement that I have type 1 diabetes.
	<b>Shots of crowd</b>	Nick Jonas  We have not told anyone yet. And uh.. this will be the first day they find out.
	<b>Photograph of Jonas Brothers</b>  <b>Nick Jonas -- Interview</b>	Nick Jonas  The day I was diagnosed was November 16th, 2005. I dropped 15 pounds in two weeks. For, you know, me that only weighs 115 pounds, that was just crazy.
	<b>Jonas Brothers walking down hall</b>	Denise Jonas  We just went right to his doctor.
	<b>Denise Jonas -- interview</b>  <b>Lower Third:</b>  <b>DENISE JONAS</b> <b>Nick's Mother</b>	Denise Jonas  And her face just-- we knew. It was awful.
	<b>Photograph -- Nick</b>	Paul Jonas

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	<p><b>Paul Jonas -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>PAUL JONAS</b>  <b>Nick's Father</b></p>	<p>She told Nicholas that he had diabetes. He didn't know what that was. So he asked if he was going to die, and stated crying.</p>
	<p><b>Jonas Brothers pray together and prepare to go on stage.</b></p>	<p>Paul Jonas</p> <p>And he's just such a strong boy, we all broke down.</p>
	<p><b>Denise Jonas -- interview</b></p>	<p>Denise Jonas</p> <p>And for Nicholas, my fear in that moment was, he's only 13, but he's built a career. At 13 years old, and is this all gonna be completely gone because of this?</p>
	<p><b>Jonas Brothers prepare to go on stage</b></p> <p><b>Crowd waiting, arms raised</b></p> <p><b>Jones Brothers enter stage</b></p>	<p>Nick Jonas</p> <p>I made a commitment to myself that night when I found out that I wasn't gonna let it slow me down, and that I was just gonna keep moving on. It was just gonna be an opportunity.</p>
		<p>Announcer</p> <p>Come on and make some noise for the Jonas Brothers!</p> <p>&lt;crowd screams&gt;</p>
	<p><b>Nick on stage with microphone</b></p>	<p>Nick Jonas</p> <p>A little over a year ago, uh.. some crazy stuff started happening, where I started losing weight, drinking a lot of water all the time. I found out that I had diabetes, type 1. And uh.. you know, at the beginning, I was asking myself "Why me?" And uh.. then I started asking, "Why not me?"</p>
	<p><b>Back and forth between Nick on</b></p>	<p>Nick Jonas</p>

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	<b>stage and girls in audience</b>	I could be here today telling you guys that through all that, I made it through and I'm here today singing and uh.. having fun. And just to encourage you to uhm.. keep it positive. Thank you guys. Thank everyone. You guys are really so-- we love you so much.
	<b>Joe Jonas -- Interview</b>  <b>Nick singing on stage</b>	Joe Jonas  I think for him, he always knew that he had something special in his life, so this was going to be an opportunity to really help a lot of people.
		Nick Jonas  <singing> I've been wasting my time. I've been losing my mind. I've been running races, still don't know what I've been chasing.
	<b>Denise Jonas -- interview</b>	Nick Jonas  There are times when I definitely wish I didn't have diabetes. And then there's times like this now where I'm blessed to have it, and to be able to do what I'm doing.
	<b>Nick Jonas singing on stage</b>	Jonas Brothers  <singing> Time for me to lay down all my worries and I'll spread my wings. Time for me to fly.  <crowd screams and cheers>
	<b>GFX Center</b>  <b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b>	
	<b>Nicole Johnson</b>  <b>Lower Third</b> <b>dLifeTV on CNBC: next Sunday</b> <b>4 p.m. PT / 7 p.m. ET</b>	Nicole Johnson  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

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	<p><b>Lower Third</b></p> <p><b>To order a copy of any dLifeTV episode, visit <a href="http://dLife.com/orderdLifeTV">dLife.com/orderdLifeTV</a>.</b></p>	<p>life.</p>
	<p><b>Center:</b></p> <p><b>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</b></p>	
	<p><b>Credits roll</b></p>	
	<p><b>Nicole Johnson (Inset)</b></p>	<p>Nicole Johnson</p> <p>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 is different and you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life and there's no substitute for getting control of it.</p>