

TIMECODE	VISUALS	AUDIO
	<p>Card:</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Montage of photos</p>	<p>Announcer: dLife TV, the only show for your diabetes life, packed with information, insights, cooking and the real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p>Montage of pictures of John Reitzes trip</p>	<p>Nicole Johnson: Today on dLife, we'll ride along on an extended trip to learn about the trials of traveling with diabetes.</p>
	<p>Card:</p> <p>Nicole Johnson</p> <p>Diabetes since 1993, Miss America 1999</p>	<p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. The world is a huge place. And there's no reason diabetes should keep anyone from visiting any corner of the globe.</p>
	<p>Nicole Johnson in studio</p>	<p>But travel for people like you and me often bring special challenges. It requires careful planning to manage the stress of airports, long hours of travel, time changes, climate changes, access to medical supplies, and preparation for unpredictable events. We followed dLife producer, John Reitzes, on a round trip to Central America to show you what a person with diabetes has to manage along the way.</p>
	<p>Card:</p> <p>John Reitzes</p> <p>Type 1 Diabetes since 1979</p> <p>John on balcony</p>	<p>John Reitzes: Hi, I'm John Reitzes, a producer for dLife TV. I have Type 1 Diabetes so when it comes to travel, there's a ton of extra considerations. But I just booked my tickets to Guatemala to see the ancient ruins of Tikal and I'm gonna take you with me for the adventure of a lifetime.</p>

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	John sitting at table with medication	When it comes to my diabetes, I'm a control freak. I try to test once an hour. My A1C hovers around six. And I'm proud to say that after 29 years, I'm in good shape.
	John walking street and shopping	Here in New York City, I have everything I could possibly need to manage my diabetes. But once I'm in Guatemala, access to things we take for granted disappears.
	John on balcony	Traveling with diabetes can be really tough but I've learned a few things over the years to keep my vacation worry free. I'm going on a trip to Guatemala and uh.. I brought actually a list of things that I...
	John shopping for supplies with sales clerk	My doctor emphasized taking extra care of my feet because of all the hiking I had planned. He reminded me to never walk barefoot and to make sure I always wore proper shoes and clean socks. Socks.
	Store clerk helps John select socks	W1: Socks, thin socks, a lining sock. What is your shoe size? John Reitzes: Uh.. nine and a half.
		W1: Okay, then you'd be a medium and you'd wear a thin lining sock. And then you'd wear a thicker sock over it and that is how you uh.. reduce the friction between the two, between your foot and your shoe.
		John Reitzes: So it's friction that causes the blisters? W1: Mm-mm. John Reitzes: Okay.

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	<p>Card:</p> <p>Treat blisters or abrasions with an antibacterial cream</p>	<p>W1: That's most of it. And the moment you find that you're getting a slight hot spot, take care of it immediately, put a little bit of a dressing on it. But the moment you get a hot spot, that's when you take care of it. That will prevent a blister.</p>
	<p>Store clerk helps John pick out a first aid kit</p>	<p>John Reitzes: And we need a First Aid kit. W1: I would recommend something that's designed for overseas travel. You're going to only go for a short time, so you don't something enormous. You don't need...</p>
	<p>Card:</p> <p>A first aid kit should always contain:</p> <ul style="list-style-type: none"> Bandages Gauze Topical antibiotic Pain reliever Medicines to treat diarrhea and motion sickness Sunscreen Insect repellent 	<p>John Reitzes: There's more to managing diabetes on the road than just controlling blood sugar. A first aid kit is essential and should always contain bandages, gauze, topical antibiotic, pain reliever, medicine to treat diarrhea and motion sickness, sunscreen and insect repellent.</p>
		<p>Keeping my insulin cold is pretty simple here at home. But when traveling, it takes some advance thinking and a couple of new accessories. This is another insulated pack. W1: It'll be a lot easier for you to put your little ice pack in there.</p>
	<p>Store clerk helps John pick out cooler pack</p>	<p>John Reitzes: Put that little ice in there, put my insulin in there. W1: Put that there and put another-- put your insulin in there and put another ice pack. Life is good.</p>

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	<p>Store clerk helps John pick out flashlight</p>	<p>John Reitzes: I have an extra incentive to have a good flashlight because I need to check my blood sugar with this little thing at all hours of the day. W1: And it even blinks. John Reitzes: Okay, put it on my head, hit the button and then I don't have anything to worry about.</p>
		<p>And I can easily take my strips out and manipulate this thing as I need to, prick my finger, get a drop of blood and I'm not holding a flashlight with my hand. What a perfect solution.</p>
	<p>Card: To learn more about what to bring on your vacation visit dLife.com/travel</p>	<p>Thanks very much. W1: Thank you, have a good day. John Reitzes: Okay, bye-bye. It was a pleasure. Thank you.</p>
	<p>John standing on a street outside pharmacy</p>	<p>The pharmacy. I'm gonna bring enough supplies for two weeks longer than I'm actually gonna be away. I'm just a lot more comfortable being over prepared than spending the night in the Guatemalan hospital or even having to look for anything while I'm down there at all.</p>
		<p>Who knows what they have, so I'm gonna bring 400 strips, four vials of insulin, syringes, lancets, Glucagon. This list just goes on and on and on and on. And all this stuff is really expensive but it's part of the cost of me going. So I'm gonna try not to let it get me down. Wish me luck.</p>
	<p>John comes out of pharmacy with bag Card: Contact your insurance provider prior to travel for a larger supply of meds</p>	<p>So that was pretty frustrating. It was about \$350 bucks for some extra supplies for the trip, so extra strips and insulin, \$321, then another bunch of stuff. So it's just like not covered by insurance. It's too much.</p>

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	John packs for trip	I think packing with diabetes is like being dealt an 11 in Blackjack, always double down. For Guatemala, I'm bringing twice the insulin, twice the strips and even an emergency pump.
		Food is very unreliable when you're traveling. Airports, airplanes and exotic locations don't offer the low carb foods I depend on. So I pack snacks like nuts, vegetable sticks and beef jerky. And I always keep glucose tabs close at hand for any surprising lows.
	John goes to airport	Uh.. hey, I'm going to JFK, Taca Airlines, please. When you travel, documentation is critical. I usually don't get stopped by airport security, but I've definitely been asked about my insulin pump and my supplies and everything else.
	Card: For a sample letter and air travel tips, visit dLife.com/airport	So along with my passport, I carry this travel letter. It's from my doctor and it says everything that I'm gonna need. So if I do have a problem with security, I just show them this letter and move right through the line.
		And if you have diabetes, you have to constantly work on making your world bigger. And what that means to me is that if you allow any part of this disease to keep you from trying something new, even if you don't realize it, then your world just gets smaller and smaller.
		That's why I need to do this trip. I need to push boundaries. I need to make things happen or else my world will just get smaller and smaller.
	Card: dLife For Your Diabetes Life!	Nicole Johnson: John arrives in Guatemala when we return.

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	<p>Map of North America and Central America</p>	<p>John Reitzes: After all my preparation, I finally arrived in Guatemala. I was venturing into the unknown. My first stop on my adventure was at the beautiful Lake Atitlan where I immersed myself in the culture and flavors of the native villages.</p>
	<p>John outside in Guatemala</p>	<p>I was obviously prepared. I brought double the amount of insulin that I would need. But while I was walking around the native villages, my curiosity peaked. If there was an emergency and I needed to find insulin, would I be able to find it.</p>
	<p>John tries to find pharmacy with a local's help</p> <p>Sub-title:</p> <p style="text-align: center;">I want a pharmacy</p> <p>Sub-title:</p> <p style="text-align: center;">Yes</p> <p>Sub-title:</p> <p style="text-align: center;">You'll see it.</p>	<p>M1: <speaking in Spanish> John Reitzes: <speaking in Spanish> all right, okay. I hit a uh.. pretty significant snag at this first pharmacy. It's closed.</p>

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	<p>Sub-title:</p> <p>Hello, do you have any insulin? Do you know where I can find some?</p> <p>Sub-title:</p> <p>Find?</p> <p>Sub-title:</p> <p>Yes, find some insulin.</p> <p>Sub-title:</p> <p>On the other side</p>	<p>John Reitzes: <speaking in Spanish> No. W2: <speaking in Spanish></p>
	<p>Sub-title:</p> <p>Hello, do you have insulin? You don't have insulin?</p>	<p>John Reitzes: <speaking in Spanish> This is an odyssey to get insulin. We found out they don't have it here but they do have it-- they may have it at the hospital.</p>
	<p>John at Guatemalan hospital</p>	<p>We've been to five pharmacies. They pointed us here eventually, saying we'd find insulin here. When we got here, we were told there is no liquid insulin in this city.</p>
	<p>Sub-title:</p> <p>Yes, of course, right there on the corner</p>	<p>Do you know if they sell uhm.. insulin at any pharmacies in Coban. M2: <speaking in Spanish> John Reitzes: Right there, around the corner-- around the corner. <speaking in Spanish> Right here. There's insulin over here. I smell it. I smell the insulin.</p>
	<p>Sub-title:</p> <p>Do you have insulin?</p>	<p>John Reitzes:<speaking in Spanish> oh, wow. <speaking in Spanish> okay. After six pharmacies and two hospitals, we finally found insulin. This was a memorable adventure but also very sobering.</p>
	<p>John outside pharmacy</p>	<p>What if I had been unprepared? The price spent on extra supplies is nothing compared to the prospect of being stuck on foreign soil without access to the insulin I need to live. After six pharmacies, two</p>

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		hospitals, we finally found some insulin. Emergency averted.
	Map of Guatemala	Next, I turn my sights to the city of Coban located in Central Guatemala. Coban is famous for its coffee. So while I'm here, I wanna take a plantation tour. Sometimes it's the activity that you think is gonna be the most boring and turns out to be the most enlightening.
	John speaks with plantation worker Sub-title: Welcome to Finca Santa Margarita, my name is Carmen and I'm going to be your guide on this plantation.	W3: Okay, welcome to Finca Santa Margarita. My name is Carmen and I'm going to be your guide on this plantation. John Reitzes: Do I smell the coffee roasting? Is that...
	Sub-title: Yea, they're doing roasting. They do it every day, all day.	W3: Yeah, they're doing roasting. They're do it every day all day. John Reitzes: Every day, all day?
	Carmen and John look at yellow coffee plant Sub-title: This is yellow coffee. Sub-title: And you can try it if you want. It's very sweet.	W3: This is yellow coffee. John Reitzes: Uh-huh. W3: And you can try it if you want. It's very sweet.
	Carmen and John walk Sub-title: On this side we have another type. This one we call it pache colis. Sub-title: This is pacaya, see? You know, pacaya palm is bitter and some people use it for diabetes.	And usually-- on this side, we have another type. This one, we call it pache colis. This is pacaya, see? You know, pacaya palms is bitter and some people use it for their diabetic.

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	<p>Carmen shows John Pacaya palm</p> <p>Sub-title:</p> <p>Yea, I do. We eat this as a vegetable. We have to cook it three times to take the bitterness out.</p>	<p>John Reitzes: You have diabetes? W3: Yeah, I do. We eat these as vegetable. We have to cook it three times to take the bitterness out.</p>
	<p>Carmen and John continue walking</p> <p>Sub-title:</p> <p>The first water, the washing, we drink it for diabetes</p> <p>Sub-title:</p> <p>Oh, yes. Lots of people, young people and old people.</p>	<p>The first water, the washing, we drink it for diabetes. John Reitzes: Is diabetes a big problem in Guatemala? W3: Oh, yes. Lots of people, young people and old people.</p>
	<p>Carmen shows John a izote plant</p> <p>Sub-title:</p> <p>We have another plant, we call it izote. They cut it and they use it as medicine also for diabetes.</p>	<p>John Reitzes: Young people too? W3: Yes. We have another plant. We call it izote. They cut it and they uh.. use it as medicine also for diabetics.</p>
	<p>John picks up yerba mora</p> <p>Sub-title:</p> <p>Yea, it is, it is. We call it yerba mora.</p> <p>Card:</p> <p>Consult with your physician before taking any natural remedies</p>	<p>John Reitzes: It looks pretty uhm.. inconspicuous. You wouldn't think it's medicine. W3: Yeah, it is. It is. It's-- uh... we call it yerba mora. John Reitzes: Yerba mora and it lowers blood sugar?</p>
	<p>Carmen and John continue walking</p> <p>Sub-title:</p> <p>...and I gave you all medicine.</p>	<p>W3: Yeah, uh-huh. John Reitzes: So this is very- this is very lucky. I came for a coffee tour and I'm... W3: And I gave you all medicine.</p>

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		John Reitzes: And I'm holding three types of diabetes medication in my hand. A lot easier to find in Guatemala than insulin <chuckles>.
		After I got home, I did some checking into Carmen's plants and sure enough there is some evidence that shows nopal and pacaya do help slow carbohydrate absorption in the blood and help blood sugar management.
	<p>Map of Guatemala</p> <p>John speaks with local about temple</p>	<p>My time in Guatemala has been one amazing adventure. But today, I'll be climbing the ancient mine ruins of Tikal.</p> <p>M3: <speaking in Spanish></p>
	<p>John looks at ancient temple and checks insulin</p>	<p>John Reitzes: Wow!</p> <p>M3: <speaking in Spanish></p> <p>John Reitzes: One sixty-six. So a good place to be before I climb up to there.</p>
	<p>John climbs ancient temple</p>	<p>The climb will cause my sugar to drop a bit. So it helps for me to start a little bit higher than where I would like my sugar to be. Everywhere I go, my diabetes comes with me, all the challenges, and the sacrifices, as does my pump, my strips, and the rest of my stuff in my diabetes toolbox.</p>
	<p>Guatemalan landscape</p>	<p>Still this is the validation for all my preparation. The point is it doesn't matter what kind of diabetes you have or how long you've had it. If you don't expand your horizons, somebody else will go on your vacation.</p>
	<p>Card:</p> <p>dLife For Your Diabetes Life!</p>	

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	<p>Holly in kitchen</p> <p>Card:</p> <p style="text-align: center;">Holly Clegg Cookbook Author</p>	<p>Holly Clegg: Hi, I'm Holly Clegg and I'm author of the cookbook, "Trim and Terrific Diabetic Cooking." I know sometimes when you're traveling, it's just so difficult to find healthy, low carb food options.</p>
		<p>But I'm gonna solve all your traveling problems. I'm gonna give you some tips and I'm gonna show you some tricks for some simple healthy food options that I promise will make traveling so much easier.</p>
	<p>Holly shows audience cheese stick</p>	<p>Everybody likes cheese and it's also a great source of calcium. What I like is it's so easy to take with you, you could find it in all different kinds of packaging.</p>
		<p>But I'm gonna share my secret. I love these cheese sticks. My daughter taught me this. You just tear it apart. It makes it a game. And who said you can't play with your food?</p>
	<p>Close-up of jerky and fruit on counter</p>	<p>And when you need a quick boost of protein, jerky's a great solution. But you do wanna remember to watch your sodium count. When it comes to fruit, berries are your best low carb option.</p>
		<p>They're packed with minerals and vitamins and fiber. And did you know a cup of sliced strawberry contains all your daily requirements of Vitamin C? And then raspberries, which are my very personal favorite, a half a cup is only three and half grams of carbs.</p>

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	Close-up of nuts on counter	Everyone loves nuts. I like 'em because they're satisfying and you could grab a handful so easily. But what exactly is a handful?
	Holly in kitchen	A handful should be only a fourth of a cup. But let me tell you what I like to do. I like to put 'em in little small Ziploc bags instead of the big ones because then you feel like you're getting a little more bang for your buck.
		When you're thinking about nuts, it's also important to remember your carb counts. For instance, almonds and pecans have less carbs than cashews. Portion control is just so important.
		So what I do is I put everything in portions ahead of time. That way when I'm traveling or wherever I am, I just grab and go and I don't even have to think about it 'cause I always have the proper portion size.
		Let's go to some dips. Don't worry, these are so easy. They're made with pantry friendly ingredients. You're not gonna have to do a lot of cooking. So we're gonna start with this one. It's a Mediterranean Layered Dip, which is actually my very favorite.
	Holly makes dip	We have uh.. hummus on the bottom. And you just buy a container of hummus. You don't even have to make it. Then I top it with some fresh baby spinach.

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		<p>Then we're gonna do some cucumber and then some red onion. So a little sweeter. And then some tomatoes. Look at the wonderful colors.</p>
		<p>When you eat with color, you're eating healthy. And we can top it with a little feta cheese for that finishing touch, reduced fat of course. And you're done, ready to go.</p>
	<p>Holly picks up edamame</p> <p>Card:</p> <p>Serve with low-carb veggies like cucumber slices or carrot sticks</p> <p>Card:</p> <p>A half-cup of edamame contains 8g of carbs and 4g of fiber</p>	<p>Now, always a great option is fresh, cut up veggies. You could always cut 'em yourself or you can buy 'em precut in the grocery store. And then last, one of my personal favorites, edamame. If you've never had edamame, I'm gonna introduce you to it today.</p>
		<p>It's really just shelled soy beans. And it comes in different forms, easy to find and easy to eat. Of course, it's always important to be well hydrated.</p>
	<p>Holly picks up Kool-Aid packet and pours one into bottled water</p>	<p>And if you wanna jazz up your drinks, you've gotta try these little Kool-Aid packets or Crystal Light. So easy to use. You just take one of 'em in and put it into your bottled water.</p>
	<p>Holly picks up cooler</p>	<p>And so with that, I think I'm ready to hit the road. For these recipes and more, visit dLife.com. Bye.</p>

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	Card: dLife For Your Diabetes Life! School gymnasium	Nicole Johnson: Up next, a signing Idol with diabetes.
		M4: Are you excited today? Children: Yes!
		Nicole Johnson: As part of the dLife Foundations Diabuddy program, students at Tremont Elementary School on New York's Long Island raised \$30,000 that they donated to a local diabetes center. To celebrate that fundraising campaign, the kids were treated to a performance by "American Idol" contestant, Kevin Covais.
	"American Idol" footage	Kevin himself has had diabetes since he was 11 years old. M4: Please welcome from "American Idol," the one, the only, Long Islander himself, Mr. Kevin Covais.
	Kevin Covais comes into gymnasium	Kevin Covais: Hey boys and girls, how you guys doing today? Let me hear you make some noise. Come on. All right.
		So we got some songs. We got some questions. You guys can ask me some things about "Idol," about diabetes, about whatever you guys want. Okay?

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	<p>Card:</p> <p>Kevin Covais Diabetes Since 2000</p>	<p>I- I always tell people that I was diagnosed with diabetes and that I did "American Idol." And the two- and- and the two biggest things in my life so far and they've become intertwined because in the aftermath of "Idol," I get to go around and I get to sing for people and I get to tell people my story.</p>
	<p>Kevin addresses students</p>	<p>And with that story comes my diabetes. W4: How has diabetes changed your life? Kevin Covais: That's a great question. Uhm.. having diabetes has definitely changed my life uh.. in positive ways and in- and in negative ways.</p>
		<p>Uhm.. I was diagnosed seven years ago. So I- I've been dealing with- with it for a while now. And at first, it was really scary. I was a pretty young kid, like a lot of you.</p>
		<p>And I- I realized that I was gonna need to take care of myself and test your blood sugar often, eat all the right things and- uh.. and take care of yourself.</p>
	<p>Footage of Kevin's performance on "American Idol"</p>	<p>Managing my diabetes during my performances on "American Idol" was- was uh.. at times difficult, most times, fine. Uhm.. but uh.. there were- there were times where- where nerves really factored in.</p>

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		<p>And I remember that my third performance, uhm.. leading into the Top 12 and I remember towards the tail end of the song, I- I could feel my blood sugar dropping. And- and I felt it.</p>
		<p>And it was- and it was frightening. And I- I remember looking back later on that night and watching the show and uh.. and- uh.. I could see- and I could see myself shaking a little bit. And uh.. and one- one would think it was nerves but I knew otherwise.</p>
		<p>I knew- I knew what it was. And most times, it's uh.. it seeing that schedule and making the proper adjustments. And uh.. when you do that, you- you usually don't have a problem.</p>
	<p>Kevin sings to students</p>	<p>And being given the opportunity, it's- it's incredible. I could think of no better, you know, more rewarding thing than to- than to get in front of these kids and- and tell them my story.</p>
		<p>And- and, you know, if I just reach out and- and touch one, uh.. their life could be changed by it, it's- it's so powerful. It's so emotional. <inaudible> come on! All right!</p>
	<p>Footage of Michel Nischan Card: dLife For Your Diabetes Life!</p>	<p>Nicole Johnson: When we come back, Michel Nischan is in the dLife kitchen.</p>

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	<p>Michel Nischan in kitchen</p> <p>Card:</p> <p>Michel Nischan dLife Chef</p>	<p>Michel Nischan: Hello, I'm Chef Michel Nischan and welcome to the dLife kitchen. Today, we're gonna do a variation on barbeque, Mediterranean chicken and vegetable skewers.</p>
		<p>Now what I love about these skewers is that they're high in protein but low in carbs and fat. And when you're living with diabetes, this is important. Here we have some really amazing zucchini, some cut onion, mushrooms, cherry tomatoes and cubed, peeled eggplant.</p>
	<p>Chef Nischan prepares meal</p>	<p>Really great veggies that hold up well to grilling or broiling. Now, for the chicken, we're gonna use a skinless, boneless chicken breast. And the important thing is to cut them about the same size as the vegetables.</p>
		<p>You want everything about one inch cubed so that they cook in the same amount of time. Now, let me show you a little trick in setting up a skewer. What you do is you take your vegetables in the order that they're gonna go onto the skewer and you set 'em up in a line on the cutting board just like this.</p>
	<p>Card:</p> <p>Soak all your skewers overnight, then freeze in plastic to use all summer</p>	<p>Now, here I have 'em in a nice straight line. And I'm gonna take a bamboo skewer that's been soaked in water for about 30 minutes. This helps the skewer go in easy and it also keeps it from burning in the broiler or on the grill.</p>
	<p>Chef Nischan makes skewers</p> <p>Card:</p> <p>Mediterranean Chicken Kabobs Serving Size: 2 skewers Per serving-- Calories: 249 Carbs: 17g Fiber: 4g Protein: 29g Total fat: 7g</p>	<p>And basically I'm just kinda threading this through my vegetables, pressing down with my hand. And you can see that if I keep the skewer parallel to the cutting board, it's a lot easier to get the vegetables on than if I were to hold the skewer up in the air and try to insert them the same way.</p>

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	Chef Nischan makes marinade	So this works really well. Now, that's a gorgeous little skewer. Now, I'm gonna make the marinade. We have some low sodium chicken broth.
		This is readily available in the store if you don't wanna make your own. We have some balsamic vinegar, one of my favorite ingredients because it's a little bit sweet without having an impact on blood sugar.
		Some extra virgin olive oil and then sea salt. And I love sea salt because it is sodium but you also get magnesium and other trace minerals. So you're getting other nutrients that come along to the table with it.
	Card: Mint has been used throughout history to soothe stomach discomfort	And now, we're gonna add some classic Mediterranean style herbs, some fresh thyme. That's a good one. A little bit of oregano and then we have some fresh mint, which is probably the king of the Mediterranean. You really find it in that Mediterranean region a lot in marinades and a variety of other dishes.
		And then one of my favorites, some grated lemon zest. That adds the flavor of lemon without the extra acidity. With the balsamic vinegar, I believe we have enough.
		Now what we've done is marinated these in the refrigerator, which is important, because chicken and other raw meats can have some bacterias that can lead to food borne illness.
		So you wanna wrap tightly in plastic and always marinate in the refrigerator. Now, we're gonna transfer these to a cookie sheet and we're gonna put 'em in the oven with our broiler on high and our shelf about six inches from the broiler.
	Chef Nischan puts chicken in oven	We're gonna cook for about 10 to 15 minutes, turning once and then plate it up for a delicious dish.
	Chef Nischan takes chicken out of oven	And those look fantastic and they smell amazing. I love Mediterranean aromas. It's one of my favorite

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		things.
	Card: www.dLife.com/recipebox	And this is what the dish looks like when it's finished. For this recipe and a lot of great tips, visit the website at dLife.com/recipebox . I'm Michel Nischan and thanks for joining me in the dLife kitchen.
	Nicole in studio Card: Watch dLife TV on CNBC every Sunday evening	Nicole Johnson: That's all the time we have. We'll be back again next week with another edition of dLife TV to inform, inspire, and connect for a healthy diabetes life.
	End Credits	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.