

<Card: Nicole Johnson Baker>

**Nicole Johnson Baker:** Hello. I'm Nicole Johnson Baker.

<Card: J. Anthony Brown>

**J. Anthony Brown:** Hi, I'm J. Anthony Brown.

<Card: Jim Turner>

**Jim Turner:** Hi. I'm Jim Turner.

<Card: Mother Love>

**Mother Love:** Hello, babies. I'm the even more fabulous Mother Love.

**Nicole Johnson Baker:** Type 1.

**J. Anthony Brown:** Type 2.

**Mother Love:** Type 2.

**Jim Turner:** Type 1.

**J. Anthony Brown:** And I'm here to talk about my..

**Jim Turner:** My..

**Mother Love:** My..

**Nicole Johnson Baker:** My dLife.

<Card: dLife; For Your Diabetes Life!>

<Various shots of upcoming segments>

**Mother Love Voice Over:** Today on dLife, the story of a pioneering doctor, the great carbohydrate debate, and a day in the crazy dLife of J. Anthony Brown. Now please welcome your hosts, Nicole Johnson Baker, J. Anthony Brown, Jim Turner, and me, the even more fabulous Mother Love.

<Card: Mother Love, Author & TV Personality>

**Mother Love:** Welcome to dLife, everybody. Diabetes is an illness, but we all know it doesn't have to stop you from doing many of the things you love. I don't let it stop me from doing the things I love. You can't because it's not a disability if you take care of yourself. Be a proactive person.

<Card: Jim Turner, Actor, Bewitched and HBO's Arliss>

**Jim Turner:** Yeah, just complete. And it really depends on your- on your state of mind, I mean how you just decide to approach it is uh.. what makes it.

<Card: Nicole Johnson Baker, Author & Miss America 1999>

**Nicole Johnson Baker:** Exactly. You've got to wake up every day and decide how is this day going to be? I- I make a deal with myself every morning before I test my blood sugar. Is it gonna be a good day; it is gonna be a bad day? It's up to me to decide that.

<Card: J. Anthony Brown, Comedian & Co-Host of the Tom Joyner Morning Show>

**J. Anthony Brown:** And surround yourself with a good team of doctors and relatives and friends that can help you manage your diabetes. That's basically..

**Nicole Johnson Baker:** Exactly, exactly.

**Mother Love:** Absolutely. Absolutely, you have to have a great supportive team around you.

<Various shots and clips of Will Cross>

**Jim Turner:** Well, our story of the day is about someone who's certainly refused to have his diabetes limit him. Will Cross is trying to become the first American and the first person with diabetes in the world to trek to the North and South Poles and to climb the highest mountain on each of the seven continents. He's at his base camp on Mount Everest.

<Card: I'm speaking to you from the top of the world. I'm just days away right now from Mt. Everest.>

**Will Cross:** I'm speaking to you from the top of the world. I'm just days away right now from Mt. Everest.

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<Card: I didn't really accept that. I started climbing as a kid.>

<Card: Since then I've reached the tallest mountains on most of the continents, including Kilimanjaro in Africa.>

<Card: ..and Aconcagua in Argentina in the Andes.>

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<Card: But for those kinds of challenges I exercise, I keep control of my glucose numbers.>

<Card: ..and I give myself insulin shots when I'm climbing.>

**Will Cross:** But for those kinds of challenges, I exercise, I keep control of my glucose numbers and I give myself insulin shots when I'm climbing.

<Card: The way to succeed is to establish goals in life and then step by step, just like you're climbing a mountain..>

<Card: ..do everything to accomplish them.>

<Card: That's certainly the way I'm trying to climb Mt. Everest, one foot in front of the other trying to get up almost 30,000 feet.>

**Will Cross:** The way to succeed is to establish goals in life and then step by step, just like you're climbing a mountain, is uh.. do everything to accomplish them and that's certainly the way I'm trying to climb Mt. Everest, uh.. one foot in front of the other trying to get up almost 30,000 feet.

<Card: Basically what I'd like to do is show that there are no diabetics, only people who happen to have diabetes.>

**Will Cross:** And basically what I'd like to do is show that there are no diabetics, only people who happen to have diabetes.

<Shot of audience applauding>

**Mother Love:** Wow.

**Nicole Johnson Baker:** He is awesome.

<Card: Have a story of the day? Submit it at dLife.com.>

**Nicole Johnson Baker:** 36,000 feet.

**J. Anthony Brown:** 36,000 feet.

**Nicole Johnson Baker:** That is unreal. We will keep our fingers crossed that Will makes it to the top, which he will. I believe it.

**J. Anthony Brown:** Go, Will, go.

**Mother Love:** See, that's what you got to do. You got to put it out there.

<Card: Be sure to test your blood sugar before and after even small amounts of exercise.>

**Jim Turner:** The <laughs> preparations that this guy has to go through is insane. And I- when I- when I go for a hike, if someone just stops by my house and goes, "Hey, Jim, let's walk up to Griffith Park and, you know, take our dogs for a walk," and it's gonna be an hour-long hike, I- I will not leave the house without my kit, without enough-- I test my blood sugar before, I take stuff just in case something happens, 'cause I know the one time I leave it, it will happen. A- and it's just ridiculous how much stuff I have to pack.

**Mother Love:** Well, my- my exercise of choice for me is low impact. I swim. But I have to test my blood sugar before I swim because let me tell you what I did. I almost drowned in a small pool. Didn't test my blood sugar, went out in the water for like two hours, blood sugar plummeted. My son had to come down to the pool and get me 'cause I was sitting on the side of the pool like this because I did not plan. So whatever activity you get involved in, I don't care what it is, you have to plan when you have diabetes.

**Nicole Johnson Baker:** Prepare, prepare, prepare. But you know what else I love about Will Cross is that he's taking risks, he's pushing it to the edge, and he is not accepting no as an answer. And I love that.

**Mother Love:** I love that too. You go, baby. Well, now, babies, we're all going to take the first step toward living large by testing our blood sugar. We at dLife know the key to good diabetes management is to really know your numbers; to test, not guess. So it's time to test right now. We- we'll come right back with an amazing doctor after we test. We'll be right back.

<Shot of audience members testing blood sugar>

<Commercial Break>

<Shot of audience applauding>

<Shot of Dr. Bernstein's book>

**Jim Turner:** Well, I'm really excited about our next guest. I've read his books for years. He is a pioneer, he's a hero of mine, he's a rebel. Uh.. he's the author of "Dr. Bernstein's Diabetes Solution. The Complete Guide to Achieving Normal Blood Sugars." And Dr. Bernstein, you've got an amazing story. Uhm.. tell us about when you were first diagnosed.

<Shot of Dr. Bernstein sitting on stage with Jim Turner>

<Card: Richard Bernstein, M.D., Author, "The Diabetes Solution".>

**Dr. Richard Bernstein:** Well, that was back in 1946, 59 years ago. Uh.. in those days, I was taking about 200 units of insulin using a 10 cc horse syringe as we called it. Uh.. I had to take all that insulin because I was on the high carbohydrate diet.

**Jim Turner:** Right.

**Dr. Richard Bernstein:** Uhm.. I also would test my urine frequently over a little uh.. alcohol burner. Uh.. and uh.. well, you really didn't know what your blood sugar was. It was all guessing.

**Jim Turner:** Yes.

**Dr. Richard Bernstein:** And uh.. I convulsed several times with hypoglycemia. I was always tired and worn out.

**Jim Turner:** Um hmm. And what started to turn all of this around? 'Cause you look great now.

<Card: The first blood glucose meter was not invented until 1971.>

**Dr. Richard Bernstein:** Well, I uh.. read in uh.. a trade journal about a meter that would tell a blood sugar in one minute so that the emergency rooms could distinguish the unconscious drunks from the unconscious diabetics when the labs were closed at night.

**Jim Turner:** And that's what this thing is here?

<Card: Blood glucose meters for home use were not available until the late 1970's.>

<Close-up shots of blood sugar meters>

<Card: Dr. Bernstein did not become a doctor until age 49.>

**Dr. Richard Bernstein:** And I said if I could get hold of one of those and measure my blood sugar, I was an engineer, I could figure out what to do about it. I worked out how much one gram of carbohydrate would raise my blood sugar, how much one unit of insulin would lower the blood sugar, and put together a program, dietary and insulin, to keep my blood sugars normal around the clock. One thing I discovered was that there was no way of having level blood sugars if you had a high carbohydrate diet 'cause then you had to use a lot of insulin and the results would be unpredictable. And I took a shot of insulin, fast-acting insulin, before each meal, a long-acting insulin twice a day uh.. to cover the fasting period overnight and between meals.

**Jim Turner:** Oh, this is amazing that you figured this out. And so then you must have been eager to share this knowledge with everybody.

<Card: Most people with diabetes should aim for triglyceride levels of <150 mg/dl and LDL (bad) cholesterol levels of <100 mg/dl.>

**Dr. Richard Bernstein:** Fir- first- first I had to see what- what came of this. Aside from feeling better, my cholesterol, which had always been very high, plummeted, my triglycerides plummeted, uh.. the neuropathy in my feet got better. And seeing all this, I wanted to pass the word around.

**Jim Turner:** Sure.

**Dr. Richard Bernstein:** And so I wrote on article on how to keep blood sugars normal around the clock. Couldn't get it published. It was ridiculed by every journal I submitted it to.

**Jim Turner:** Wow.

**Dr. Richard Bernstein:** Uh.. finally, in desperation, I applied to medical school in order to get an M.D. after my name so that I could get published.

**Jim Turner:** So you could write an article.

**Dr. Richard Bernstein:** Yeah. And I- I've written a lot of articles and uh.. six books.

**Jim Turner:** And how old were you when you s- went back to medical school, or went to medical school?

**Dr. Richard Bernstein:** I s- well, I started at age 45. They sort of rushed me through because I was a troublemaker so I uh.. started practicing when I was about 49.

**Jim Turner:** Uh huh. Now that you've become a doctor, have your theories changed over the years?

<Shot of Dr. Bernstein at work>

**Dr. Richard Bernstein:** Uh.. it never was a theory; it was something that worked i- in practice. Uh.. I've discovered many new tricks. For example, tricks how to control carbohydrate craving and overeating. Uh.. we have tricks that- like that described in my book.

**Jim Turner:** Right.

**Dr. Richard Bernstein:** Uhm.. and many other tricks that make the whole game easier

**Jim Turner:** And if you've got any message for people with diabetes, I mean wh- what is it?

<Card: Maintaining good control of your diabetes has positive effects on the entire body.>

**Dr. Richard Bernstein:** You're entitled to the same blood sugars as a non-diabetic and it's up to you to get it.

**Jim Turner:** Well, thank you, Dr. Bernstein.

<Shot of audience applauding>

<Shot of various breads>

**Jim Turner:** We're gonna take a short break, but when we come back, we'll be joined by a dietician and best-selling author who is going to discuss a different perspective on low-carb diets.

<Commercial Break>

<Shot of audience applauding>

<Shot of Hope Warshaw's book>

**Nicole Johnson Baker:** Now handling carbs is critical for someone with diabetes and Dr. Bernstein just told us that after trial and error, he determined that a low-carb diet is the way to go. So joining us now is Hope Warshaw, the author of "The Complete Guide to Carb Counting" and a registered dietician who thinks people with diabetes need to eat a moderate amount of healthy carbohydrates. So thank you so much for joining us, Hope. So we want to find out what your viewpoint is of the nutritional needs of a person with diabetes.

<Card: Hope Warshaw, Author, "The Complete Guide to Carb Counting".>

<Card: Carbohydrates are nutrients that the body turns to glucose to use for cellular fuel.>

**Hope Warshaw:** I want to make three quick points. Number one, the research shows that low-carb diets don't work. People can't stay on them long-term and they're simply not a healthy way of eating. Number two, people with diabetes deserve to eat healthy and enjoy food. Number three is the carb issue today is not a quantity issue; it is a quality of carbohydrate issue. What we're eating too much of is added sugars, regular soda, fruit drink, and sweets. So what Americans need to do, I believe, is that they need to move those calories into healthier carbs, okay?

**Nicole Johnson Baker:** And that's what we have here, the fruits, the vegetables.

**Hope Warshaw:** That's right. So the carb issue today is really a quality issue, not a quantity issue.

**Nicole Johnson Baker:** Well, this is very different from your point of view, Dr. Bernstein. What do you think about this?

**Dr. Richard Bernstein:** Well, first of all, to say that low-carb is untested is false. Humanity evolved eating flesh. That's why we have canine teeth. Our ancestors had managed to get a little bit of leafy vegetables here and there, but not forty percent of their diet. A diabetic needs to have normal blood sugars or they get the complications of diabetes. You don't have to overwhelm yourself with carbohydrate and send your blood sugars sky-high. Here's a whole grain bread, for example, which I'm just gonna do a little demonstration and show how you instantly convert this to glucose.

**Nicole Johnson Baker:** Uh huh. Uh oh.

**Dr. Richard Bernstein:** This stuff turns from pink to blue in the presence of glucose. And look what's happened instantly. I've made instant glucose just by chewing the bread. If I do it with the corn, if I do it with an apple, the same thing is going to happen. My blood sugar would go sky high if I ate this whole piece of bread. And then Hope might say, "Oh, take some insulin to bring it down." Well, you don't want to be up and then down. Large doses of insulin don't work in a predictable fashion and this certainly applies to the use of insulin and carbohydrate.

**Nicole Johnson Baker:** How do you respond to what Dr. Bernstein just said?

**Hope Warshaw:** The vast majority of people with diabetes need medication. I mean what we know today about diabetes management is that it is good blood glucose control,

good lipid control, and good blood pressure control that keeps people healthy long-term. And I feel that people need a realistic way of eating.

**Nicole Johnson Baker:** Well, let's make it practical for pe- the people who have diabetes. Dr. Bernstein, if someone wanted to do the low-carb diet that you're suggesting, what are the top five foods that they should be eating?

**Dr. Richard Bernstein:** Well, any protein food, fish, meat, chicken, eggs, cheese, uh.. and vegetables. In my book, there's a list of about thirty some odd vegetables that I can think of that are low in carbohydrate.

**Nicole Johnson Baker:** Okay. Now, Hope, give me some of your top five recommendations then on the types of foods people with diabetes should eat as well.

**Hope Warshaw:** Well, I think that people need to eat balanced meals. I mean certainly we've already talked about that we think that- I think that whole grains that have some fiber, fruits, vegetables, and certainly the meats, and we've got some liquid vegetable oil out there. As much oil as possible should be liquid. The nutrition guidelines for people with diabetes are in sync with the f- the dietary guidelines that just came out this year and the new pyramid that just came out.

**Nicole Johnson Baker:** Well, there are a number of people in our audience who are eager to ask questions. J., who are you with?

<Various shots of J. Anthony Brown with audience members>

**Randy:** Randy Kanata [ph?].

**J. Anthony Brown:** You have a question for who?

**Randy:** For Dr. Bernstein.

**Dr. Richard Bernstein:** Yes, ma'am.

**Randy:** I started reading your books about eight years ago and have been basically following your programs on my own, uh.. lost 22 pounds and have kept it off for that

period of time. I eat mostly protein; however, just doing that, I will find that after an hour or two that will show up in my blood sugars. How can I handle that?

<Card: One unit of fast-acting insulin covers approximately 10-15 grams of carbohydrate.>

<Card: Talk to your doctor about the insulin and/or medication regimen that's right for you.>

**Dr. Richard Bernstein:** Protein does raise blood sugar if it's not covered with an adequate amount of insulin. So if you're taking insulin, you have to figure in your insulin dose the amount of protein you're getting and that's usually by trial and error. And for that reason, we have people consume from one day to the next the same amount of protein at a particular meal so they don't have to jump their insulin doses around. So finding out how much insulin for example to take to cover that amount of protein is trial and error.

**Hope Warshaw:** The problem that I see with a lot of these recommendations, you know, if people can do some of these things and they think that they help them control their blood glucose and they can do it for that lifelong time that they have diabetes, okay, if that's within the context of- of eating healthy. The vast majority of Americans today are not eating well and we're eating at restaurants and we're eating on the run, so a lot of these suggestions are just not practical.

**Randy:** Thank you.

**J. Anthony Brown:** All right, thank you.

<Card: For more on food and nutrition, go to [dLife.com](http://dLife.com).>

<Various shots of J. Anthony Brown>

**Nicole Johnson Baker:** Well, gosh, this is so tough and that's why we're here is to help you make your own decisions about what to do and what's best for your diabetes management. Thank you so much to both of you. Remember, everyone's dLife is unique and everyone has different needs, wants, and likes. Talk to your diabetes care team about the nutritional approach that's right for you. Please stay right there. When

we come back, we're going to find out how our very own J. Anthony Brown keeps his diabetes right side up in his very upside down life.

<Card: dLife>

<Various shots of Adam Morrison>

<Card: Adam Morrison led the nationally ranked Gonzaga Bulldogs in scoring..>

<Card: .. while managing diabetes.>

<Black screen>

<Shot of audience applauding>

**Mother Love:** With us is Martha McKittrick, a dietician and diabetes educator who works with patients all the time. Today, her patient is our very own J. Anthony Brown. Martha, he's all yours.

<Shot of J. Anthony Brown sitting with Martha McKittrick on stage>

<Card: Martha McKittrick, Registered Dietician>

**Martha McKittrick:** All right, J., I hear you have a really crazy schedule. Tell me some more details about it.

**J. Anthony Brown:** Well, basically, this particular day that we're gonna look at starts uh.. the Thursday when I normally go to the comedy club which starts about maybe 6 p.m., so this kind of gives you an idea of what I'm doing.

<Various clips of J. Anthony Brown>

**J. Anthony Brown:** What's up, dLife? How y'all doing. J. Anthony Brown. What's up people? How you doing? Just getting home from the night. How you doing, Gate? How was the day, man. All right, okay. That's enough loving. 'Cause I got to go to work at 2

o'clock in the morning, what I do is uhm.. fix me a little snack for tomorrow, you know? Like in the morning, I'll stop at Big Boys and I usually get a triple triple pancakes with syrup on mine. I eat that. <Laughs>.

<Card: Keeping a regular schedule for sleep, meals, and medication will make diabetes control easier.>

**J. Anthony Brown:** That day, uh.. it was-- I'm going to the comedy club and like I always take a snack to prepare myself for it.

**Martha McKittrick:** I see that. That was excellent, excellent planning.

**J. Anthony Brown:** Nuts are good. Yes, all right. Okay.

**Martha McKittrick:** Nuts are a great snack. Be careful with the portions. The calories really add up.

**J. Anthony Brown:** They're very small. They're like this- this..

**Martha McKittrick:** A small handful.

**J. Anthony Brown:** Oh, they're s- they're so small. You wouldn't..

**Martha McKittrick:** Small, okay. Sm..

**J. Anthony Brown:** I don't even know why I take 'em. They're just very- they're just..

**Martha McKittrick:** And be careful with the dried fruit. They will raise your blood sugar.

**J. Anthony Brown:** All right. We're gonna see why I test my blood sugar at the first- uh.. first thing in the morning when I wake up.

<Various clips of J. Anthony Brown at home>

<Card: Testing blood glucose levels frequently can help you get a better handle on your diabetes control.>

**J. Anthony Brown:** Oh, this is where I start. There you go. Friday, good day. I got to feed Gator. This stuff is good. I've tried it. This is- this is \_\_\_\_\_ diabetic bingo. I must admit, I don't test my sugar as much as I should. Ah, 104. Pretty good. Okay. Who's got good sugar? Get my pills. They're my little lifeline.

<Card: The AACE recommends target blood glucose levels of <110 mg/dl when fasting and <140 two hours after eating.>

**Martha McKittrick:** Now when you're testing your sugar, it's best to try to test before meals and after if you can.

**J. Anthony Brown:** Okay.

**Martha McKittrick:** Sugar tends to be highest in the morning and after eating. And the best way to get control of your sugar is to balance your diet, your exercise, and your medication, so the more you test, the more you can see patterns and you can get a better balance.

<Various clips of J. Anthony Brown going to comedy club>

**J. Anthony Brown:** Rolling to the comedy club. The infamous Comedy Union.

<Clip of J. Anthony Brown on stage at comedy club>

**J. Anthony Brown:** Are there any diabetics in the audience? Anybody that's diabetic or that know any diabetics? Anybody? \_\_\_\_\_ everybody knows somebody that's diabetic. You a diabetic? Nobody? Nobody in the room is a diabetic? Not one person? Don't make me do a diabetic \_\_\_\_\_. 'Cause I'll blood test every last one of you. I will.

<Shot of J. Anthony Brown walking along street>

**J. Anthony Brown:** I'm gonna stop on my way to work and get a uhm.. egg sandwich on whole wheat.

<Shot of J. Anthony Brown entering restaurant>

**J. Anthony Brown:** Hey, man, how you doing? Ready? Oh, we got good time. We got uh.. five minutes. It's a good thing we got all those green lights. <Laughs>. See you, Bob.

**Martha McKittrick:** I'm impressed you got that over the triple triple pancakes with the syrup. That's what I was waiting to say. Egg sandwich on- on whole wheat bread, I'm glad.

**J. Anthony Brown:** Egg white, egg white.

**Martha McKittrick:** Egg white? I didn't even know that. Okay, I'm glad you chose the whole wheat over the white, but keep in mind that bread does raise blood sugar.

**J. Anthony Brown:** And unsweetened iced tea with uh.. Splenda.

**Martha McKittrick:** Yeah, good choice.

**J. Anthony Brown:** That's good? I'm doing okay? All right.

**Martha McKittrick:** Yeah, doing okay.

**J. Anthony Brown:** Then I go to do the radio show which starts-- I have to be there at about 3 o'clock. We start the show at 5 after 3.

<Montage shots of J. Anthony Brown at radio station>

**J. Anthony Brown:** Here we go, kind of late. Made it, made it, made it. They all sound <laughs> like Ray Charles. You all notice how all black guys all sound like Ray Charles. <Laughs>. Don't you hear that hummingbird? Uh.. what hummingbird? We're on a ship. I ain't no damn fool. <Laughs>. Everyone talk to Melvin on the love line, give him call.

Melvin's love line on the Tom Joyner Morning Show. I left my medication. I left my medication. It was in another bag. I'll take it when I get home.

<Card: If you forget to take your diabetes medication, don't double up your next dose.>

**Martha McKittrick:** J., earlier in the tape, we saw that you planned to take the pills with you. You had them in the bag.

**J. Anthony Brown:** I had 'em in my hand. I- I don't know what happened to it.

**Martha McKittrick:** What happened to them?

<Card: Talk to your doctor about how to handle missed doses.>

**J. Anthony Brown:** I- I must have left them on the counter or something. That particular day, I- I left my medication home.

**Martha McKittrick:** It sounds like your schedule is really crazy.

**J. Anthony Brown:** Yes.

**Martha McKittrick:** You need to take time to plan to fit everything in. You also might want to think about keeping some pills in the studio or in your car in case..

**J. Anthony Brown:** Now- now I have 'em spread out everywhere.

**Martha McKittrick:** Okay.

<Card: It's critical to make time in your life for taking care of your diabetes.>

**J. Anthony Brown:** Yeah, I mean I got- where- wherever I go, there's medication waiting on me so I- that will never happen again. <Laughs>.

**Martha McKittrick:** It will not happen again. Okay.

**J. Anthony Brown:** Well, thank you very much.

**Martha McKittrick:** Okay.

**J. Anthony Brown:** You've been an excellent guest. Thank you very much.

**Martha McKittrick:** You're welcome, J. You've been a great patient. <Laughs>.

**J. Anthony Brown:** <Laughs>. Stay right there. We'll be right back with more dLife in a minute.

<Shot of audience applauding>

<Card: Test Your dLife Diabetes IQ. Which of the following does not control blood glucose levels in type 2 diabetes? a) Controlling dietary carb intake, b) Exercise, c) A daily dose of vitamin C, d) Oral diabetes medications, e) Insulin.>

**J. Anthony Brown Voice Over:** But first, today's dLife quiz. Which of the following does not control your blood glucose level in type 2 diabetes? The answer after these messages.

<Commercial Break>

<Shot of audience applauding>

<Card: Test Your dLife Diabetes IQ. Which of the following does not control blood glucose levels in type 2 diabetes? a) Controlling dietary carb intake, b) Exercise, c) A daily dose of vitamin C, d) Oral diabetes medications, e) Insulin.>

**Mother Love:** Before we left you, we gave you the dLife quiz. Which of the following does not control blood glucose levels in type 2 diabetes? Here's the answer. A daily dose of vitamin C does not control blood glucose levels in type 2 diabetes, so if you guessed c, you got it right. <Laughs>. That's it for today. For more information about

healthy eating and more from Dr. Bernstein, go to dLife.com. Remember, as always, it's your dLife. You're responsible for your diabetes life. We'll see you next week.

<Card: dLife TV on CNBC: next Sunday, 7pm est>

<Card: For tickets call 1-866-dLife-NOW>

<Shot of audience applauding>

<Card: dLife TV is produced by LifeMed Marketing LLC and does not represent the views or opinions of CNBC, Inc.>

<Credits roll>

<Card: Nicole Johnson Baker, Co-Host, dLife TV>

**Nicole Johnson Baker:** 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.

<Card: Life Med media>

#### End of Tape 109 Carbs ####