

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p> <p>GFX and video windows.</p>	<p>VO Jim Turner</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>GFX and video windows.</p> <p>Montage of swimmer diving, kissing his arms, face shot of Gary Hall, Jr.</p> <p>Shot of supplement bottles on a shelf.</p> <p>Shots of basketball players.</p> <p>GFX flash Center</p>	<p>VO Nicole Johnson Baker</p> <p>Today on dLife, you will meet the world's fastest swimmer, Gary Hall Jr., who did not let diabetes deter him from his Olympic dream.</p> <p>And alternative medical treatments to supplement your diabetes care. The latest research. Plus real stories about real people living with diabetes.</p>
	<p>Nicole on set in front of stage.</p> <p>GFX flash</p>	<p>Nicole Johnson Baker</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson Baker. We begin with an American hero, a swimmer with 10 Olympic medals. Gary Hall, Jr., was already a 25-year-old Olympic gold medalist when he was diagnosed with Type I diabetes. But his story was just beginning. dLife caught up with him in Aila Morada, Florida.</p>
	<p>GFX flash</p> <p>Lower third:</p> <p>Gary Hall, Jr. World Champion Swimmer, Type I Diabetes</p> <p>Photos of Gary as a child with his father.</p>	<p>Gary Hall, Jr.</p> <p>Hello, my name's Gary Hall, Jr. I'm a three-time Olympian and ten-time Olympic medalist. And I also have Type I diabetes. I was almost 2 years old when my father won the bronze medal in 1976.</p>

TIMECODE	VISUALS	AUDIO
	<p>Lower third:</p> <p>Gary Hall, Sr.</p> <p>Gary Hall, Sr. in his study.</p> <p>Old photos.</p>	<p>Gary Hall, Sr.</p> <p>I just immediately felt a sense of pride. I picked up Gary and carried him around the pool deck and he walked with me back to the awards ceremony.</p>
		<p>Gary Hall, Jr.</p> <p>That was my first Olympic experience.</p>
	<p>Gary Hall, Sr. in his study.</p> <p>Old photos.</p>	<p>Gary Hall, Sr.</p> <p>Little did I know then that that little 2-year-old was going to grow up to be one of the fastest swimmers in the world.</p>
	<p>Video of swimming match.</p> <p>Old videos of Gary, Jr.</p> <p>Face of Gary, Jr.</p>	<p>Gary Hall, Jr.</p> <p>Having a father that was a successful Olympic swimmer, being around the swimming pool was always a second home to me. I was swimming before I could walk but never took it seriously. And there wasn't a whole lot of pressure on me to kind of follow in his footsteps, and I appreciate that he didn't put that type of pressure on me. Because the only and best advice that he ever gave me was "Go out and have fun." I liked having a guy next to me that I was trying to beat and it was a great outlet for that competitive spirit that I was starting to develop at that time. I qualified for the '96 Olympics in both the 50 and the 100 meter free style, and it also put me on a couple of relays.</p>
	<p>Video of swimming match.</p> <p>Photo of Gary with medals.</p>	<p>Announcer</p> <p>He's going to have the gold as well. And the Americans pull it off in Olympic record time.</p>
	<p>Shot of Gary, Jr. being interviewed.</p>	<p>Gary Hall, Jr.</p>

TIMECODE	VISUALS	AUDIO
	Gary swimming.	It was in between the '96 and 2000 Olympics, and I would just start shaking uncontrollably in swim practice. I'd have to pull myself out of the water and I was weak and dizzy, and I'd have to drink a lot of Gatorade. I figured that there was something probably wrong.
	Shot of Gary, Sr. Traveling in car. Testing with glucose monitor.	Gary Hall, Sr. And he was just feeling terrible. So we took him down to the doctor. And he said, "Well, let's do some tests," and he drew some blood. He looked at that strip, he said, "Gary's got diabetes."
	Gary being interviewed. Shot of Gary, Jr. with swimming goggles.	Gary Hall, Jr. I remember hearing the word diabetes in the doctor's office when I was diagnosed and the exhale. I remember it so clearly. It was more than just breath leaving my body. We knew it was serious.
	Gary, Jr. with swimming goggles. Gary, Sr. face. Gary, Jr. swimming.	Gary Hall, Sr. Why did this kid, the world class athlete, why did he get diabetes? And I remember Gary looked up and he said, you know, "What does this do for my swimming career?" And the doctor said, "You'll never be able to compete at a world class level again."
		Gary Hall, Jr. And I was told that day by not one but two doctors, the diagnosing doctor and later an endocrinologist, that my swimming career would be over.
	Shot of Gary, Sr.	Gary Hall, Sr. And I just remember Gary getting this really, really

TIMECODE	VISUALS	AUDIO
		depressed look on his face, like, how can this be?
	Photo of Gary, Jr. in towel and sunglasses.	Gary Hall, Jr. I was -- I was upset, angry, and confused.
	Shot of Gary, Sr.	Gary Hall, Sr. Even the parents or the family members can forget about it. But the person that has the disease has to remember it every single day of his life.
	Photo of Gary, Jr.'s in cap and goggles. Video of Gary, Jr. Gary talking. Gary in US flag shirt. Gary doing a pushup. Gary swimming. Gary being interviewed.	Gary Hall, Jr. I ended up kind of taking off against doctor's orders, and taking this vacation that I needed, took as much information with me as possible and read up on what diabetes was. And during that time, my father had sought out a different endocrinologist that was supportive. That little bit of encouragement was enough to give me a reason to try. At that point, I wasn't sure that I could be as fast as I was before I was diagnosed with diabetes. There were struggles. Anybody that has diabetes is going to struggle with it.
	Lower third: John Olsen Olympic Gold Medalist, Swim Coach	John Olsen I knew it would have to entail huge changes for him. And so it was a -- a definite complete lifestyle change to learn about the risks of the disease, but

TIMECODE VISUALS AUDIO

	<p>John talking.</p> <p>Gary injecting insulin.</p> <p>Gary eating.</p>	<p>also how to take care of himself and deal with the amount of food and nutrition that he needed to keep up the training that he wanted to do.</p>
	<p>Shots of Gary filling syringe, diving into pool, talking, kissing his arms.</p>	<p>Gary Hall, Jr.</p> <p>I had no idea how a slice of pizza was going to affect my blood sugar levels. I had to constantly make changes through this time of trial and error. But I was able to do it.</p>
	<p>Card:</p> <p style="text-align: center;">Sydney 2000 Gary Hall, Jr. Wins Gold Medal 50 Meter Free Style</p> <p>Shots of Gary Hall, Jr. and his accomplishments.</p>	<p><Music playing></p>
	<p>Shots of Gary Hall, Jr. and his accomplishments.</p> <p>Shot of Gary Hall, Sr. crying in a crowd.</p> <p>Photo of Gary Hall, Jr.</p>	<p>Gary Hall, Sr.</p> <p>You feel proud of your son, proud of what he overcame, and to be told by renowned physicians he never will swim at that level again, and then to prove them wrong, it just made me feel this kid is, just something really special.</p>
	<p>Video of Gary Hall, Jr.</p>	<p>Gary Hall, Jr.</p> <p>I went to the Olympic Games in 2004, defended the title as World's Fastest Man in the 50 freestyle.</p>

TIMECODE	VISUALS	AUDIO
	<p>Video of Gary, Jr. swimming in race.</p> <p>Video of Gary, Jr. winning race.</p>	<p><Music playing></p> <p>Announcer</p> <p>Gary Hall is in lane number 2, he's got to get going right now. He's got to ramp it up right this second. Announcer 2: He crossed the goal line now, Gary Hall, Jr.</p> <p>Announcer 1</p> <p>Can Gary Hall get it done? Yes he can!</p> <p>Announcer 2</p> <p>Hall with the gold for the second straight Olympics.</p>
	<p>Video of Gary, Jr.</p> <p>Video of Gary, Jr. swimming.</p> <p>Video of Gary, Jr. testing blood sugar.</p> <p>Video of Gary, Jr. working out, boxing.</p>	<p>Gary Hall, Jr.</p> <p>Now I have ten Olympic medals and the majority of them were won with diabetes. I've decided to give the 2008 Olympics to be held in Beijing a try. Still really fit, swimming fast, doing my best to keep the diabetes under control. I still need to test as often as I did at the beginning. We do a lot of different stuff. We do weight training. I really like boxing as a dry land activity. We'll take the boat out and strap on a pair of fins and a mask.</p>
	<p>Video of Gary, Jr. and Sr. in a boat.</p>	<p>Gary Hall, Sr.</p> <p>The hardest part is getting all this stuff on.</p>

TIMECODE	VISUALS	AUDIO
		<p>Gary Hall, Jr.</p> <p>We'll dive down between 30 to 50 feet. It's great exercise, builds the lungs and the legs. If you take care of this, the sky's the limit. Diabetes doesn't have to stand between you and your dream.</p>
	<p>GFX Center</p> <p>Nicole on set.</p> <p>GFX Center</p> <p>Nicole on set.</p>	<p>Nicole Johnson Baker</p> <p>Gary is a great advocate for people struggling with diabetes. He's testified before Congress, is a role model for children and travels all around the world to tell his story. Up next, the latest in complementary and alternative treatments. Do they work? Are they for you? We have the latest research on the role of complementary medicine in supplementing your diabetes management. Mainstream medicine has traditionally treated complementary and alternative medicine with a fair amount of skepticism. But over the past decade, more and more research has shown us that certain supplements and other nontraditional treatments may really help diabetes and other health conditions. So with me today is Dr. Mona Morstein, Chair of Nutrition at the Southwest College of Naturopathic Medicine. It's one of four accredited naturopathic schools in the country. Dr. Morstein specializes in the treatment of diabetes. So, welcome to dLife.</p>
		<p>Dr. Mona Morstein</p> <p>Thank you very much.</p>
		<p>Nicole Johnson Baker</p> <p>Now, tell us, what is a naturopathic doctor?</p>
	<p>Lower third:</p> <p>Mona Morstein, ND Naturopathic Physician</p>	<p>Dr. Mona Morstein</p> <p>A naturopathic physician is a very interesting mix of standard Western allopathic medicine with the</p>

TIMECODE VISUALS AUDIO

	<p>Shot of Dr. Morstein.</p> <p>Nicole interviews Dr. Morstein on set.</p> <p>Lower third:</p> <p>There are 4,000 naturopathic doctors practicing in North America.</p>	<p>concepts and philosophy of alternative medicine using medications when necessary. We have full prescriptive rights, but also then encompassing diet and supplementation as well, which we feel that our vitamins and our herbs can just synergistically enhance the treatment of diabetes and get people perhaps under better control and quicker.</p>
	<p>Shot of Nicole Johnson Baker.</p>	<p>Nicole Johnson Baker</p> <p>Now in the work you do, you don't recommend that people with diabetes who use insulin stop taking insulin.</p>
	<p>Wide shot of Dr. Morstein and Nicole.</p> <p>Shot of Dr. Morstein.</p>	<p>Dr. Mona Morstein</p> <p>Certainly not Type I diabetics. With Type II diabetics, there have been those patients who we have been able to remove from their insulin and getting them under control instead with our supplements and diet.</p>
	<p>Nicole interviews on set.</p>	<p>Nicole Johnson Baker</p> <p>Well, let me ask you about some specific supplements.</p>
		<p>Dr. Mona Morstein</p> <p>Sure.</p>
		<p>Nicole Johnson Baker</p> <p>Because there's a lot of information out there on the-- on the web and, you know, lots of people are searching it.</p>
		<p>Dr. Mona Morstein</p> <p>Yeah. Oh, yeah.</p>

TIMECODE	VISUALS	AUDIO
		Nicole Johnson Baker So, let's start off with magnesium.
		Dr. Mona Morstein Sure.
		Nicole Johnson Baker There's a lot written about that. Give us the pros and cons or your perspective on it.
	Dr. Morstein being interviewed on set. Lower third: Magnesium also helps reduce high blood pressure.	Dr. Mona Morstein We know for sure that insulin helps magnesium to get into cells. We know that magnesium decreases insulin resistance, and for Type II diabetics, insulin resistance is a huge key.
	Shot of Nicole Johnson Baker.	Nicole Johnson Baker What about chromium? There's a lot said about chromium picolinate.
	Shot of Dr. Morstein. Shot of Nicole Johnson Baker.	Dr. Mona Morstein Yeah, there's a lot. With the positive studies with chromium, you know, it definitely has shown to help lower the blood sugars, also to help lower lipid panels as well. What chromium seems to do on the cell walls is kind of, you know, help insulin stick to the insulin receptor so that it can tell the cell, "Take in blood sugar." So we know we need chromium there. And again, you know, if people are -- we have know scientifically that people are getting a lot less chromium in their diet than they did even 20, 30 years ago. So...
	Shot of Nicole Johnson Baker.	Nicole Johnson Baker Now, is there a certain type of chromium that's

TIMECODE	VISUALS	AUDIO
		recommended more?
	<p>Shot of Dr. Morstein.</p> <p>Shot of Nicole Johnson Baker.</p>	<p>Dr. Mona Morstein</p> <p>Regular chromium picolinate is a good absorbable form.</p>
		<p>Nicole Johnson Baker</p> <p>Now, another question about another supplement, there's a link between neuropathy and alpha lipoic acid or ALA.</p>
	<p>Shot of Dr. Morstein.</p> <p>Shot of Nicole Johnson Baker.</p>	<p>Dr. Mona Morstein</p> <p>Right.</p>
	<p>Shot of Dr. Morstein.</p> <p>Shot of Nicole Johnson Baker.</p>	<p>Nicole Johnson Baker</p> <p>What are the recommendations there?</p>
	<p>Shot of Dr. Morstein.</p> <p>Shot of Nicole Johnson Baker.</p> <p>Lower third:</p> <p>Elevated blood glucose increases oxidation.</p> <p>Alpha lipoic acid, or ALA, can reduce complications caused by oxidation.</p>	<p>Dr. Mona Morstein</p> <p>A lot of diabetic damage is oxidative damage, and so we have this great antioxidant that's been shown to decrease nerve damage plus alpha lipoic acid is very good to help decrease the damage that might be happening in their livers. So, it's just a safe form of a beautiful antioxidant. There's really no contraindications.</p>
		<p>Nicole Johnson Baker</p> <p>That was my question.</p>

TIMECODE	VISUALS	AUDIO
		<p>Dr. Mona Morstein</p> <p>Right. Right.</p>
	Shot of Nicole Johnson Baker.	<p>Nicole Johnson Baker</p> <p>So, if a person is watching this and they want to take magnesium and chromium and ALA, that that's fine.</p>
	Shot of Dr. Morestein.	<p>Dr. Mona Morstein</p> <p>I mean, if people just take too much of anything, they could get an upset stomach or just because if...</p>
		<p>Nicole Johnson Baker</p> <p>Right, and of course.</p>
		<p>Dr. Mona Morstein</p> <p>Right, you know, and of course, with the chromium, there is a high dose limit, definitely.</p>
		<p>Nicole Johnson Baker</p> <p>Right.</p>
	<p>Lower third:</p> <p>Chromium can cause kidney damage if taken in high doses.</p>	<p>Dr. Mona Morstein</p> <p>But in terms of just taking, you know normal typical amounts, it-- it's really very safe.</p>
		<p>Nicole Johnson Baker</p> <p>And we always want people to check with their doctor first, just to make sure.</p>
		<p>Dr. Mona Morstein</p> <p>Oh, yes. These may lower your blood sugar.</p>

TIMECODE	VISUALS	AUDIO
		Nicole Johnson Baker Right.
	Lower third: Consult your physician before taking supplements of any kind.	Dr. Mona Morstein And you need to have a physician behind you if medications need to be adjusted, especially those on insulin, so -- and nobody can start any of this unless they're connecting with their physician and letting them know there may need to be changes.
		Nicole Johnson Baker Now, I read something here within the last year or so that I thought was incredibly interesting about cinnamon...
		Dr. Mona Morstein Right.
		Nicole ...and its benefits for diabetes. Can you explain a little bit about that?
		Dr. Mona Morstein There is a study where they gave people one or three or six grams of cinnamon and this had a remarkable decrease in lowering their blood sugar as well as lowering LDL cholesterol, the bad cholesterol.
		Nicole Johnson Baker Can this be as easy as sprinkling cinnamon on...
	Lower third: Studies have shown the polyphenol polymers of cinnamon aid insulin action.	Dr. Mona Morstein Yes. Yes. I usually have an easy way is to get cinnamon sticks and add it to their teas. These

TIMECODE	VISUALS	AUDIO
		polyphenol polymers seem to be one of the most powerful forms of the cinnamon, that's what's now in capsules of 200, 250.
		Nicole Johnson Baker That you can just take a capsule.
		Dr. Mona Morstein Exactly.
		Nicole Johnson Baker Well it's all incredibly interesting. We have so much to learn and plenty to think about. So, thank you so much, Dr. Morstein. Remember, always talk to your health care provider before adding any new treatment or therapy into your diabetes care regimen. When dLife returns, two NBA Hall-of-Famers back in the spotlight. This time, fighting diabetes.
	<p>GFX Center</p> <p>Nicole Johnson Baker on set.</p> <p>Lower third:</p> <p>Nicole Johnson Baker</p>	<p>Nicole Johnson Baker</p> <p>Walt Frazier and Earl Monroe once electrified basketball fans as the all-star back court of the 1973 World Champion New York Nicks. Now the NBA Hall-of-Famers are back together again, this time speaking about diabetes. They have joined forces to work in behalf of a national program that aims to reduce cardiovascular disease in people with diabetes. dLife caught up with them in Atlanta where they spoke to black clergy about the challenges ahead.</p>
	<p>Video of Early and Walt playing basketball.</p> <p>Shot of book front: Diabetes and Heart Disease: What's the connection? The Heart of Diabetes</p>	<p>Walt "Clyde" Frazier</p> <p>As the New York Nicks we teamed up to win the championship, so now we just want to educate the public. Oh, we're delighted to be a spokesperson for the Heart of Diabetes Program under the auspices of the American Heart Association. So,</p>

TIMECODE	VISUALS	AUDIO
	<p>Lower third:</p> <p>Walt "Clyde" Frazier Hall-of-Fame Basketball Player</p>	<p>actually, this is our second year.</p>
	<p>Man at podium.</p> <p>Shot of sign:</p> <p>The Heart of Diabetes Welcomes The Concerned Black Clergy: Diabetes and Heart Disease What's the Connection. Meet NBA Legends Walt Frazier and Earl Monroe and Hear Their Stories. Loudermilk Center -- Ballroom. The Heart of Diabetes</p>	<p>Emcee</p> <p>We are so grateful and thankful as we bring you greetings from concerned black clergy. We are so fortunate to have Mr. Clyde Frazier and Earl "The Pearl" Monroe. <applause></p>
	<p>Lower third:</p> <p>Earl Monroe Hall-of-Fame Basketball Player</p> <p>Shots of players with Concerned Clergymen audience alternating with shots of players speaking to interviewer.</p>	<p>Earl Monroe</p> <p><to audience> You are the community. The community listens to you because you see them every Sunday.</p> <p><to camera> We're just happy to be involved with this program because we feel as though it's very important.</p>
	<p>Shots of players with Concerned Clergymen audience alternating with shots of players speaking to interviewer.</p>	<p>Walt Frazier</p> <p>People put athletes on a pedestal, so they probably think that we're not as vulnerable as anyone else. But Earl has proven that it could happen to anyone.</p>
		<p>Walt Frazier</p> <p><to audience> Earl has Type II diabetes and I'm here because it has devastated my family.</p> <p><to camera> when I was growing up, they called it "sugar diabetes" so I had uncles that lost limbs and my aunts lost lives. So, it's been pretty traumatic for me.</p>

TIMECODE	VISUALS	AUDIO
	<p>Shot of players talking to audience.</p> <p>Shot of Earl Monroe.</p> <p>Shot of table of food.</p>	<p>Earl Monroe</p> <p><to camera> I was diagnosed with Type II diabetes about ten years ago. Once I was diagnosed, I changed my lifestyle.</p> <p><to audience> Go see your doctor. Get regular checkups.</p>
	<p>Shot of Courtney D. Shelton, MD.</p>	<p>Courtney D. Shelton, MD</p> <p>I think it's great having Earl Monroe and Walt Frazier here, especially because it affects them and it affects their family. Diabetes is profoundly affecting African-Americans.</p>
	<p>Shot of people in audience.</p>	<p>VO Courtney D. Shelton, MD</p> <p>By a show of hands, how many people know somebody with diabetes or actually have diabetes themselves? All of us. All of us.</p>
	<p>Shot of Courtney D. Shelton, MD at podium.</p> <p>Shot of audience members.</p> <p>Lower third:</p> <p>Courtney D. Shelton, MD Diabetes Expert</p>	<p>Courtney D. Shelton, MD</p> <p>I think today's event is very special. It's an opportunity to empower the black clergy to go back to the community to talk to people about diabetes so we can save lives.</p>
	<p>Shot of Earl Monroe and Walt Frazier.</p>	<p>Earl Monroe</p> <p>In the community, the word spreads best by word of mouth. When you go into the black communities, the clergy are the voice of the community.</p>
	<p>Shot of Rev. Darrell D. Elligan at podium.</p>	<p>Rev. Darrell D. Elligan</p> <p>Do I have your support? Can I get your support today?</p>

TIMECODE VISUALS AUDIO

	<p>Lower Third:</p> <p>Rev. Darrell D. Elligan President, Concerned Black Clergy</p>	<p>Rev. Darrell D. Elligan</p> <p>As clergy, we've just been the messenger. We have to take the responsibility in our hand and utilize the information that has been provided by people that have the expertise.</p>
	<p>Shot of Earl Monroe and Walt Frazier.</p>	<p>Walt Frazier</p> <p>We are concerned about our youth. Obesity's rampant today with our youth, so they're very prone as well.</p>
	<p>Shot of Courtney D. Shelton, MD.</p>	<p>Courtney D. Shelton, MD</p> <p>I had a patient in my office yesterday, a young girl, she's about 11 years old. She's 5'1" and weighs 250 pounds.</p>
	<p>Shot of Courtney D. Shelton, MD.</p>	<p>Courtney D. Shelton, MD</p> <p>Diabetes is a very serious disease. Over 100000 African-Americans die, annually, and with lifestyle changes, exercising, dieting, seeing your doctors appropriately on annual visits, and health care screening can prevent the disease and lead to longer life and better life.</p>
	<p>Shot of Rev. Darrell D. Elligan.</p>	<p>Rev. Darrell D. Elligan</p> <p>There is hope that we do have good news, but we have to take responsibility.</p>
	<p>Shot of Earl Monroe and Walt Frazier.</p>	<p>Earl Monroe</p> <p>It's important, again, that we continue to do that. Exercise, eating right, and we'll be much better for it.</p>
	<p>Shot of Earl Monroe and Walt Frazier at podium.</p> <p>Shot of younger Earl and Walt</p>	<p>Earl Monroe</p> <p>Thank you for listening to us and, you know, we'll</p>

TIMECODE VISUALS AUDIO

	<p>playing basketball.</p> <p>GFX Center</p>	<p>see how it goes.</p>
	<p>Shot of Nicole Johnson Baker.</p> <p>GFX Center</p>	<p>Nicole Johnson Baker</p> <p>Thank you, Walt Frazier and Earl Monroe. Up next, barbecues and picnics. They can be dietary mine fields. We'll show you a healthy approach to your favorite outdoor fare.</p>
	<p>Shot of Nicole Johnson Baker.</p> <p>Lower third:</p> <p>Nicole Johnson Baker</p>	<p>Nicole Johnson Baker</p> <p>Welcome back. Barbecues and picnics often feature foods packed with fats and carbs. But it doesn't have to be that way. Today we go to the dLife kitchen with Chef Franklin Becker to get some ideas for meals for the great outdoors loaded with flavor but low in carbs. You can find his recipes on dLife.com and in diabetic cooking magazine.</p>
	<p>Lower third:</p> <p>Chef Franklin Becker Type 2 Diabetes</p> <p>Shots alternating: Chef Becker and food preparation.</p> <p>Card left:</p> <p>Grilled Pork Chop Calories: 174 Carbs: 1g Fiber: 0.5g Protein: 16g Total Fat: 11g</p>	<p>Chef Franklin Becker</p> <p>Hi. I'm Chef Franklin Becker and welcome to the dLife kitchen. Today we're going to be preparing American barbecue. You know, barbecues are particularly difficult for people with diabetes. They are because of all the hidden carbs in the marinades, the chips, the dips, the sauces, the hamburgers with those thick buns. So today, we're going to be preparing a more healthful barbecue, and we're going to be starting off with a little pork loin. We're going to grill that. We're going to serve that with some home made pickled slaw, and we're going to substitute some crudité's vegetables for all those chips that we love to nosh on during the course of the day. So, let's get started and let's get cooking. We're actually going to take a little bit of pepper and a little bit of cayenne and paprika, a little cumin, which is going to add a touch of smokiness to the dish, a little bit of garlic and some salt. Now, salt is optional if you're on a low sodium diet, you can certainly do without it. To that, I am going to</p>

TIMECODE	VISUALS	AUDIO
		<p>add some safflower oil. So I have the spices, and basically what I'm doing is just mixing them together to form a paste. I am going to rub that paste into the meat liberally. And I basically want to make sure that the meat is completely covered with those flavors. Store bought sauces and marinades are generally high in sugar. So what we want to do is we want to avoid that. That's why I made this wonderful dry rub. And now I'm going to move to the grill. I'm just going to place that meat on the grill. Now, I'm going to mark the meat. I'm just going to turn it and give it a chance to get a nice hatch mark. And you might be saying, "Wait a second. That's not going to cook, Franklin." No, it is going to cook, because we're going to take this piece of meat and I'm going to put it into the oven.</p>
	<p>Card left:</p> <p>Pickled Cole Slaw Calories: 14 Carbs: 3g Fiber: 1g Protein: 1g Total Fat: 0g</p>	<p>Chef Franklin Becker</p> <p>Now we're going to move onto our Cole slaw. And I'm just going to slice up the cabbage, and I'm going to take that cabbage and I'm just going to put it into a bowl. I'm going to add some cucumber and I'm going to add some carrots. And we're going to finish this off with a little bit of red bell pepper. All of these vegetables are low in carbohydrates and very healthy for you. To this mixture, we're going to add a little bit of vinegar, and I'm just going to stir that up. So this is a great alternative to potatoes and pasta salads that are high in carbohydrates. This also makes really flavorful coleslaw.</p>
	<p>Card left:</p> <p>Yogurt Dip Calories: 80 Carbs: 9g Fiber: 1g Protein: 4g Total Fat: 4g</p>	<p>Chef Franklin Becker</p> <p>The next thing we're going to be preparing is a little bit of a yogurt dip that we're going to have for our crudité vegetables. Crudité vegetables are just raw vegetables. We've chosen some low carb ones, such as cauliflower, broccoli and celery, and what we're going to do is we're going to take some Greek yogurt. We're going to add just a pinch of salt, a pinch of pepper, we're going to add some cucumbers and we're going to add some lemon juice. And we're going to stir that up, and add just a</p>

TIMECODE	VISUALS	AUDIO
		pinch of cumin and a pinch of garlic and a little chopped dill, and this is basically imitating Greek Tzatziki sauce. And then what I'm just going to do, that's basically; I'm going to serve this in place of- of all those chips. It's great. I love it.
	<p>Shot of <i>Diabetic Cooking</i> cookbook.</p> <p>Lower third:</p> <p>Find great recipes and food ideas in <i>Diabetic Cooking Magazine</i></p> <p>Visit www.dLife.com/recipebox for Chef Becker's recipe.</p>	<p>Chef Franklin Becker</p> <p>My pork is just about finished. It's perfect. This is more than enough food for everybody to eat. And we have our wonderful barbecue pork chop. We have some amazing pickled coleslaw. We have some crudité's, low-carb vegetables with a little low fat yogurt cucumber sauce. Great tasting recipes like these and useful nutritional information are in every issue of diabetic cooking magazine. You can also log on to dLife.com where you can have a copy of these recipes as well. I'm Chef Franklin Becker. Enjoy.</p>
	<p>Shot of Nicole Johnson Baker.</p> <p>GFX Center</p>	<p>Nicole Johnson Baker</p> <p>Thanks, Chef Becker. Up next, I will take a walk in the park with Olympic Gold Medalist, Gary Hall, Jr.</p>
	<p>Shot of Nicole Johnson Baker.</p> <p>Lower third:</p> <p>Nicole Johnson Baker</p>	<p>Nicole Johnson Baker</p> <p>Exercise for you may mean a long distance run or something as simple as a walk around the block. What's important is that you enjoy it so you'll do it regularly. Recently, I met up with Olympian Gary Hall, Jr., for a stroll in the park.</p>
	<p>Shot of Nicole Johnson Baker sitting casually with Gary Hall, Jr.</p> <p>Lower third:</p> <p>Gary Hall, Jr. World Champion Swimmer, Type I Diabetes</p>	<p>Gary Hall, Jr</p> <p>I'm sitting here with Nicole Johnson, former Miss America, lucky me.</p>
		Nicole Johnson Baker

TIMECODE VISUALS AUDIO

		Oh, gosh.
		Gary Hall, Jr. And we're going to go through her exercise routine.
	<p>Shot of blood sugar monitor.</p> <p>Shot of Nicole and Gary walking in the park.</p> <p>Shot of podometer.</p>	<p>Nicole Johnson Baker</p> <p>Here's how it starts. You've got to test your blood sugar. And you know, I actually test before I exercise and then I usually test after I've done about 30 minutes of cardiovascular. This is what I do. I work out. I walk in my neighborhood. This is my pedometer. And it just counts the number of steps that I take. The goal for anyone is ten thousand steps a day. If you want to be losing weight, it's about 12 thousand steps a day.</p>
	<p>Shot of Nicole and Gary walking.</p> <p>GFX Center</p>	<p>Gary Hall, Jr.</p> <p>Well, you walk and I swim. But I think what's most important is that you pick something that you really enjoy doing.</p>
	<p>Shot of Nicole Johnson Baker in studio.</p> <p>Lower third:</p> <p>Hear more from today's guests on dLife Backstage Podcasts at www.dLife.com.</p> <p>dLifeTV, Sunday Nights 7 p.m ET/4 p.m. PT</p>	<p>Nicole Johnson Baker</p> <p>Thanks, Gary. 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>
	<p>Credits roll.</p> <p>Shot of Nicole Johnson Baker at right side of screen.</p>	<p>Nicole Johnson Baker</p> <p>Remember, we are not role models. We are 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 caretaker to find out what is best for you.</p>

TIMECODE	VISUALS	AUDIO
		Remember, it's your dLife and there is no substitute for getting control of it.
	GFX Center LifeMed Media	