

## The Two-Week Low-Carb Challenge

Low carb is a safe and effective way to lose weight and start reversing type 2 diabetes. It can also be great for reducing stomach problems and getting rid of sugar cravings.

It requires no pills, no calorie charts, no weighing food, no special products – only real food.

During the FREE two-week challenge all the planning is taken care of. It's as simple as possible to enjoy the benefits. And the food is delicious.

## Support your family member

Getting support from the family during these two weeks is fantastic, to be successful in changing one's life and health. Will you support your family member?

PS: If you want to join the free challenge, go to dietdoctor.com/challenge

**PPS**: Modern science proves that low carb is safe and more effective than other diets, for weight loss and diabetes type 2 reversal. Learn more at *dietdoctor.com/science*