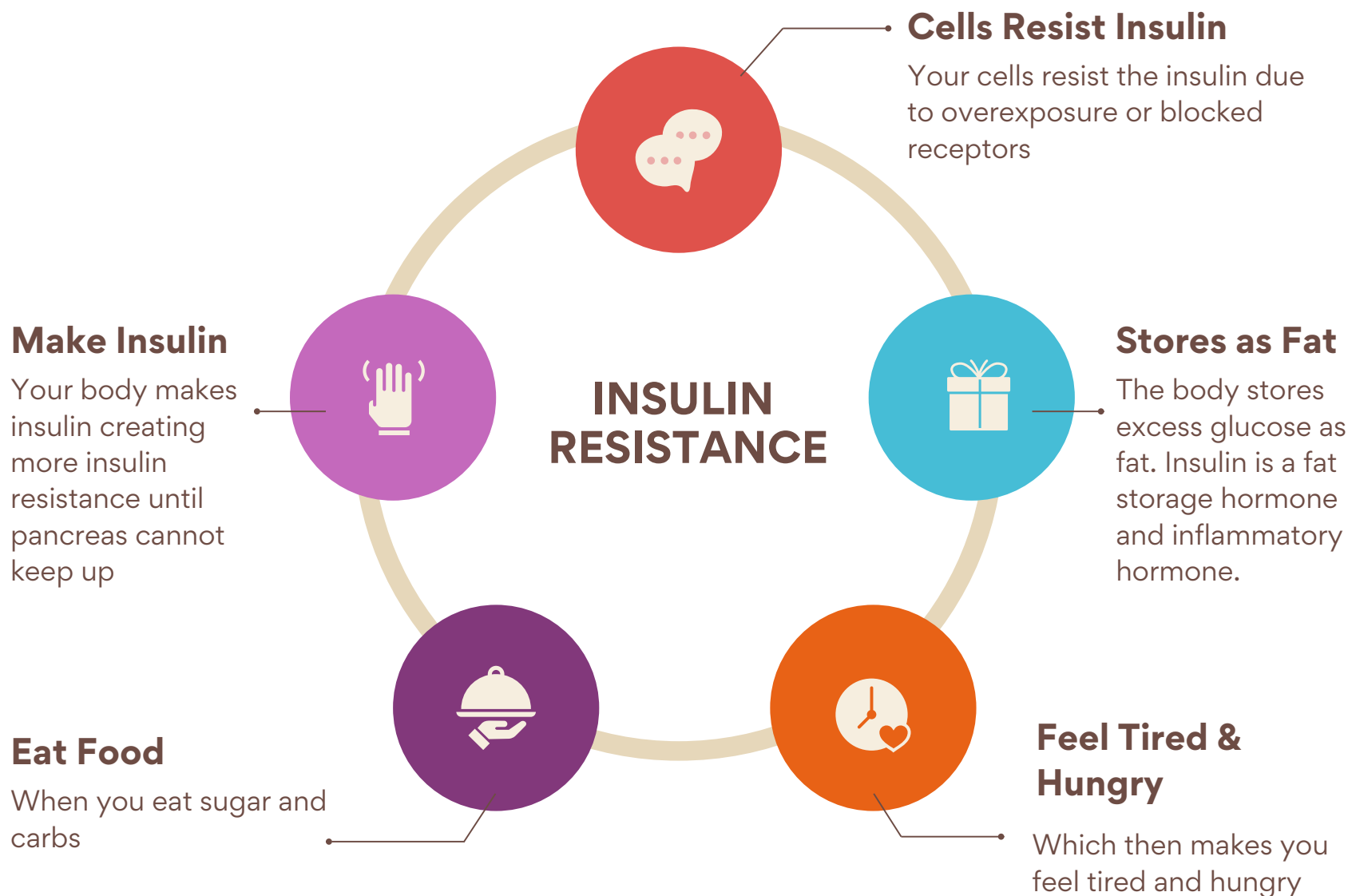


THE INSULIN HANDOUT



Handout courtesy of www.optim8healthandwellness.com