



**UNCOVERING THE POWER OF 60 UNEXPECTED SUPERFOODS  
FOR BALANCING YOUR BLOOD SUGAR**

**HERE**

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Thanks for stopping by

Hello there!

I'm thrilled that you've found your way to this invaluable resource. My journey with managing type II diabetes has been a rollercoaster, and I understand the daily challenges you face. It can be overwhelming to find sustainable, natural solutions amidst the sea of advice out there. That's precisely why I created this guide—to share with you the unexpected superfoods that have dramatically improved my health and life. This isn't just a list; it's a toolkit filled with insights I've gathered from years of navigating my own health journey. Let's explore these amazing foods so you can start feeling vibrant and empowered every day!

*Jason Lamberton*



## Discover the 60 Superfoods

Here's a sneak peek at some of the superstars you'll meet inside this guide:

Most of us believe eating healthy is expensive and time consuming! Well, I'm here to tell you both are incorrect. Here are some quick recipes that will drastically lower your blood sugar quickly and reduce cravings at the same time.



### Smoothie

- Superfood Smoothie Boost: Combine spinach, avocado, and a tablespoon of chia seeds with almond milk for a delicious morning starter.

### Stir-fry

- Quinoa Black Bean Stir-Fry: Perfect for lunch, this dish is packed with protein and fiber to keep those sugar levels steady.

### Tips for planning meals.

Prepping food in the evening and placing in your refrigerator takes just 20 mins. The power behind this is you have food readily available when your hungry which helps to avoid snacking.

# Discover 60 Superfoods



Supplements do exactly that. They supplement the goodness and nutrients from foods. Superfoods give your body everything it needs and is already programmed to receive without the need for man-made alternatives which are often very costly. For example;

- Avocados:** Rich in healthy fats that hydrate the skin.
- Berries:** Loaded with antioxidants that protect against premature aging.
- Fish Oil:** Contains omega-3 fatty acids that maintain skin suppleness.
- Vitamin C and E Foods:** Help repair and prevent oxidative damage.

## Vitamin E:

Vegetables: Spinach, avocado, Swiss chard, butternut squash, red sweet pepper, turnip greens.

## Vitamin C

Fruits: Oranges, grapefruits, kiwis, strawberries, cantaloupe, mangoes, blackcurrants, papaya.

## TAKE YOUR HEALTH TO THE NEXT LEVEL IN 60 DAYS



**Stressing about your weight:** Stressing about your weight is one of the biggest contributors to weight gain! What? Its true. When we are stressed our bodies release a hormone called "Cortisol" Cortisol triggers fat storage especially Visceral fat. This fat is internal and creates our stubborn belly fat.

## **A SIMPLE LIFESTYLE HACK REVERSED MY TYPE II DIABETES IN JUST 60**

**10 day Miracle:** See and feel the difference in just 10 days with a lifestyle hack so powerful you will truly be amazed.

**"Take a pinch of salt in wrm water each night before you sleep"**

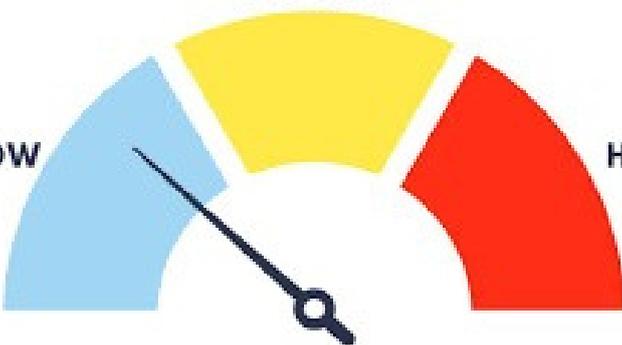


### **GIUCOSE LEVEL**

**NORMAL**

**LOW**

**HI**



### **CHANGE YOUR LIFE IN JUST 60 DAYS**

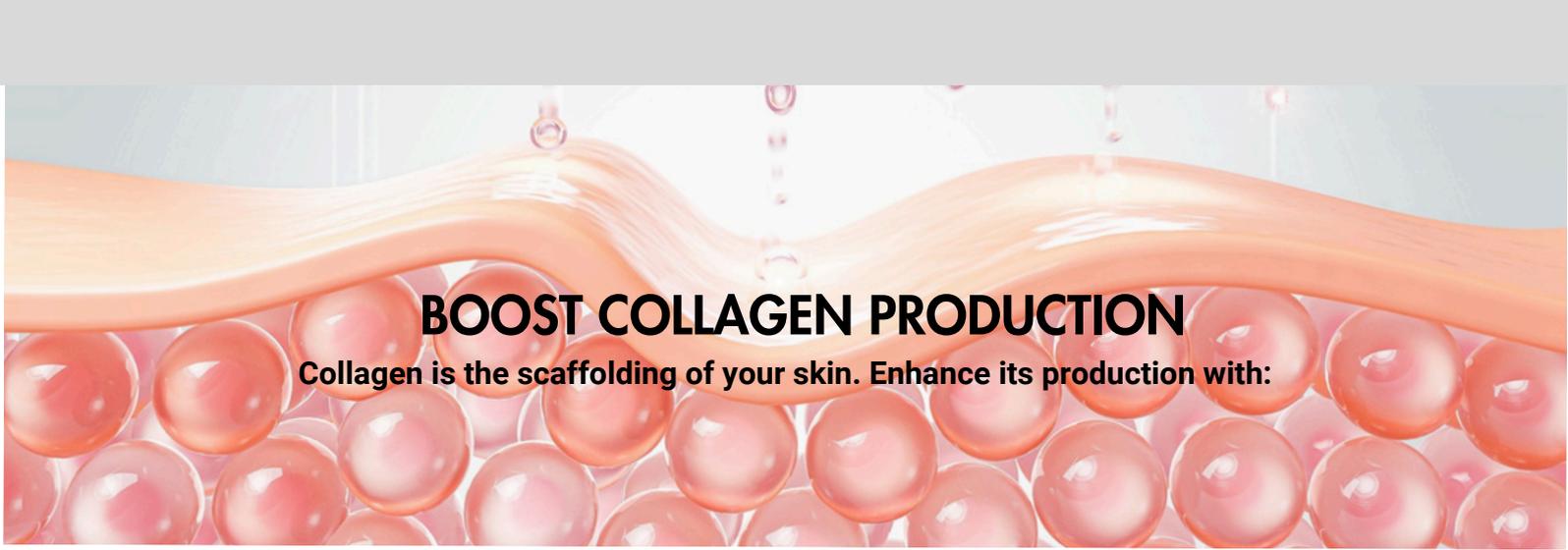
Ready to take your health to the next level? I invite you to explore my 60-Day Lifestyle Change Program. It's specially designed to guide you through reversing dangerous high blood sugar levels, helping you to feel great again. You deserve to thrive, and I'm here to support you every step of the way.

Thank you for joining me on this path to better health. Your efforts today lay the foundation for a healthier tomorrow!

<https://www.jasonlambertononline.com>

**LEARN MORE ABOUT MY 60 DAY HEALTH HACK THAT  
REVERSED TYPE II**

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SUGAR**



## BOOST COLLAGEN PRODUCTION

Collagen is the scaffolding of your skin. Enhance its production with:

### FEEL GREAT IN YOUR SKIN...

**Aloe Vera:** Known to increase collagen production when applied topically.

**Bone Broth:** Sip on this rich source of collagen and other anti-aging nutrients.

Crafting a routine that caters to your skin's specific needs is vital:

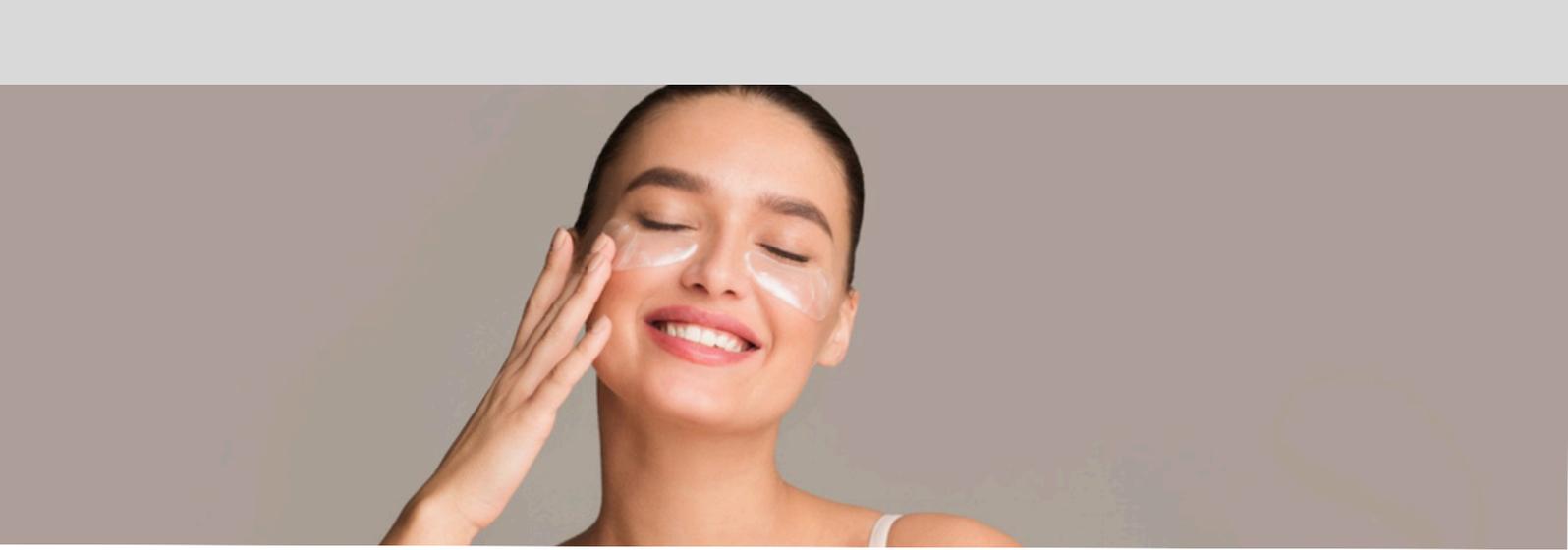
1. **Identify Your Skin Type:** Whether oily, dry, or combination, knowing your type helps tailor your skincare.
2. **Layer Correctly:** Apply products from thinnest to thickest for optimal absorption.
3. **Hydrate:** I know this is common sense, but it's one the easiest things you can do to reverse the signs of aging for your skin.
4. **Be Consistent:** Regularity is key to seeing sustained improvements.

**Retinol (Vitamin A):** Accelerates cell renewal.

**Green Tea Extract:** Fights inflammation and protects against environmental damage.

Transforming your health is not simply one thing. Changing your lifestyle on the inside is an amazing journey. Changing how you look and feel on the outside is a transformation on display to the world.

[SEE BELOW MY TOP 60 SUPERFOODS TO TRANSFORM YOUR BODY](#)



**READY TO TAKE YOUR HEALTH TO THE NEXT  
LEVEL?**

Ready to dive deeper and discover more about the superfoods that have turbocharged my health journey?

Learn more about my favorite anti-aging products that could be the game-changer in your beauty regimen. Here's to looking and feeling fabulous at any age!

I know that looking for the best healthy options that don't waste your time or money is important. Understanding how your body works is also important! This is why I am giving you the step by step life changing strategy to change your health back to normal in just 60 days. I know because I did it myself. I am a living testament to reversing type II diabetes in just 60 days. I highly recommend checking my 60 day course here <https://www.jasonlambertononline.com> or click the button below to learn more. These are my superfoods that I wish I would have had in my life years ago and have been the best investment into my daily routine that I've made in a long time. I'm honored to be able to share them with you.

**LEARN MORE ABOUT MY FAVORITE GETTING YOUR BLOOD SUGAR  
UNDER CONTROL!**

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# My 60 Superfoods

1. Chia Seeds
2. Bitter Melon
3. Cinnamon
4. Turmeric
5. Quinoa
6. Avocado
7. Spinach
8. Blueberries
9. Beans
10. Walnuts
11. Broccoli
12. Almonds
13. Flaxseeds
14. Oats
15. Apple Cider Vinegar
16. Garlic

1. Ginger
2. Sweet Potatoes
3. Tomatoes
4. Kale
5. Bell Peppers
6. Dark Chocolate
7. Salmon
8. Lentils
9. Pistachios
10. Raspberries
11. Eggs
12. Peas
13. Brussels Sprouts
14. Lemons
15. Oranges
16. Green Tea

- 1.Blackberries
- 2.Cauliflower
- 3.Asparagus
- 4.Plums
- 5.Chickpeas
- 6.Cabbage
- 7.Hemp Seeds
- 8.Pomegranates
- 9.Coconuts
- 10.Zucchini
- 11.Pumpkin Seeds
- 12.Pears
- 13.Apricots
- 14.Hazelnuts
- 15.Rye
- 16.Barley

- 1.Mushrooms
- 2.Figs
- 3.Celery
- 4.Radishes
- 5.Watermelon
- 6.Cranberries
- 7.Basil
- 8.Mint
- 9.Rosemary
- 10.Fennel
- 11.Cloves
- 12.Mustard Greens

BONUS RECIPIES;

*Jason Lambertson*

# Bonus Recipes

## 1. Turmeric Golden Milk

● Ingredients: Turmeric, almond milk, cinnamon, honey.

● Instructions: Warm almond milk, stir in turmeric, cinnamon, and honey. Enjoy a soothing evening drink.

## 2. Avocado and Walnut Salad

● Ingredients: Mixed greens, avocado, walnuts, olive oil.

● Instructions: Toss all ingredients together for a refreshing salad.

## 3. Blueberry Chia Pudding

- Ingredients: Chia seeds, almond milk, blueberries, honey.
- Instructions: Mix chia seeds with almond milk and honey, refrigerate overnight, top with blueberries before serving.

## 1. Salmon with Asparagus

- Ingredients: Salmon fillets, asparagus, lemon, olive oil.
- Instructions: Bake salmon and asparagus with lemon slices and olive oil at 400°F for 15-20 minutes.

## 2. Sweet Potato and Lentil Soup

- Ingredients: Sweet potatoes, lentils, onions, ginger, turmeric.
- Instructions: Sauté onions and ginger, add sweet potatoes, lentils, and water. Simmer until cooked, season with turmeric.

## 3. Garlic Kale Chips

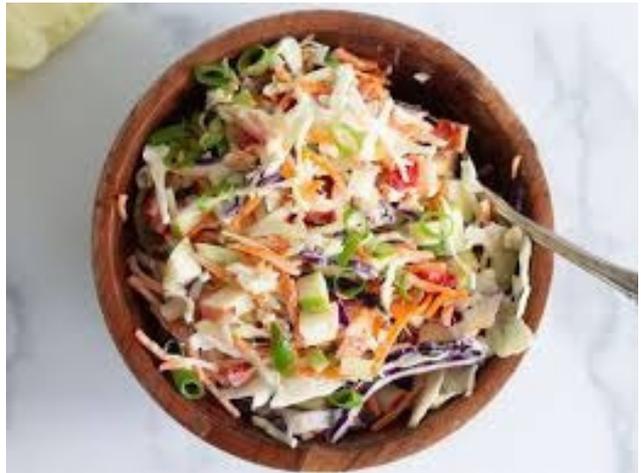
- Ingredients: Kale, garlic powder, olive oil, salt.
- Instructions: Toss kale with olive oil and garlic powder, bake at 350°F for 10-15 minutes until crispy.

# Bonus Recipes

## 1. Cabbage and Apple Slaw

2. Ingredients: Cabbage, apples, apple cider vinegar, carrots.

3. Instructions: Shred cabbage and apples, mix with apple cider vinegar and grated carrots for a crunchy side dish.



## 4. Hazelnut Dark Chocolate Bites

5. Ingredients: Dark chocolate, hazelnuts, coconut oil.

6. Instructions: Melt dark chocolate with coconut oil, mix in hazelnuts, and pour into molds. Chill before serving.



"Your journey to health is the sum of small changes."

# Customer Testimonials



Jason's easy to follow 60 day plan was very educational. I never thought that when I ate was just as important as what I ate! The results speak for themselves. Very grateful.  
Tammy TX

My blood sugar was much like Jason's at the beginning at around 21.6. in 45 days it had dropped to 9.7 and in 60 days it was 6.8. I feel amazing and have lost 26lbs. Thank you Scott-CA

I was focused on losing weight at the start but Jason told me to focus on healthy changes and the weight loss will follow. He was correct. My blood pressure went from 147/110 to 117/71 in 60 days. I have lost a total of 51lbs and I am 90 days in and loving it. Abbey CO

Jason Lambertson

