Diabetes Smarts Swipe Pack

New emails, ads and social posts for promoting Diabetes Smarts, the documentary series by filmmaker Judd Resnick. Replace [HOPLINK] with your own ClickBank hoplink (https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=diabdoco&tid=YOURTRACKINGHERE&type=written, or &type=freep for the free video presentation). Keep the disclosure lines. Never promise a cure, results or weight loss, and never tell anyone to change their medication.

Emails

New email 1 of 10 (Day 1)

SUBJECT LINES

He ran five miles a day and still heard the word "pre-diabetic"
The check-up that shocked a keen runner
Why nobody expected Judd's dad to get this news

PREHEADER

Judd Resnick's father had preached health and fitness his whole life, which is why the news hit the family so hard.

BODY

Hi {{first_name}},

When Judd Resnick was growing up, his dad ran at least five miles a day and worked out with weights. He preached health and fitness to his family for as long as Judd can remember.

So when his father told him the doctor had said he was pre-diabetic, Judd's first word was "What?!"

Then he thought about the years since his dad retired. The meals had grown bigger, and the runs had slowly given way to long motorcycle rides. Nobody in the family had thought twice about any of it.

His dad's doctor prescribed a common medication, and it did bring his blood sugar levels back into balance quickly. Judd was glad about that, and he still had a question the prescription couldn't answer for him: what had caused this in the first place, and what could his dad change at home?

Judd makes documentaries for a living, so he picked up his camera and went to find out. He tells the whole story himself, in his own words, here:

[HOPLINK]

[One line from you: someone in your own life whose diagnosis surprised everyone, or why this story caught your eye.]

Tomorrow I'll tell you how long Judd expected that search to take, and how long it really took.

Talk soon,
[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 2 of 10 (Day 2)

SUBJECT LINES

He thought this film would take six months
What kept a filmmaker travelling for three years
The documentary Judd Resnick couldn't stop making

PREHEADER

A documentary filmmaker set out to answer one family question, and the answers took him around the world.

BODY

Hi {{first_name}},

Yesterday I told you about Judd Resnick's father, the keen runner who was told he was pre-diabetic.

Judd is a documentary filmmaker, so he decided diabetes would be the subject of his next film. He planned on about six months of work.

He says it took him three years.

He flew to different countries to sit down with doctors, nutrition experts and people living with diabetes. He especially wanted to find people who had made real improvements to their type 2 diabetes with lifestyle changes they could keep up for the long term, because he knew a short-term fix wouldn't help his dad.

There's a lot of confusing and contradictory advice about diabetes online, and every interview seemed to open up another question he had to follow. That's why the project kept growing.

What came out of it is an eight-part documentary series, about eight hours long, with the doctors, nutritionists, researchers and real people he met along the way.

You can watch Judd's free presentation about it here:

[HOPLINK]

[One line from you: why you think a filmmaker's view is worth watching, or what you'd ask the experts.]

Enjoy,
[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 3 of 10 (Day 3)

SUBJECT LINES

Yoghurt, chia seeds and your blood sugar
What a spoonful of seeds does to a pot of yoghurt
Look at what's next to it in the bowl

PREHEADER

One small example from the program that changes the way you look at breakfast.

BODY

Hi {{first_name}},

Most of us were taught to check how much sugar a food contains, and that's a sensible habit.

The experts in Judd Resnick's documentary series add something to it. They also look closely at what you eat that food WITH, because the same food can behave quite differently depending on its partner.

The program's own example is a pot of sweetened yoghurt, the kind that isn't doing anyone's health any favours on its own. Stir in a spoonful of chia seeds, and you've changed the ratio of fibre to sugar in the bowl. That can slow down how quickly the sugar is absorbed, which helps keep blood sugar levels steadier.

It's a small idea, and it runs right through the whole program: which foods to pair, which combinations to avoid because they can send blood sugar shooting up, and which swaps let you keep eating the food you enjoy.

You can see the yoghurt picture for yourself, along with the rest of the program, here:

[HOPLINK]

[One line from you: your own breakfast, or a food you'd love to keep eating.]

[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 4 of 10 (Day 4)

SUBJECT LINES

Don't throw out the family recipe yet
Keep the recipe and change one thing
The dish everyone asks for at birthdays

PREHEADER

Many favourite foods can stay, and sometimes just one ingredient needs to change.

BODY

Hi {{first_name}},

Let's say your family has one dish that everyone asks for at birthdays and holidays. Maybe it's a lasagne, or a curry, or a dessert someone's grandmother used to make.

Then someone at the table is told their blood sugar is too high, and suddenly that recipe feels like the enemy.

Judd Resnick's Diabetes Smarts program takes a much kinder view of it. For most people there's still room for many of their favourite foods. What changes is often what's eaten alongside them, or one single item in the recipe that makes a real difference to how the meal affects blood sugar.

That's a lot easier to live with than a list of foods you can never touch again, so it's the kind of change people stick with.

The program also comes with That Diabetes Cookbook, full of simple, balanced recipes made for every day and for the whole family, so nobody has to cook two dinners.

Have a look at what's inside here:

[HOPLINK]

[One line from you: the family recipe you'd fight to keep.]

[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 5 of 10 (Day 5)

SUBJECT LINES

Before your next grocery shop, read this
The list I'd stick on the fridge
Ingredient labels are harder than they should be

PREHEADER

A shopping list made to take the guesswork out of the supermarket.

BODY

Hi {{first_name}},

Have you ever stood in a supermarket aisle reading the back of a box, turned it over to read the front again, and still not been sure whether to buy it?

You're in good company. Ingredient labels can be confusing even for people who've been reading them for years, and it's very hard to tell which foods are really good for you.

That's why one of my favourite parts of the Diabetes Smarts program is the simplest one. It's called That Diabetes Shopping List, and it was made to take the guesswork out of grocery shopping. You use it to stock your kitchen with diabetes-friendly foods and wholesome ingredients that keep the whole family healthy.

It sits alongside The Diabetic's Guide To Healthy and Delicious Food, which helps you build good eating habits without feeling deprived, even on a tight food budget.

Both come with Judd Resnick's documentary series, here:

[HOPLINK]

[One line from you: the food label that confuses you most.]

Happy shopping,
[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 6 of 10 (Day 6)

SUBJECT LINES

He'd been shown what to do, just in case
The emergency lesson Judd hoped he'd never need
Several days in hospital, and a question that stayed

PREHEADER

The day Judd Resnick had to use the lesson his friend had taught him.

BODY

Hi {{first_name}},

Years before he made his documentary series, Judd Resnick had a friend named Ryan who lived with diabetes.

Ryan had once shown Judd how to give a shot of glucagon, just in case something ever went wrong. Most of us would nod, say "sure", and hope we never need to remember it.

Then one day Ryan had a hypoglycaemic attack while Judd was with him.

Judd remembered what to do. It was very frightening, and Ryan did recover after several days in hospital.

In the years after that, Judd watched several friends and family members become diabetic. When his own father was told he was pre-diabetic, Judd started to worry about his own risk too, and about his wife and the children they hoped to have.

He's a filmmaker, so he made it his next film, and he spent years talking to doctors, nutrition experts and people living with diabetes to understand it properly.

You can hear the story from Judd himself here:

[HOPLINK]

[One line from you: someone you'd want to share this with, and why.]

[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 7 of 10 (Day 7)

SUBJECT LINES

"So what do I eat tonight?"
The question nobody had time to answer
After the appointment ends

PREHEADER

A documentary series for the questions that come up on the drive home.

BODY

Hi {{first_name}},

Think of someone you love coming home from the appointment where they heard their blood sugar is too high.

They come home with a prescription and maybe a leaflet. Then they sit down at the kitchen table, and the real questions start. What can I eat for dinner? Why did this happen? What should I tell my kids?

Judd Resnick made his documentary series for exactly that moment.

Over eight episodes, doctors, nutritionists and people living with type 2 diabetes explain what's going on in the body and what you can change at home. Each episode has its own companion guide that sums up the key points, with a quick quiz to help them stick. There's also a book called The Silent Epidemic that explains the signs and symptoms, the possible complications, and how a doctor diagnoses, monitors and treats type 2 diabetes.

Judd is clear that he isn't telling anyone to stop taking medication their doctor has prescribed. If you're on medication, talk to your doctor before you change anything, and take what you learn to your next appointment.

You can watch his free presentation here:

[HOPLINK]

[One line from you: the question you or someone close to you most wanted answered.]

[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 8 of 10 (Day 8)

SUBJECT LINES

Cutting carbs and still hungry?
Why the strict diet didn't last
A gentler way to eat that people keep up

PREHEADER

Strict diets can leave people hungry and deprived, and this program is built on small changes instead.

BODY

Hi {{first_name}},

If you've ever tried one of the strict low-carb or keto diets, you'll know how the first few days feel. You're full of good intentions, the cupboard has been cleared out, and you feel very virtuous.

Then the hunger arrives, and the cravings come with it.

Judd Resnick warns about this too. A strict diet that cuts out sugar and carbs can leave people feeling hungry and deprived, and it may only balance things for a while.

Diabetes Smarts takes a gentler road. It's a shift in the way you eat, built from small, gradual changes that add up over time. You learn which foods to pair, which combinations to avoid, and how to make meals that are delicious and keep you feeling full for longer.

There are still hundreds of delicious things to eat, which is a big reason people manage to keep going.

See how it works here:

[HOPLINK]

[One line from you: the diet you tried that didn't last.]

[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 9 of 10 (Day 9)

SUBJECT LINES

Something worth watching this weekend
Eight episodes, made by a documentary filmmaker
Doctors, nutritionists and real people, on camera

PREHEADER

An eight-part documentary series you can watch from your couch.

BODY

Hi {{first_name}},

If you're looking for something to watch this weekend that might change what's in your fridge by Monday, this is it.

Judd Resnick is an author and documentary filmmaker. He spent years travelling to different countries to interview doctors, medical researchers, nutritionists and people living with type 2 diabetes, and he turned it all into an eight-part documentary series, about eight hours long.

It's called Diabetes Smarts, and it's made to be watched the way you'd watch any good documentary, one episode at a time from the couch.

Alongside the series you get a set of short extra videos called Small Bites. They tell the true stories of men and women who refused to let their health get in the way of living with joy and energy. They're a good reminder that nobody has to go through this alone.

There's a cookbook, a shopping list and a companion guide for every episode too.

Watch the free presentation here:

[HOPLINK]

[One line from you: the last documentary that changed how you do something.]

Enjoy the weekend,
[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

New email 10 of 10 (Day 10)

SUBJECT LINES

Nobody wants to be told off at a birthday party
The piece of cake at the family party
Sixty days to try it at your own kitchen table

PREHEADER

How to still enjoy family meals, eating out and travel, with sixty days to try it.

BODY

Hi {{first_name}},

Nobody wants to be the person at the family birthday party who gets a disapproving look for taking a slice of cake.

Being told to "watch what you eat" gets much harder to follow at a restaurant with friends, at a family barbecue, or on a trip somewhere new.

Judd Resnick's Diabetes Smarts program was built for real life like that. It shows you what to watch and what to eat, so you can keep enjoying time with family and friends, eat out and travel while you look after your blood sugar.

You get the eight-part documentary series, a companion guide for every episode, That Diabetes Cookbook, That Diabetes Shopping List, The Diabetic's Guide To Healthy and Delicious Food, The Silent Epidemic book and the Small Bites videos.

It comes with a 60-day money-back guarantee, so you have two full months to watch the series, try the recipes and see how it fits into your life.

You can see everything that comes with it here:

[HOPLINK]

[One line from you: the family occasion you'd most like to enjoy without worrying.]

[Your name]

DISCLOSURE (KEEP IT IN THE EMAIL)

I may earn a commission if you buy through my link, at no extra cost to you.

Newsletter and solo ads

The keen runner

HEADLINE

What a doctor told a man who used to run five miles a day

AD

Judd Resnick grew up watching his father run at least five miles a day. Years after his dad retired, a doctor told him he was pre-diabetic.

Judd is a documentary filmmaker, so he set out with his camera to understand what had happened and what his father could change at home.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

Six months, three years

HEADLINE

A filmmaker planned six months on this documentary and it took three years

AD

Judd Resnick flew to different countries to interview doctors, nutrition experts and people living with type 2 diabetes. Every answer led to another question.

The result is an eight-part documentary series, and you can watch his free presentation about it today.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

The spoonful of seeds

HEADLINE

Why a spoonful of chia seeds changes what a pot of yoghurt does

AD

Chia seeds stirred into a sweetened yoghurt change the ratio of fibre to sugar in the bowl, which can slow how fast that sugar is absorbed.

That one example sums up a whole program built on pairing foods well and swapping single ingredients, so you can keep eating meals you love.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

Keep the recipe

HEADLINE

Keep your favourite family recipe and change one ingredient

AD

A documentary series made with doctors and nutritionists shows that many favourite foods can stay on the menu once you know what to serve alongside them, and sometimes a single item in the recipe makes the difference. A cookbook of simple everyday recipes comes with it.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

The shopping list

HEADLINE

The shopping list that takes the guesswork out of food labels

AD

Ingredient labels are confusing, even for careful shoppers.

This shopping list was made to help you stock your kitchen with blood-sugar-friendly foods and wholesome ingredients for the whole family. It comes with an eight-part documentary series about type 2 diabetes and pre-diabetes.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

The glucagon shot

HEADLINE

His friend had shown him how to give a glucagon shot, just in case

AD

One day Judd Resnick had to do it for real. His friend Ryan recovered after several days in hospital, and Judd never forgot it.

Years later, when his own father was told he was pre-diabetic, Judd made diabetes the subject of his next documentary.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

Questions after the appointment

HEADLINE

"So what do I eat tonight?" Eight hours of answers from the experts

AD

Most appointments end before the questions about dinner even start.

This documentary series gives you doctors, nutritionists and people living with type 2 diabetes explaining what's happening in the body and what you can change at home, with a companion guide for every episode.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

Strict diets

HEADLINE

A gentler way to eat for anyone who found strict low-carb diets left them hungry

AD

Cutting out sugar and carbs can leave you hungry and deprived, and it's hard to keep up for long.

This program is built on small, gradual changes, smart food pairing and meals that keep you feeling full for longer, with hundreds of delicious foods still on the plate.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

Weekend viewing

HEADLINE

An eight-part documentary series about type 2 diabetes, worth watching this weekend

AD

A documentary filmmaker spent years interviewing endocrinologists, nutritionists and real people about type 2 diabetes and pre-diabetes.

It comes with short true-story videos, a cookbook and a shopping list. Start with the free presentation.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

Family meals and travel

HEADLINE

Eat out, travel and enjoy family birthdays while you look after your blood sugar

AD

A documentary series and cookbook that show you what to watch and what to eat, so family meals, restaurants and travel stay part of your life.

It comes with a 60-day money-back guarantee, so you have two full months to try it.

[HOPLINK]

I may earn a commission if you buy through my link, at no extra cost to you.

Short social and search ads

Breakfast pairing

WHERE TO USE IT

Facebook or Instagram, pointed at your own presell page

HEADLINE

The Spoonful That Changes Breakfast

AD TEXT

Chia seeds stirred into a pot of yoghurt change the ratio of fibre to sugar in the bowl. Doctors and nutritionists explain food pairing in an eight-part documentary series. Affiliate link: I may earn a commission.

A runner's surprise

WHERE TO USE IT

Facebook or Instagram, pointed at your own presell page

HEADLINE

Why Did a Keen Runner Get This News?

AD TEXT

A filmmaker's father ran five miles a day for years, and after he retired he was told he was pre-diabetic. His son spent three years making a documentary to understand why. Affiliate link: I may earn a commission.

Family recipes

WHERE TO USE IT

Facebook or Instagram, pointed at your own presell page

HEADLINE

Keep the Family Recipe

AD TEXT

Many favourite meals can stay on the table with the right side dishes or one swapped ingredient. Recipes and food swaps from a documentary series made with nutritionists. Affiliate link: I may earn a commission.

Documentary search ad

WHERE TO USE IT

Google or Bing search, only after Andrew has reviewed your site. No brand words.

HEADLINE

A Filmmaker's Diabetes Story

AD TEXT

Doctors and nutritionists explain type 2 diabetes, food pairing and simple food swaps.

Food pairing search ad

WHERE TO USE IT

Google or Bing search, only after Andrew has reviewed your site. No brand words.

HEADLINE

Food Pairing for Blood Sugar

AD TEXT

Learn which foods to pair and which to swap, from nutritionists and doctors on film.

Shopping list search ad

WHERE TO USE IT

Google or Bing search, only after Andrew has reviewed your site. No brand words.

HEADLINE

A Smarter Grocery List

AD TEXT

Stock your kitchen with blood-sugar-friendly foods. A shopping list, cookbook and film.

Facebook posts

The runner's check-up

POST

Judd Resnick's dad ran at least five miles a day when Judd was growing up, and he lifted weights too. He was the health and fitness one in the family.

Years after he retired, his doctor told him he was pre-diabetic.

Judd is a documentary filmmaker, and he couldn't stop asking how that had happened to a man like his dad, and what his dad could change at home. Finding the answers took him three years of travel.

He tells the whole story here:
[HOPLINK]

#ad I earn a commission if you buy through this link.

Yoghurt and chia seeds

POST

I learned something this week that I keep thinking about at breakfast.

Stir a spoonful of chia seeds into a sweetened yoghurt and you change the ratio of fibre to sugar in the bowl. That can slow down how quickly the sugar is absorbed, which helps keep blood sugar steadier.

It comes from a documentary series called Diabetes Smarts, made with doctors and nutritionists, and the whole program is full of small food ideas like this one, including the swaps that let you keep eating what you enjoy.

If you like this kind of thing, have a look:
[HOPLINK]

#ad I earn a commission if you buy through this link.

Keep the family recipe

POST

What's the one dish your family would never let you stop making?

I ask because I've been watching a documentary series about type 2 diabetes, and one thing it makes clear is that most people still have room for many of their favourite foods. Often it's what you eat with them that changes, or a single ingredient in the recipe.

It comes with a cookbook of simple, balanced recipes made for every day and for the whole family.

Tell me your dish in the comments, and the series is here:
[HOPLINK]

#ad I earn a commission if you buy through this link.

The shopping list

POST

I've stood in the supermarket reading the back of a box, turned it over, read the front, and still not known whether to buy it.

That's why I like the simplest part of the Diabetes Smarts program, a shopping list made to take the guesswork out of grocery shopping. You use it to stock the kitchen with blood-sugar-friendly foods and wholesome ingredients for the whole family.

It comes with an eight-part documentary series and a cookbook:
[HOPLINK]

#ad I earn a commission if you buy through this link.

For the family cook

POST

When someone you love is told their blood sugar is too high, the whole family ends up with questions, and most of them come up at dinner time.

Judd Resnick made his documentary series after his own father was told he was pre-diabetic. Over eight episodes, doctors, nutritionists and people living with type 2 diabetes explain what's happening and what can change at home.

There's a cookbook and a shopping list, so the person doing the cooking has help too:
[HOPLINK]

#ad I earn a commission if you buy through this link.

Instagram captions

Breakfast bowl

CAPTION

#ad A spoonful of chia seeds in a pot of sweetened yoghurt changes the ratio of fibre to sugar in the bowl, and that can slow how fast the sugar is absorbed.

It's one of the food-pairing ideas from Diabetes Smarts, an eight-part documentary series made with doctors and nutritionists. Link in my bio.

HASHTAGS

#ad #bloodsugar #prediabetes #type2diabetes #healthyeating #foodswaps #healthybreakfast #diabetesfriendly

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Five miles a day

CAPTION

#ad Judd Resnick's father ran five miles a day for years. After he retired, he was told he was pre-diabetic.

Judd is a documentary filmmaker, so he spent years interviewing doctors, nutritionists and people living with type 2 diabetes to understand why. Link in my bio.

HASHTAGS

#ad #prediabetes #type2diabetes #healthdocumentary #healthyaging #bloodsugar #familyhealth

---

Family recipe

CAPTION

#ad You might not have to give up the family recipe at all. A documentary series about type 2 diabetes shows that many favourite foods can stay on the menu with the right food next to them, and sometimes one ingredient is all that changes.

The cookbook that comes with it is full of simple everyday recipes. Link in my bio.

HASHTAGS

#ad #diabetesfriendly #familyrecipes #healthycooking #bloodsugar #type2diabetes #easyrecipes

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Small Bites

CAPTION

#ad Short videos with the true stories of men and women who refused to let their health get in the way of living with joy and energy. They're called Small Bites, and they come with the Diabetes Smarts documentary series.

Watch the free presentation through the link in my bio.

HASHTAGS

#ad #type2diabetes #prediabetes #healthjourney #bloodsugar #healthdocumentary

YouTube community posts

Poll: the hardest food to give up

COMMUNITY POST (AS A POLL WITH THESE FOUR ANSWERS)

If a doctor told you to watch your blood sugar, which food would you fight hardest to keep?
- Bread and pasta
- Dessert
- Fruit juice and soft drinks
- Takeaway nights

FOLLOW-UP POST A DAY LATER

Thanks for voting! A documentary series I've been watching, Diabetes Smarts, shows how many favourite foods can stay, often by changing what you eat alongside them or swapping one ingredient. It comes with a cookbook too. More here (affiliate link, I may earn a commission):
[HOPLINK]

The six-month film

COMMUNITY POST

A documentary filmmaker named Judd Resnick planned to spend six months on a film about diabetes after his father was told he was pre-diabetic. He says it took three years, in different countries, with doctors, nutritionists and people living with type 2 diabetes.

The result is an eight-part series, and his free presentation is here (affiliate link, I may earn a commission):
[HOPLINK]

A look at what's inside

COMMUNITY POST

For anyone who asked what comes with the diabetes documentary series I mentioned: eight episodes, a companion guide for every episode with a summary and a quick quiz, a cookbook, a shopping list, a book on type 2 diabetes called The Silent Epidemic, a guide to healthy and delicious food, and short true-story videos called Small Bites. There's a 60-day money-back guarantee.

Have a look here (affiliate link, I may earn a commission):
[HOPLINK]

TikTok videos

The chia seed trick

ON-SCREEN OPENING LINE

What a spoonful of seeds does to a pot of yoghurt

SPOKEN SCRIPT (20 TO 40 SECONDS)

This is a sweetened yoghurt, and on its own it's not great for your blood sugar. Now watch what happens when I stir in one spoonful of chia seeds. That changes the ratio of fibre to sugar in the bowl, and it can slow down how fast the sugar gets absorbed. I learned this from a documentary series called Diabetes Smarts, made with doctors and nutritionists, and it's full of food ideas like this. Link's in my bio.

CAPTION

#ad Food pairing from a diabetes documentary series #bloodsugar #healthyeating #prediabetes #foodtok

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Five miles a day

ON-SCREEN OPENING LINE

He was the fittest man in the family, so how did this happen?

SPOKEN SCRIPT (20 TO 40 SECONDS)

When Judd Resnick was growing up, his dad ran at least five miles a day and lifted weights too. Then, years after he retired, his doctor told him he was pre-diabetic. Judd's a documentary filmmaker, so he set out to find out how that happens to someone so fit, and what his dad could change at home. It took him three years and turned into an eight-part series. Link's in my bio.

CAPTION

#ad The story behind a diabetes documentary #prediabetes #type2diabetes #healthtok

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Shopping basket

ON-SCREEN OPENING LINE

I read this label three times and still didn't know

SPOKEN SCRIPT (20 TO 40 SECONDS)

Food labels are honestly so hard to read. I've stood here reading the back of a box three times and still not known if I should buy it. So I started using the shopping list that comes with a documentary series called Diabetes Smarts. It's made to take the guesswork out of grocery shopping and help you fill your kitchen with blood-sugar-friendly food for the whole family. Link's in my bio.

CAPTION

#ad A shopping list that takes the guesswork out #groceryhaul #bloodsugar #healthyshopping #prediabetes