

FROM THE DESK OF  
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To Whom it May Concern:

I have very much appreciated Dr. Wes Youngberg's approach to teaching lifestyle improvement. When I read his book, *Goodbye Diabetes*, I immediately found simple interventions I could easily share. I found myself recommending the book to many patients as a good investment in improving their health through simple means, as it nicely complements patient treatment and education in my orthopedic surgery practice.

Our local church and hospital recently worked together to provide and promote a weekend seminar here in Mt. Shasta, California. Dr. Youngberg did a great job of teaching and communicating such that the attendees were very favorably influenced. I was immensely pleased to hear one of my patients in attendance indicate that she had already reversed her diabetes by following the recommendations found in *Goodbye Diabetes*.

Dr. Youngberg's presentations are evidence based yet easy to understand. One local family practice doctor was so impressed that he ordered 100 books so he could share them with his patients.

I would highly recommend Dr. Youngberg for public presentation in any community, as it is my professional opinion that his encouragement toward lifestyle improvement is simply and effectively communicated in a manner that maximizes the impact of the great information he has to share.

I also heartily endorse his book *Goodbye Diabetes*.

Best of health to you,

Todd Guthrie, MD