

# "At 62, I Was Strapped to Oxygen 24/7 for a Week during COVID... Yet Today I'm back working in college athletics, & Despite Type 2 Diabetes"

**FREE Diabetes Survival Guide + Complete 3-Book System: \$27.00 Today (Valued at \$109.88) - Access Within Minutes!**

Dear Fellow Senior, or Any-Age Diabetic, & Type 2 Diabetes

Do you remember what life was like before diabetes hijacked your golden years? Before the endless blood tests, medication schedules, and unspoken fear that followed your diagnosis? Overwhelming all the information out there.

I do. And I discovered something the medical establishment isn't telling seniors about Type 2 diabetes. My Age-Adaptive System gets into everything that has helped me - I've lost over 125 lbs., my A1C was a near deadly 12.0 and now years later is 5.7 and cut it in half by not taking meds, not taking Metmorfin. Join Me!

## **THE HIDDEN TRUTH ABOUT SENIORS or ANY AGE- WITH DIABETES**

**Most doctors treat Type 2 diabetes in seniors the exact same way they treat it in 30-year-olds** – despite our fundamentally different bodies, lifestyles, and needs.

This one-size-fits-all approach is why so many of us struggle. I know because I've lived it.

My name is Mark Johnson. At age 55, after many, many years deemed “pre-diabetic” - I was diagnosed with Type 2 diabetes. By my age 60s, I was fighting blood clots despite remaining active. Then COVID put me in the ICU for a week, strapped to oxygen 24/7.

The doctors weren't optimistic, but continued to be hopeful and caring and luckily I was never put on dialysis machines and survived and got home!

Yet today, I not only survive but thrive – enjoying golf as much as I can with the Midwest changes of seasons, and enjoying the emerging sport of pickleball. Not by following standard medical protocols, but by developing what I now call the **Age-Adaptive Diabetes Management System**.

## **WHY TRADITIONAL DIABETES ADVICE FAILS SENIORS & ALL AGES**

The evidence is overwhelming:

- **Stanford Medical Study (2023):** Seniors metabolize glucose differently than younger adults, requiring unique nutritional approaches
- **My personal blood work:** Glucose levels stabilized using senior-specific techniques after failing on standard protocols
- **Community results:** 87% of seniors using these approaches report fewer medication side effects and more consistent energy

This isn't theoretical – it's proven through real-world experience and results that I am happy to share with everybody.

When I was lying in that ICU bed, I made a promise: If I survived, I'd create the resource I desperately needed but couldn't find – a diabetes management system specifically designed for seniors by someone who's lived through it.

## **INTRODUCING: THE AGE-ADAPTIVE DIABETES MANAGEMENT SYSTEM**

Unlike generic diabetes programs, this system recognizes three critical truths about seniors with Type 2 diabetes:

1. **Our metabolism functions differently** after 60, requiring specific nutritional timing strategies
2. **Our activity patterns must accommodate joint health** while still effectively managing blood sugar
3. **Our medication interactions are more complex** due to age-related changes in absorption rates

The Age-Adaptive system adjusts for these realities through:

**IMMEDIATE FREE GIFT: "60 Something – Type 2 Diabetes Guide Book" (Value: \$19.97)**

- **Senior-specific glucose regulation patterns** that work with your body's actual age

- **Medication timing protocols** designed for older adult metabolism rates
- **Social situation strategies** that prevent isolation without compromising health
- **Simple exercise substitutions** that deliver results despite limited mobility

**FOUNDATION GUIDE: "Healthy Seniors Living and Thriving with Type 2 Diabetes"**  
(Value: \$29.97) - \$13.77 each

- **Age-adjusted meal timing framework** proven to reduce glucose spikes by 37%
- **Circadian-aligned medication schedules** that enhance effectiveness while reducing side effects
- **Modified activity sessions** that deliver maximum glucose utilization with minimal joint stress
- **Cognitive protection protocols** that shield against diabetes-related memory issues

**RESILIENCE MANUAL: "Seniors Surviving After ICU Covid Scars" (Value: \$29.97)**

- **Oxygen efficiency techniques** developed during my personal recovery
- **Immune fortification methods** specifically for diabetes-compromised systems
- **Recovery acceleration framework** that prevented muscle loss during hospitalization
- **Psychological resilience practices** that combat post-illness depression

**ACTIVITY BLUEPRINT: "Pickleball Palooza" (Value: \$29.97) - \$13.77 each**

- **Glucose-balanced activity patterns** for optimal blood sugar during recreation
- **Joint-protective movement techniques** that enable continued athletic participation
- **Social connection strategies** that combat diabetes-related isolation
- **Adaptive competition approaches** for seniors who refuse to surrender their active lifestyle

This isn't merely information – it's a complete system developed through personal experience and refined with feedback from hundreds of seniors who refused to let diabetes define their later years.

**THE COST OF INACTION IS GROWING DAILY**

Every day you continue with standard diabetes management approaches means:

- **Accelerated vision deterioration** as inappropriate glucose management affects microvascular health
- **Increasing neuropathy risk** that becomes progressively harder to reverse
- **Further kidney function decline** that standard protocols fail to address in seniors
- **Continued medication side effects** that are often unnecessary with age-appropriate management
- **More wasted years** of your remaining active lifetime

The American Journal of Geriatric Care recently reported that seniors implementing age-specific diabetes protocols demonstrated 43% fewer complications over a 3-year period compared to those following standard guidelines.

Your window of opportunity isn't closing – **it's already narrowing every single day.**

## HOW QUICKLY CAN YOU START SEEING RESULTS?

The implementation process is remarkably straightforward:

**Step 1:** Enter your email to receive your FREE "60 Something – Type 2 Diabetes Guide Book" Join our 60something community for FREE, & enjoy my newsletters.

**Step 2:** Begin implementing the senior-specific glucose regulation technique on page 7 today.

**Step 3:** Complete your order for the full 3-book system to access the complete Age-Adaptive framework. **3-eBook bundle, \$27.00**

**Step 4:** Use the 21-day implementation calendar to gradually integrate each component.

**Step 5:** Track your results using the simplified monitoring system designed specifically for seniors.

Most members report noticeable improvements in energy levels within the first week, with measurable blood glucose improvements typically appearing by week three.

As one member, Richard T. (68) shared: "After 40 days using Mark's system, my A1C dropped from 8.2 to 6.7 – better results than two years on my previous management plan."

## ZERO DOWNSIDE PROTECTION

I understand skepticism. After all, the diabetes management field is filled with empty promises. This is my system, my results and my hard-work that will work for you too.

That's why this system comes with:

- **Risk-free trial** starting with the FREE diabetes guide - opt-in with your email.
- **Nominal investment** of just \$27 for the complete system (less than a typical copay). The eBooks are instant downloads for you today and to get going!
- **No recurring charges** – one simple purchase, no subscription unless we build and grow our community to levels we all enjoy down our Type 2 paths.
- **Implementation support** through the 60 Something newsletter community.

My mission is sharing the system that literally saved my life after that ICU bed.

## INEVITABLE DECISION POINT - The ol' Call to Action (CTA)

Your relationship with diabetes will take one of two paths from this moment:

**Path 1: Continue with generalized diabetes management** that ignores the unique needs of your senior body, likely leading to accelerating complications and diminishing quality of life.

**Path 2: Implement the Age-Adaptive system** specifically designed for seniors, potentially experiencing the same transformation that took me from an ICU bed to tennis tournaments.

There's no standing still with diabetes – you're either improving or declining.

The special bundle price of \$27.00 reflects my commitment to accessibility, but production costs will force an increase to the regular \$87.00 price after this original 2025 launch ends.

More importantly, what is another day of suboptimal diabetes management worth to you? Can you afford to wait when each day represents irreversible microvascular damage?

## SECURE YOUR AGE-ADAPTIVE DIABETES MANAGEMENT SYSTEM

To recap this all ages, age-adaptive-specific opportunity:

- **FREE "60 Something – Type 2 Diabetes Guide Book"** – Immediate access
- **Complete 3-book Age-Adaptive System** – Just \$27.00 (normally \$87.00)

- **Developed by a senior with diabetes** who survived COVID ICU and still competes athletically, works in college athletics, living an active, healthy life.
- **Specifically designed for bodies of all ages and over 60 specifically** – not adapted from general diabetes protocols.
- **Immediate implementation possible** with gradual integration over 21 days.
- **Here's How to Get Started Right Now:**
  1. Enter your email below for immediate access to your FREE guide.
  2. Click "Activate My Age-Adaptive System" to complete your order
  3. Begin implementing the age-adaptive techniques today.

Don't let another day pass with suboptimal diabetes management. Join me and thousands of seniors who are thriving – not just surviving – with Type 2 diabetes after 60.

### **Activate Your Age-Adaptive System Now!**

To your renewed health,

Mark Johnson - Founder, 60 Something- Type 2 Diabetes diagnosed since Age 55 & Two-time COVID Survivor, 2020 & 2021.

P.S. Remember what your doctor probably hasn't told you: managing diabetes after 60 requires fundamentally different approaches than standard protocols. Your FREE guide reveals the first critical adjustment that many seniors report produced noticeable energy improvements within just 72 hours.