



Mr. Rob Kardashian
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Dear Mr. Rob Kardashian,

That must have been frightening.

When the news broke of your hospital visit, us fans collectively held our breaths. There was only speculation of some health scare. We heard your doctor diagnosed you with Type 2 Diabetes. We are thankful that your hospital stay was brief.

Staying with your caring sister, Khloé, should help you through this difficult time. Friends and family are great medicine for relieving isolation. We understand you live under constant pressure from the unwanted limelight. We all wish we could give you a warm hug.

As you know, exercise has a big influence on personal health. And the largest controllable factor to your health is nutrition. Our team of experts at Five Hour Diabetic practice healing nutrition every day. We provide weekly meal plans, recipes and grocery lists to combat diabetes.

The old nutrition models do not work. The low-fat fad diet will only make you gain weight. Our new nutrition model has scientifically proven results. It includes managed portion sizes and an emphasis on low carbohydrates and healthy fats. We provide a variety of recipes that offer a balanced diet. Healing foods not only do wonders for your body, but can also make your brain happier.

Your fans would love to see you conquer your weight struggles. We long for the times when you were happy and floating across the stage of *Dancing With The Stars* with Cheryl Burke. The way you spun Cheryl around your head shows me how strong of a person you are. In my opinion, you should have taken first place!

Rob, you have the ability to become an inspiration for the millions going through the same struggles. Your sisters and Caitlyn have been an inspiration to many. Likewise, you could also be part of that Kardashian legacy and inspire diabetics around the world.

We at Five Hour Diabetic believe you would make the perfect spokesperson. We will be your strongest pillar of support. Contact us for details immediately.

Join us in making a difference this new year. The cure for your diabetes is at the end of your fork. A friend once told me this quote, which I think you will appreciate:

“Butterflies and flowers may be delicate, but also surprisingly strong.”

Healthfully Yours,

FRANK B. FALAT

Diabetic Lifestyle Advocate & Founder
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