Getting Started

Create an account or Login with your username and password

E-mail:

Password:

Sign In

Forgot your password?

Settings   Sign Out

Health Profile

Privacy Policy and End User Agreement

Help

General Instructions

Introduction to Lower 6

Non-diabetic Instructions

Type 1 or 2 Diabetic Instructions

Search   Food Intake   Records   Settings
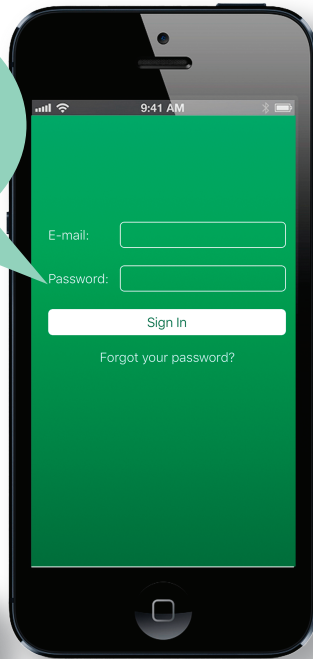
Need some guidance?

- Health Profile
- Privacy and End User Agreement
- General Instructions
- Introduction to Lower 6
- Non-diabetic Instructions
- Type 1 or 2 Diabetic Instructions

Lower your A1c to 6

Get to know your
LOWER 6 App

LOSE & MANAGE YOUR WEIGHT

Download the app today!
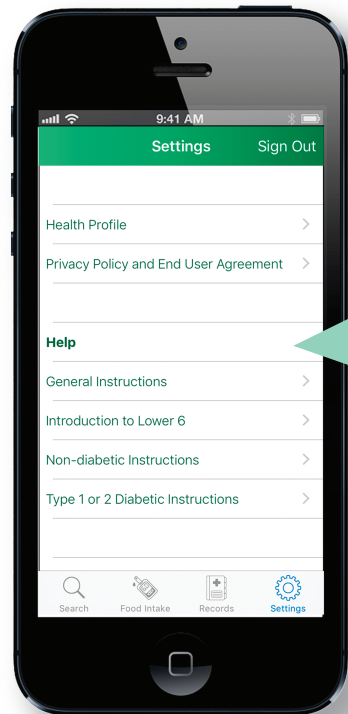
LOWER 6
(Lower my A1c to 6)

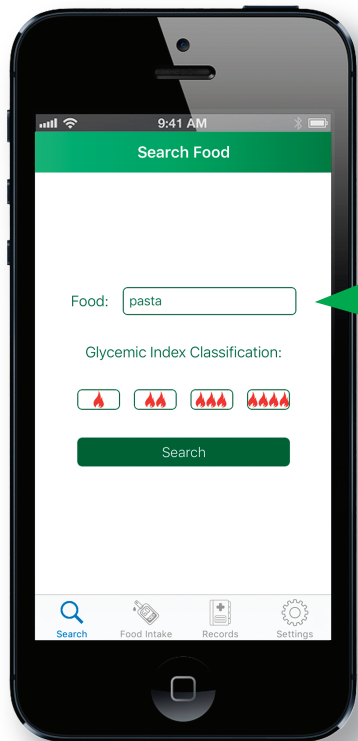Dr. Colin Ross, MD PhD
San Diego, CA
www.LOWER6app.com

LOWER 6
(Lower my A1c to 6)

Lower your body weight, lower your dress or pant size, and lower your risk of developing Type 2 diabetes while enjoying the same tastes you like but eating a better quality food!
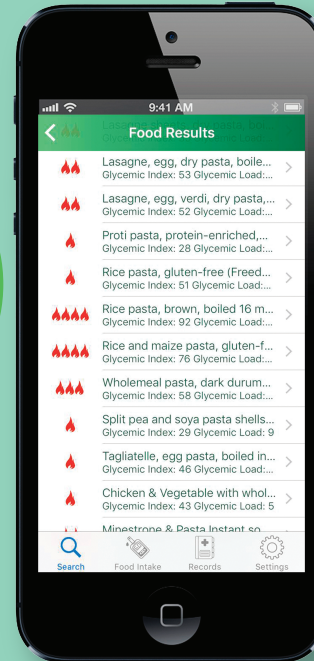
How?

Let's say you would like to eat some pasta.

Type the word "PASTA" in the food section.

The app will then return to you a list of LOW GLYCEMIC INDEX pastas (1-2 flames) and HIGH GLYCEMIC INDEX pastas (3 flames or higher).

The pastas are grouped by similar FLAVOR.

So if you want to lower your body weight, lower your dress or pant size, you will eat more of the pasta with a LOWER GLYCEMIC INDEX (1-2 flames). Therefore, enjoying the FLAVOR of pasta without the weight gain.

Let's say you want to find pastas which are available with a LOW GLYCEMIC INDEX (1-2 flames).
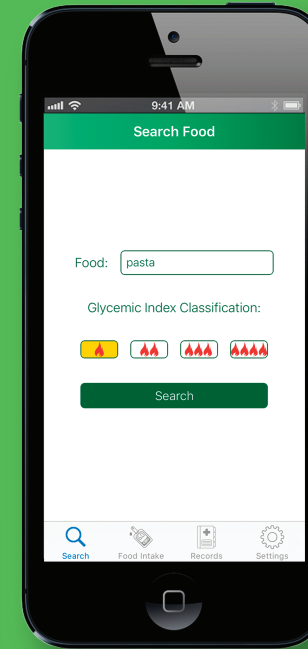
TYPE in the word "PASTA" and select 1 FLAME.

The search engine will then return to you the pastas which are LOWER GLYCEMIC INDEX, but grouped by the FLAVOR you enjoy eating.
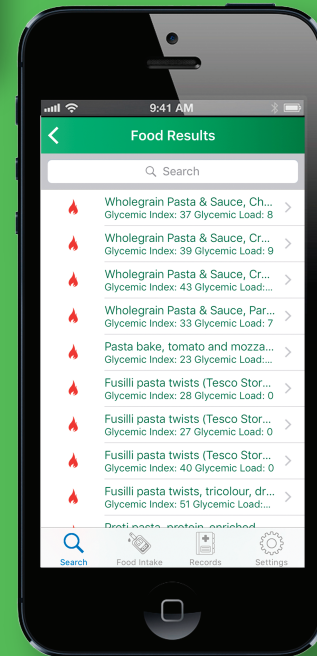
Remember that you can perform this search for many foods with this app.