



# Life without Diabetes-Fact or Fiction?: A Total Body Makeover from the Inside Out

*MICHELLE D' ANGEL*

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Living with diabetes, losing weight, and lowering blood pressure or cholesterol is not easy. It takes time, knowledge, and the desire to change the way you think about your body and food. In *Life without Diabetes-Fact or Fiction?*, author Michelle D'Angel provides a firsthand account of how consuming a well-balanced diet can help combat many health issues.

*Life without Diabetes-Fact or Fiction?* provides you with the tools that will empower you to take control of your body and your health condition. You will learn how specific foods affect your body and how to determine which proportions of carbohydrates, fat, and protein make sense for you. This information will help you design your own meal plan and create your own goals and strategies to help you achieve a healthier lifestyle.

Based on the real-life experiences of a Type 2 diabetic, this guide demonstrates how one ordinary person was able to take control of his body and diabetes by knowing and understanding his condition, his body, and its functions. With tasty recipes, nutrition guides, comprehensive exercises, and sample menus included, *Life without Diabetes-Fact or Fiction?* helps keep your body healthy and your mind happy.

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