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Diabetic Diary: An Ordinary Patient's Journey to Overcome Type 2 Diabetes

Cheryl Pouhl

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Diabetic Diary: An Ordinary Type 2 Diabetic Patient's Ridiculous Charting Challenge to Control Blood Sugar and Stop Insulin in 30 Days is a personal journal. The author had been diagnosed and treated for 8 years with insulin. She had not achieved improvements in blood sugar levels until she introduced her own charting challenge. The detailed challenge diet, tests and results are reported in the book for the benefit of the reader. In 30 days the author had leveled her blood sugar and quit insulin. Her diet was often contrary to recommendations by diabetic authorities. In 60 days she had lost 16 pounds. She continues to benefit based on the results of the challenge.

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