



The Virgin Diabetic

Denise A. Pancyrz

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Plagued by being diagnosed with diabetes and prescribed a multitude of medications and four daily insulin injections, the author of *The Virgin Diabetic*, Denise A. Pancyrz, shares her amazing story of beating diabetes. Doctor after doctor told her she could never be rid of the drugs and insulin, most likely increasing the amount of insulin needed as she aged. Defying doctors and certified diabetes instructors by using nutrition to regain her health, Denise shares her story of how to be well again. Worried of the ill effects of this disease, amputation for one, Denise says, ""Pedicures just wouldn't be the same!"" Find out how this virgin diabetic put diabetes behind her so you can do the same.

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