



# Carol Guber's Type 2 Diabetes Life Plan: Take Charge, Take Care and Feel Better Than Ever

*Carol Guber, Betsy Thorpe*

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If you've been diagnosed with type 2 diabetes, you're probably concerned about a host of health issues and may already be thinking of the coming dietary changes. As your doctor probably explained, a good eating plan, low weight, and an active lifestyle are among the most important factors in limiting the disease's impact and in continuing to live a full and healthy life. But you don't know where to begin.

Enter Carol Guber, a twenty-year veteran of the food industry who holds a master's in nutrition and is a nationally recognized authority on food and nutrition. When she was diagnosed with type 2 diabetes, she refused to accept the diagnosis lying down. Realizing that she was going to have to approach life in a new and vibrant fashion, Carol launched herself into what she describes as "guerilla warfare" against diabetes. She knew she was in for some changes, having been accustomed to gourmet meals and the finest, richest foods. And she also knew the consequences of ignoring her doctor's advice. With her trademark gusto, she was soon enjoying a whole new menu and working out unabashedly alongside gym babes.

Carol tried to choose physical activities that would be fun and dynamic, knowing that she had to enjoy herself as well as engage her mind, body *and* spirit in order to stay healthy. So she began running on a treadmill. She started to lift light weights. She even took up boxing. After several months, her spirited war on diabetes had helped her lose weight and reduce her glucose by 40 percent. Now she hosts workshops for men and women trying to develop their own diabetes-fighting lifestyle. She likes to say that you have to make a whole new life for yourself—often one that ends up being fuller and more active than you've ever dreamed. In her *Type 2 Diabetes Life Plan*, Carol shares her encouraging insight, bringing us with her along the path toward a richer and more vital life with diabetes.

Going beyond her personal success, Carol provides a complete guide to a medical condition that is becoming increasingly widespread. Covering biology, physiology, genetics, medication, and lifestyle issues, she also offers day-to-day advice for finding the mental stamina to stay active and make healthy dietary selections, even when dining out or away from home. Offering motivation as well as information, *Carol Guber's Type 2 Diabetes Life Plan* is a true lifeline for all of us living with diabetes from a remarkable woman who's living proof of victory.

*From the Hardcover edition.*

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