



# Diabetes Reversed – The Nutrition Miracle that Saved My Life!

Too many of us live with diabetes...Denise talks about living *without!*

- ✧ 30.3 Million Americans Live with Diabetes
- ✧ 108,000 Annual Diabetes Related Amputees
- ✧ 84 Million More are Pre-Diabetic

**Denise A. Pancyrz**  
Coach • Speaker • Author

Type 2 Diabetes Reversal Expert

Denise was diagnosed with Type 2 Diabetes and prescribed four insulin shots per day along with a handful of medications.

Told by the medical community she could never stop insulin or drugs – in fact, the dosages would increase with age.

Denise dared to step away from the traditional medical care and reversed her diabetes – no more insulin shots – no more medications. All accomplished through holistic lifestyle changes.

Denise shares her amazing story of reversing diabetes in her book *The Virgin Diabetic*.

## Show/Story Ideas –

**Understanding Your A1c Test Result – A misunderstood blood test.**

**Are You Raising a Future Diabetic?** You may be putting your family's health risk

**Diabetes on the Go – Healthy fast-food choices**

**Heal Diabetes with the Power of Food – Food can be your worst enemy or the best form of medicine. Astonishing side effects revealed!**

**Did You Just Get Diagnosed with Diabetes or Pre-diabetes?** Lower your A1c with this 5-step reversal process!

**How to Pass on Passed Hors d'oeuvres – Making good choices at a cocktail party**

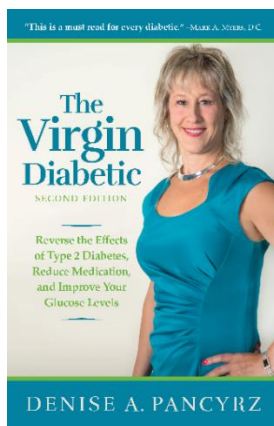
**The Holiday Season Could Be Deadly – 3 steps to get you through the holidays**

**Get the Skinny on My Slimmer Smoothie!** Lose 5 lbs. fast

**Surviving a Natural Disaster – 7 steps to prepare for a disaster**



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**Jack Canfield**

co-author of the best selling series  
Chicken Soup for the Soul  
and author of The Success Principles

-INTERVIEWS-

**Denise Pancyrz**

author of The Virgin Diabetic



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[Interviews/Media](#)

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