

# Denise Pancyrz Explains How to Reverse the Effects of Diabetes in her Book, *The Virgin Diabetic*, 2nd Edition

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NEWS PROVIDED BY

**Denise Pancyrz** →

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NAPLES, Fla., April 20, 2017 /PRNewswire/ -- Some 29 million Americans live with diabetes and another 86 million are pre-diabetic and likely unaware of their status. Denise Pancyrz, who is certified in holistic nutrition and homeopathy and a former diabetic herself, hopes to reach this huge and important demographic with the new edition of her book *The Virgin Diabetic* in which she shares the blueprint for how she reversed her diabetes through holistic life changes.

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"This is a must read for every diabetic." –MARK A. MYERS, D.C.

# The Virgin Diabetic

SECOND EDITION

Reverse the Effects  
of Type 2 Diabetes,  
Reduce Medication,  
and Improve Your  
Glucose Levels



DENISE A. PANCYRZ

Diabetes runs in her family. Her father died from complications of the disease and an uncle lost a leg to it. Pancyrz's own diagnosis of an advanced form of the disease came when she was in her 40s. Doctors prescribed four insulin shots a day along with a handful of medications and told her she would be insulin dependent for the rest of her life. That blunt prognosis and her own background in the laboratory industry where she was a Six Sigma expert led her to begin an exhaustive research program for natural ways to self-heal.

Among her discoveries are:

- Diabetes is not a sugar problem or a food elimination problem; it's a metabolic problem.
- Diabetics should worry less about losing weight and more about good nutrition.
- Instead of increasing insulin levels, doctors should teach patients how to balance their meals, activity levels, and stress.
- Government guidelines are keeping us sick and managing diabetes is not the only option.

"Denise writes a candid description of her quest for control over her diabetes. It is an inspiring story for anyone who wishes to avoid being a victim of the conventional medical model and desires individualized care. Denise writes as an advocate for health and compassionate educator. Learn from her experiences to help solve your diabetes!" -Kelly Simms, N.D., Chicago

### **About Denise Pancyrz**

Denise Pancyrz is certified in holistic nutrition and homeopathy and is a Six Sigma Green Belt who worked in the laboratory industry for a decade. She left her corporate job about two years ago to begin a full-time speaking career on diabetes prevention. She is an experienced radio talk show guest and was featured in Chicago's My Suburban Life newspaper.

**Availability:** Naples, Fla., nationwide by arrangement and via telephone

**Contact:** Denise Pancyrz, 630-281-0873; 155707@email4pr.com; [www.ReverseMyDiabetes.net](http://www.ReverseMyDiabetes.net)

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