



How I Kicked Type 2 Diabetes Butt!: And You Can Too

By Malcolm Aylward

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.After Malcolm Aylward was diagnosed with Type 2 diabetes in 2004, he began a journey of self-discovery that he is still on today. He has spent countless hours researching the best nutrition advice and foods to eat, the best exercise programs, and the most intelligent recommendations he could find on how to maintain normal A1C and blood sugar levels. He is now 52 years young and in the best shape of his life. He leads an active lifestyle that includes, hiking, boxing, Martial Arts, yoga, rock-climbing, snorkeling, skiing, swimming, and many others. He has maintained his blood sugar level close to 95 after fasting and his last A1C level was an amazing 5.5 percent. Before he became proactive his A1C level was a whopping 8 percent! He has, in all essence, eradicated all signs of Type 2 diabetes. His goal now and mission in life is to educate and enlighten anyone who has been diagnosed with this condition to show them that there is a light at the end of the tunnel. Hopefully, the medical community will find...

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