

New book shares how type 2 diabetic became insulin-free in 30 days

Written by Laurie Tomlinson
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ELDRIDGE, Iowa – When Iowa author Jason L. McLaughlin was diagnosed with type 2 diabetes, he knew it was going to be a lifestyle adjustment, but he didn't realize just how much. He quickly got tired of testing his blood sugar levels and injecting insulin. So he decided to do something about it.

After months of research, developing a systematic plan, and actual application, he was free from his dependence on insulin injections. He shares how others can become insulin-free in just one month in his new book releasing nationwide this month, "Diabetes: How I Got Off Insulin In 30 Days."

The book takes readers through the daily routine, the rules that govern diabetic lifestyles, and the best way to get in control. McLaughlin hopes that, by following the proper eating habits and engaging in a regular exercise plan, readers too can tell their families and friends they are insulin-free in just 30 days.

Published by Tate Publishing and Enterprises, the book is available through bookstores nationwide, from the publisher at www.tatepublishing.com/bookstore, or by visiting barnesandnoble.com

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McLaughlin lives in Eldridge, Iowa. For more information, visit kickinsulin.tateauthor.com .