



# Defeat Diabetes Now: Overcome Diabetes and enjoy life again, starting today!

*Alan Nemtsov RN*

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## **Defeat Diabetes Now: Overcome Diabetes and enjoy life again, starting today!** Alan Nemtsov RN

Alan Nemtsov, RN has had a radical transformation in his life. Not only has he had a physical transformation, losing 120 pounds, but he has also been blessed with an emotional and financial transformation. Living with obesity, and then developing diabetes, life was not going well, at all. In desperation he sought help. He changed careers and went to Nursing School. There he discovered a formula to a new life; a life of joy and of peace of mind. This formula has allowed Nurse Nemtsov to successfully maintain his weight loss. He has had normal blood glucose levels for over eight years, without any surgeries or medications. In this book the author offers his personal experience and knowledge to anyone who desires a way to better his or her life in every aspect; especially diabetic care. He has helped many, and continues to be a source of hope to all who know him.

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