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## **HELP AND HOPE FOR TYPE TWO DIABETES PATIENTS**

**By Woodrow Wilcox**

Former two term Governor of Arkansas Mike Huckabee lost 110 pounds to fight TYPE TWO DIABETES. Then, he wrote the book “Quit Digging Your Grave with a Knife and Fork”.

How did he lose so much weight and defeat type two Diabetes? Read all about it in the January 2007 edition of “Energy Times”. “Energy Times” is a national magazine which many health food stores give away to their customers to thank the customers for their patronage. I get my free copy at my local health food store. Check with your local health food store to learn if it gives away complimentary copies of “Energy Times”. Or, you can check the website [www.energytimes.com](http://www.energytimes.com).

At age 48, Huckabee was diagnosed with type two Diabetes. He weighed 300 pounds. He decided to make a commitment to himself to lose the extra weight and improve his health. He accomplished the weight loss by diet and exercise.

While still Governor of Arkansas, Huckabee used a program at the University of Arkansas for Medical Sciences that helps people to “get healthy” rather than “lose weight”.

“So rather than just being a weight-loss program, it was a nutritional and health program supervised by a physician. It was very instrumental in helping me learn how to eat right after years of bad habit,” Huckabee said in the article in “Energy Times”.

“When I started the program, I had type two Diabetes. But, when I started losing weight and exercising, I no longer had any diabetic symptoms. My doctor hasn’t considered me a diabetic for almost three and a half years. So, instead of taking prescription drugs to control blood sugar, now it’s controlled with diet and exercise. That’s money in my pocket every month instead of giving it to the pharmacy. So, there’s not only a health issue involved, but an economic issue as well,” Huckabee explained in the article in “Energy Times”.