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Book Offers New Approaches to Defeating Type 2 Diabetes & Obesity

Dr. Don VerHulst Stresses Role of Informed Nutrition in Combatting National Epidemics

GRAND RAPIDS, Mich., Dec. 2, 2013 – As diagnoses of type 2 diabetes continue to rise, Dr. Don VerHulst, host of *Hope for your Health (TCT Television)* and author of *Do This and Live Healthy*, has written a new book providing innovative insight on how to defeat type 2 diabetes and obesity. *Your Waistline is Your Lifeline* offers an easy to follow approach to eating and living healthy.

Type 2 diabetes is an epidemic in the United States with more than 25.8 million children and adults diagnosed with the disease (according to the American Diabetes Association). Even more startling is that nearly 80 million U.S. residents are living with *prediabetes* – a condition marked by blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as diabetes.

In *Your Waistline is Your Lifeline*, Dr. VerHulst, a graduate of Wayne State University School of Medicine, embraces the naturopathic philosophy of health and teaches the principles of preventative medicine to combat the onset of Type 2 diabetes. Readers will learn how to prevent, control and reverse type 2 diabetes by making healthy life choices.

“The size of your waist has been found to be one of the greatest predictors of your healthy future – or unnecessary suffering due to serious disease,” Dr. VerHulst writes in the opening line of his book. “The studies are valid. The conclusion is certain. Your waistline is your lifeline.”

Throughout the book, Dr. VerHulst stresses the importance of choosing the right nutritional supplements – specifically mulberry leaf extract, which, when used along with other healthy lifestyle choices, can help individuals battling diabetes, cholesterol and even heart disease while helping them lose weight by blocking sugar. This latest ‘super food’ contains half the sugar in most dried fruits and offers high levels of protein, fiber and antioxidants to protect the heart, making it a great option for dieters.

A teacher, ordained minister and inspirational speaker, Dr. Don VerHulst is also co-founder of InBalance Health Corp, a company providing doctor-formulated, alternative food bar and supplement solutions for those suffering from prediabetes and type 2 diabetes

Your Waistline is Your Lifeline is available at Amazon.com and INBalanceHealthCorp.com. For interviews with Dr. VerHulst on his simple approach to defeating type 2 diabetes and combating obesity, contact Amanda Passage at 616-233-0500 or apassage@lambert-edwards.com.

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INBalance Health Corporation is a company dedicated to providing doctor-formulated, alternative food bar and supplement solutions suitable for those with Pre-Diabetics and individuals struggling with type-2 diabetes, or weight management. Located in Wayland, Michigan, INBalance Health believes proper insulin balance is a key to living a long, healthy life. The company offers both food bars and supplements to help support consumer's growing efforts to manage a healthy lifestyle and individuals with diabetes' needs to maintain proper glucose levels. For more information on INBalance, visit INBalanceHealthCorp.com.