

The Glucose Goddess is everything a holistic physician would hope for in a patient who has taken to heart the importance of participating in self-healing: she has overcome the resistance to embrace her disease and the fear attached to a serious chronic illness and has taken full responsibility for transforming her life from the ground--up: to embrace her diabetes and struggle with all the personal obstacles, challenges and limitations on her life. She has emerged not only healthier and in excellent control of her diabetes but with compassion for others struggling with the same disorder and through her deep wisdom, humor, and creativity has emerged as a true guardian angel and inspiration not only to fellow diabetics or others suffering with illness but to health care professionals and all dedicated to supporting wellness. As a holistic psychiatrist I can only say that humor and altruism are really the highest adaptive responses we can make to life and strongly recommend the Glucose Goddess as a model for all of us.

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