



Diabetes Defeated: Re-engineering Life 4T2

Manogran Govender

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Civil engineer, Manogran Govender (Pr Eng. BEng. MBL. MSAICE. FWISA), asked himself these questions when he was diagnosed in March 2002. The search for answers eventually led to him discovering that Type 2 Diabetes is reversible. Having witnessed the worsening condition of his father and mother-in-law who both succumbed to diabetes, he was determined that such a fate would not be that of his family or himself. After 10 years of popping pills in increasing doses, he learnt that cutting edge scientific research was not being taught in medical schools and that the solutions are actually surprisingly simple, provided he could develop the right mindset. Mano is no longer on any medication, has normal blood glucose levels, and leads a balanced and active life. This book “Diabetes Defeated” documents his personal journey in reversing diabetes, using the best information from empirical evidence that science, business leaders and life coaches could offer, to define the lifestyle changes that are necessary to be healthy again.

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