



Body with Soul: Shed Pounds, End Diabetes, and Transform Your Health

By Randy Jackson

Plume Books. Paperback / softback. Book Condition: new. BRAND NEW, Body with Soul: Shed Pounds, End Diabetes, and Transform Your Health, Randy Jackson, From beloved "American Idol" judge a complete, inspiring wellness plan for taking control of your health The obesity epidemic is spreading throughout America, bringing with it health problems from diabetes to hypertension to heart disease. A lifetime of poor fitness and nutrition choices left Randy Jackson lethargic, overweight, and with a diagnosis of Type II diabetes. After years of yo-yo diets, hours in the gym, and even gastric bypass surgery, Randy finally decided to change his life. "Body with Soul" is his tried-and-true wellness plan; filled with meal plans, re-tooled recipes of Southern favorites, and workouts for people on the go, the regimen here is user-friendly and promises results. Having lost one hundred pounds, Randy is healthier than ever, and his diabetes has been in remission for five years. The program offered by "Body with Soul" ensures that readers, like Randy, can get their health in check, and lead happier, healthier lives.



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