

Diabetes Defeated: Re-engineering Life 4T2

By 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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Editorial Review

About the Author
Manogran Govender is a Businessman, Strategic Management Consultant, Executive Coach, Lifestyle Coach and Professional Engineer. The foundation of his knowledge is derived from his academic degrees in civil engineering and a masters in business leadership. However, it is his life experience with added insight from his mentors and business coaches that enables him to be cutting edge in his approach to human performance and success in multiple areas of life. He is the author of a widely read book: Diabetes Defeated that documents his research that led to him being free of the symptoms of diabetes after being on increasing doses of medication for 10 years. He does community work through his free weekly motivational talks to raise peoples awareness that diabetes is reversible, with the right mindset, diet and exercise for people to live with health and vitality regardless of their age. Although he has many notable achievements in his professional life, he counts his contribution to improving the health of 25000 households in Kwazulu Natal in personally project managing the delivery of sanitation, amongst his notable achievements. He has multi-sources of income, leads a balanced and active life, and found that with the right attitude to life, living becomes as effortless as water flowing in a river. He races his ocean-going yacht in the Durban Harbour or off-shore in the weekends. He has trekked through the Himalayas on many occasions, and has a keen interest in environmental issues. An avid fitness fanatic, he has used this principles to design his life to reverse the ageing process, improve mental performance, lose weight and regain his health.

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