

(PRLEAP.COM) "52 Years of Living with Diabetes," a new book by James Zajac, has been released by Dorrance Publishing Co., Inc.

In *52 Years Living with Diabetes: In Spite of the Medical Profession*, author James Zajac details the arduous road from his diagnosis with diabetes at age thirteen to his current successful-albeit nontraditional-management of the disease at age sixty-five. Zajac describes the genesis of his diabetes following a childhood bout with rheumatic fever, shortly after which he first got a taste of the negligence and indifference rampant in the medical community, engendering an early distrust in traditional medicine. He then recounts his youthful rebellion against the management of his disease, until a chance meeting with a forward-thinking doctor set him on a path of self-sufficiency that persists to this day. Throughout, Zajac provides invaluable advice regarding natural, non-traditional diabetes treatments, while exposing the incompetence of the medical professionals he has encountered through the years.

Zajac concludes the book by challenging the state of healthcare in the United States, providing statistical as well as anecdotal information that calls for reform at the very root of the system. *52 Years* is an enlightening window into the life of a diabetic and his lifelong mission to encourage the American public to take their healthcare into their own hands.

About the Author

A Connecticut native, James Zajac has lived in Pennsylvania for over forty years. He lives with his wife and enjoys gardening, bike riding, swimming, horseback riding, kayaking, and skiing.

"52 Years of Living with Diabetes" is a 120-page paperback with a retail price of \$12.00. The ISBN is 978-1-4349-1513-9. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com