



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

Randy Jackson

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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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