



# SUGAR FREE ME

*Naomi Kingery*

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## **SUGAR FREE ME** Naomi Kingery

Journey into the heart, mind and strategies of Naomi Kingery, a diabetic teen who empowers others to live SUGAR FREE! It's true! A diabetic teen can live a positive, confident and energetic life, while juggling the many aspects of this disease. Eighteen years ago, Naomi was born in Bangalore, India to missionary parents. Diagnosed with juvenile diabetes at the age of twelve, Naomi began a journey towards strength and healing that led her to become a certified yoga therapist. Her unique style and positive approach to this disease have opened the door for her to teach at ADA summer camps and serve as an international spokeswoman for Medtronic Minimed. Naomi is currently pursuing a degree in Human Performance, while continuing her work as a fitness coach and instructor at the YMCA in Southern California. "Each moment is a blessing from God. As we accept and embrace the lives we've been given, our numerous struggles can become a stepping-stone to enrich the diabetic community. And as we learn and grow with one another, we can fight against the bitterness of this disease with hope and joy."

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