



The Type Zero Diabetic: My Journey as Patient Zero by Dr. Mary Ann Martin, aka Dr. Hormone Hacker

What if everything you thought you knew about diabetes was wrong?

This isn't just another book about blood sugar—this is a call to arms. A radical reframe. A health revolution. In *The Type Zero Diabetic*, double board-certified physician and award-winning endocrinologist Dr. Mary Ann Martin takes you on her personal journey from prediabetic patient to hormone-hacking health disrupter. With honesty, grit, and zero sugar-coating, she reveals how lifestyle—not lifelong meds—is the most powerful prescription for preventing and reversing diabetes.

This is for you if:

- You feel like your health is spiraling and you're stuck in the sick-care system
- You've been told diabetes is inevitable because of your family history
- You're exhausted, inflamed, stressed, or simply over it
- You're ready to take back control—with real tools, not just pills

Inside, you'll uncover:

The real (and often ignored) root causes of diabetes

How to fork your way to freedom with food that heals

Why sleep, stress, and movement matter more than you think

Herbal hacks, grocery lists, and survival guides to outsmart every obstacle

A bold new identity: becoming a Type Zero—free from the grip of diabetes

With chapters like "Sweat Is Just Fat Crying" and "Fork Your Way to Freedom", this isn't your typical health book. It's practical, fierce, funny—and packed with real science that works in the real world.

The Zero Club isn't about perfection—it's about progress, power, and personal responsibility.

Joining is free, but staying in requires courage.

Are you ready to defy your diagnosis—or dodge one altogether?

Reclaim your energy. Rewrite your health story. It's time to become Type Zero.