while no machine is totally useless if used properly, some just aren’t terribly effective, says Lani Muelrath, fitness expert and author of Fit Quickies. It’s simply a way of sharing your feelings and thoughts (much like a diary) with friends, family and the whole world if you should desire. However, many people with diabetes take medication to manage their condition. One writing teacher gave us his own novel and, frankly, I couldn’t understand that either.