

"Dr. Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease that is growing at epidemic proportions in this country."

—Barry Ivers, Ph.D., author of *The Diet*

D R . B E R N S T E I N ' S

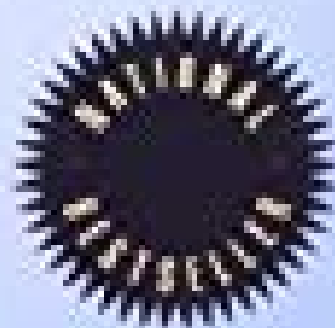
Diabetes Solution

R E V I S E D

&

U P D A T E D

THE COMPLETE GUIDE
TO ACHIEVING
NORMAL BLOOD SUGARS



Richard K. Bernstein, M.D.

Richard K. Bernstein

Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars Revised & Updated



[continue reading](#)

An updated edition of the practical guide to diabetes provides detailed suggestions on how to regulate blood sugars while preventing or reversing long-term complications, offering coverage of dietary options, new products, medications, and supplements. 25,000 first printing.



[continue reading](#)

A sane advice that Functions! 6, Total cholesterol should be significantly less than 200, good cholesterol (HDL) ought to be > 100. I have had a child about 1. Triglycerides should be less than 150. On analysis, A1C = 8. Highly recommend this book for any diabetic you know. A1C = 6. Bernstein's "Diabetes University" videos on YouTube. I get his reasons though. to summarize, very very extreme. As you can still see, the HDL, LDL, Total Cholesterol and Triglycerides remain fully within range. Given that my son is a bit old and life a bit saner, I am back to my usual diet and trying to control things better. Upgrade 4/5/2017=====It has been almost 1. I guess I got lucky there. Using the assistance in this book, my pounds went from 185 pounds to 145 pounds within about 6 months and is keeping stable - I am 5'6" so I am right now at the right weight level. 5 years since I was diagnosed. I am today a company believer in Dr. Bernstein's philosophy. I eat tons and tons of cheese since I am a vegetarian and do not eat eggs and meats and diabetes made me give up ALL GRAINS. Yes, it had been a bit hard, but I must say I did give up all grains. Great Info for Diabetics I read this Dr's 1st book in the early 70's When We first learned of having diabetes I was anxious to see the revised edition When you have recently been identified as having Diabetes this is a great book to learn how exactly to do your very best to manage this affliction Happy to say, all the advice on Low Carb High Fat diet actually works. Time will only tell. In fact, pretty much most of the wellness parameters worked out incredibly well and so are all in perfectly normal ranges. I have gotten three screenings done over the last 1.5 years. Ideally, I will get that carried out every 3 months, but you know, lifestyle gets in the way.) from your meal and instead places you on a minimal carb, moderate proteins and reasonable fat diet plan. 5 years now.) Also, it had been a bit jarring to see him tell me that pure running is worse than weight training. 5 years ago and obviously things have already been much less crisp as I used to have but I have mostly managed to keep things in order with the low carb diet. I purchased this in hopes she would choose it to save lots of her lifestyle. 2, HDL = 41, LDL = 96, Total Cholesterol = 157, Triglycerides = 98 On 8/1/16, A1C = 6.1, HDL = 47, LDL = 103, Total Cholesterol = 170 Triglycerides = 101 11/28/16, A1C = 5. The info in Dr. After obtaining metformin from the doctor and the most common advice of 1/2 plate vegetables, 1/4 plate beans and legumes and 1/4 plate wheat/bread etc, I came home and tried that. Will update in a few months on where I am. not to mention, the blood sugars would spike to 150, 160, 170 after 2 hours. I am not really diabetic, but I eat like one and feel great because of it. Of program there are challenges with in this manner of eating (much like anything) but I'd take these issues any day time over the types we experienced when controlling her diabetes per the ADA suggestions. Obviously, my doctor's information would have put me on a way to problems. Doctor Bernstein's suggestions is. I have already been running for several years now, mostly regularly and now running does not raise my heartrate, I could run and talk very easily. Here are the numbers. One MUST keep off of the carbs. He asks you eliminate ALL GRAINS, ALL FRUITS and virtually all sources of easily digestible carbs (potatoes etc. Here are the results (normal range for A1C - the average blood sugar level for last three months - for healthy person should be below 5. Essentially, his assistance is, get your diet mainly from vegetables that don't have fast performing carbs, and then add protein and extra fat to make up for calories and to keep you complete. Keeping with his advice, my blood vessels sugar is almost down to normal within 3 weeks of following his advice and my weight can be down 15 pounds (he says.. Dr. Commit for a week and then decide be it for you before shooting it down as sounding as well extreme. 41 and bad (LDL) less than 130. And right here I was running and thinking it was amazing. Bernstein's advice.. Update 7/6/2018=====It has been, gosh, probably over 2. this means my muscles will work

aerobically.. It's the most comprehensive and informative diabetes resource I've found. There have become supportive groups on the web of other households following Dr. Bernstein. Not only that, if you make an online search, you will find forums after forums of people who've kept diabetes related complications away by following his assistance or similar VLC (very low carb) diet further proving that he's right. Bernstein's tale is truly inspiring and he's living proof his teaching is audio. Another point that cemented my belief in that is that my Mom has already established diabetes for over 15 years and her blood sugar were pretty high, even fasting.. This much weight drop is not typical although many people see quite a bit of excess weight drop. Bernstein can be right on target. We are not shy on the subject of saying, yes We are a believer. Compared to what the American Diabetes Association tells or an over-all physician tells, Dr. Bernstein's assistance really works and I am glad I acquired it. His isn't the most popular publication out there but that is because it does not sugar coat anything. The very best book on diabetes I've ever read.. Anyways, MANY THANKS Dr. Bernstein where I run at a sane pace on toned and whenever I see an incline, I sprint up to improve my heart rate. given he is a Type 1 diabetic since age 12 and he was near organ failing at around 30 and found and produced the VLC (very low carb diet) work for himself, switched careers to Medicine to help others and provides lived to 80+ years with ideal A1C and additional parameters. B implies that this simply doesn't work and never will. I have nearly read the publication cover to cover twice and continue poring over it to see when there is anything I missed. A Must Read for anybody Managing Diabetes This book ought to be recommended to everyone upon diagnosis.. The information provided has been a full game-changer for our Type 1 kid and our only regret is that we missed it sooner! Old CLASSIC About DIABETES, USED FOR TRYING TO LESSEN INSULIN IN DIABETES, NOT THAT HELPFUL THOUGH MANY ENJOY IT To similar to his first Mostly same as his first book Excellent publication whether you are diabetic or Dr. Dr. It had been a roller coaster, rather than a fun one. It had been exhausting. 7, HDL = 40, LDL = 80, total cholesterol = 147, Triglycerides = 137-----Primary Review (June 30, 2014) I am a newly diagnosed Type 2 diabetic (4 weeks now) and was in denial for the 1st couple of days because I workout strenuously 3x weekly (4-6 mile runs) and even though I do go over sometimes, mostly I thought I ate healthy. Bernstein's book made so much sense and we knew we'd to at least give his methods a try. We focused on one full week eating relating to his recommendation. After one day, we were sold. Purchased for a pal One of my daughters close friends just discovered that she was Type 1 Diabetic. We adopted an exact diet supplied by the nutritionist that was "perfectly well balanced for a diabetic" for one full time. They are brief and topic-specific. The outcomes were incredible. Today, our worst BG day graphs looks way much better than the average T1's BEST days! The most important piece of information so far is usually that injected insulin merely doesn't become insulin from a healthy pancreas and you have to change the timing of your injections and the manner in which you eat. Today, we can take it easy and activities with confidence our child's BG won't plummet. Most of us get more sleep! Grades possess risen, less class period is missed, attitude has improved, and the cloud of melancholy lifting. Our whole family has converted to in this manner of eating and the whole family (nondiabetics included) has seen improved health. Reading about all the complications that you could have with diabetes was bloody gut wrenching and I want to prevent it and potentially go into diabetes remission where I could control it with just diet and exercise. Highly recommend for controlling diabetes!. And just know, it gets easier as you keep up when the carb cravings get less as well as your body detoxes and adjusts to it's new energy source (about 3 weeks). Still, I don't want to keep running, so switched to his style of Interval

training. Bernstein's recommendations who can provide a whole lot of guidance. You can also have a look at Dr.2, HDL = 42, LDL = 80, total cholesterol = 148, Triglycerides = 128 This is a bit of falling off the wagon with regards to the A1C as occasionally with child duties, I had some carbs occasionally and cheated with carbs but that only boosts my belief in Dr. Then went 100% Bernstein the very next day. And, even if you decide never to follow his assistance, you will come from the book with an increase of equipment in your toolbox, and more understanding of the disease, and that will help you on your journey. It's worth reading and comes highly recommended. The photo I uploaded speaks for itself! Best book for managing diabetes. YOU HAVE TO LOG OFF of high carbs and as I described that he's at times very extreme in what you need to do. Should you have diabetes it will help you control your blood sugars and if you know somebody with diabetes it will explain a lot to you. "if you drop weight by simply switching to a minimal carb diet, consider yourself lucky". B could be hard nosed no nonsense so you might balk at his strategies but everyone is old if you can buckle down and perform it your bloodstream sugar will come down and you will feel a lot better. I've type 1 and several inexperienced doctors try to help manage my blood glucose by saying "get your numbers down" like this means not Dr. B gives you very practical methods to do that and he also explains some of the things that produce the numbers jump and that means you need not feel crazy any more when the figures don't perform what idiots with MD's say they are supposed to do. No more scary hypos on the standard, no more super persistent highs that cannot be explained, no more along arrows on the Dexcom indicating speedy change in BG's. That is mind blowing because I have been told I possibly could eat whatever I want and inject insulin to cover the carbs but Dr. Bernstein and thank God, I found the book within a week of getting diagnosed. You owe it to yourself to give this method a try. Best help for diabetes control! I was able to go off my medicine when I began following a plan in this reserve! I actually am an ICU nurse and We find my sufferers to be stunningly ignorant of their own disease. Diabetic education is normally abysmal in this country.! This book is an excellent educational tool. I am an engineer by trade therefore i wanted to know very well what was happening and how I could truly correct it. 5 years we spent following American Diabetes Association recommended dietary guidelines was filled with fear of falling BG's resulting in scary hypos, and frustration at the super spikes we saw after meals that could not come down despite correction after correction. And I purchased a couple of weights and reinstated my weight training exercise regimen. However, because of all of the child related work, I have at times experienced some carbs which displays in my elevated A1C. Please see my image in the customer images. It has actually thrown her for a loop and she just wants to fall off the map. 3, HDL = 38, LDL = 126, Total Cholesterol = 222, Triglycerides = 288 At 3 month mark (2/16/16), A1C = 6. It seems a bit much for someone beginning this journey, but I found a good place on her behalf to start putting immediate points into practice. Seems just like a lot of good details. With very low carbs and tons of cheese, my cholesterol hasn't been better. Thanks. The 1. WHEN I read this publication, I pushed my mother to check out the same assistance and although she is definitely resisting, she is putting some aspects in her diet plan and her fasting blood sugars has dropped from almost 180 to 108 in in regards to a month. Excellent reserve whether you are diabetic or not I love my doctor This book is crucial for anyone with diabetes or approaching it. I love my doctor, but I have to know more about this disease. The doc can not educate me in 15 min of allowable to us time. It's my own body and taking care of it is my responsibility. The 1st time I noticed my doctor and I talked about the very high cheese diet to him, he was cautioning me about how my cholesterol will likely shoot up - that is a common

misconception among different doctors.



[continue reading](#)

download free Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars Revised & Updated fb2

download Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars Revised & Updated epub

[download With the Light: Raising an Autistic Child, Vol. 6 txt](#)

[download free Fear Less: Real Truth About Risk, Safety, and Security in a Time of Terrorism mobi](#)

[download Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development txt](#)