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

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Dr. Bernstein's DIABETES SOLUTION

THE COMPLETE GUIDE
TO ACHIEVING NORMAL
BLOOD SUGARS

4TH EDITION,
NEWLY REVISED
& UPDATED

Richard K. Bernstein, MD

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



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Originally published in 1997, DR. Readers will find fifty gourmet recipes, and a comprehensive debate of diet, obesity, and new drugs to curb carbohydrate craving and overeating. BERNSTEIN'S DIABETES SOLUTION is a unique resource that addresses both adult- and childhood-onset diabetes, explains step-by-step how to normalize blood sugar levels and prevent or reverse complications, and offers detailed suggestions for establishing a treatment plan. BERNSTEIN'S DIABETES Remedy is the one reserve every diabetic must very own. DR.Today in its fourth edition, the reserve presents up-to-the-minute information about insulin resistance, blood-testing gadgets, measuring blood sugar, fresh types of insulin, gastroparesis and additional issues, and also updated diet guidelines.



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A sane guidance that WORKS! Update 7/6/2018=====It has been, gosh, probably more than 2. I eat tons and tons of cheese since I am a vegetarian and do not eat eggs and meats and diabetes made me quit ALL GRAINS. not to mention, the bloodstream sugars would spike to 150, 160, 170 after 2 hours.5 years ago and obviously things have been not as crisp as I used to have but I've mostly managed to keep things in order with the reduced carb diet. Diabetic education is usually abysmal in this country. Here are the amounts.A1C = 6.2, HDL = 42, LDL = 80, total cholesterol = 148, Triglycerides = 128This is a bit of falling off the wagon when it comes to the A1C as once in a while with child responsibilities, I had some carbs here and there and cheated with carbs but that only raises my belief in Dr. Bernstein's suggestions. Essentially, his advice is, get your nourishment mostly from vegetables that do not have fast acting carbs, and then add protein and fats to create up for calories and to keep you full. Bernstein and thank God, I came across the book within weekly of being diagnosed. The 1. After 1 day, we were marketed.Upgrade 4/5/2017=====It has been almost 1.5 years since I was diagnosed.6, Total cholesterol should be significantly less than 200, good cholesterol (HDL) ought to be > This much weight drop isn't typical although some people see a substantial amount of weight drop. I guess I acquired lucky there. That is amazing because I have been told I possibly could eat whatever I'd like and inject insulin to cover the carbs but Dr. I am an engineer by trade so I wanted to know very well what was occurring and how I possibly could truly fix it.5 years now.. Great Info for Diabetics I read this Dr's 1st reserve in the early 70's When We first learned of having diabetes I was anxious to start to see the revised edition In case you have lately been identified as having Diabetes this is an excellent reserve to learn how to do your most effective to control this affliction Pleased to say, all of the advice on Low Carb High Fat diet really works. With very low carbs and tons of cheese, my cholesterol has never been better. Actually, pretty much the majority of the health parameters worked out incredibly well and are all in properly normal ranges. I've gotten three screenings performed during the last 1.5 years. You can also have a look at Dr.Doctor Bernstein's guidance is. Using the suggestions in this book, my weight went from 185pounds to 145pounds within about six months and is holding steady - I am 5'6" therefore i am now at the right pounds level. 41 and bad (LDL) less than 130. Triglycerides ought to be less than 150)On analysis, A1C = 8.3, HDL = 38, LDL = 126, Total Cholesterol = 222, Triglycerides = 288At 3 month tag (2/16/16), A1C = 6.2, HDL = 41, LDL = 96, Total Cholesterol = 157, Triglycerides = 98On 8/1/16, A1C = 6.1, HDL = 47, LDL = 103, Total Cholesterol = 170 Triglycerides = 1011/28/16, A1C = 5. Of program there are issues with in this manner of eating (much like anything) but I would take these issues any time over the types we experienced when controlling her diabetes per the ADA recommendations. After getting metformin from the doctor and the usual advice of 1/2 plate vegetables, 1/4 plate coffee beans and legumes and 1/4 plate wheat/loaf of bread etc, I came house and tried that... I've had a child about 1. Bernstein's philosophy.Reading about all of the complications that you could possess with diabetes was bloody gut wrenching and I do want to prevent it and potentially get into diabetes remission where I can control it with only diet and exercise. which means my muscles will work aerobically.Listed below are the results (normal range for A1C - the average blood glucose level for last 90 days - for healthy person should be below 5... B implies that this simply doesn't work and never will. He asks you remove ALL GRAINS, ALL FRUITS and virtually all sources of easily digestible carbs (potatoes etc.Our whole family has converted to in this manner of eating and everyone (nondiabetics included) has seen improved health.One Have to keep off of the carbs. It's well worth reading and comes strongly suggested.. B could be hard nosed and no nonsense so you might balk at his methods but every one is tried and true so if you can buckle down and perform it your bloodstream sugar will come down and you will feel a lot better.. I love my doctor,

but I have to know more concerning this disease. Anyways, MANY THANKS Dr. Please observe my photo in the client images. I have been running for many years now, mostly regularly and now running will not raise my heart rate, I can run and talk conveniently.. Obviously, my doctor's guidance would have put me on a way to complications. Yes, it was a little bit hard, but I truly did quit all grains.. Then went 100% Bernstein the very next day. This book is an excellent educational tool. Dr. And I bought a bunch of weights and reinstated my weight training exercise program. Another point that cemented my belief in this is that my Mom has had diabetes for over 15 years and her blood sugar were pretty high, even fasting... After I read this reserve, I pushed my mother to follow the same tips and although she is usually resisting, she is putting some factors in her diet plan and her fasting blood glucose has dropped from almost 180 to 108 in about a month. Thanks. Compared to what the American Diabetes Association tells or an over-all doctor tells, Dr. Bernstein's guidance actually works and I am pleased I acquired it. His is not the most popular publication out there but that's because it will not sugar coat anything. YOU HAVE TO GET OFF of high carbs and as I pointed out that he's at times very intense in what you have to do. The outcomes were incredible. given he has been a Type 1 diabetic since age 12 and he was near organ failing at around 30 and found and produced the VLC (suprisingly low carb diet) function for himself, switched professions to Medicine to greatly help others and offers resided to 80+ years with ideal A1C and other parameters. Not just that, if you make an online search, you will find forums after forums of individuals who've kept diabetes related complications away by following his assistance or similar VLC (very low carb) diet further proving that he's right. And here I was working and thinking it had been amazing. As possible still discover, the HDL, LDL, Total Cholesterol and Triglycerides are still fully within range. I have nearly read the reserve cover to cover twice and continue poring over it to discover when there is anything I missed. Most of us get more sleep! It's the most comprehensive and informative diabetes publication I've found. The information provided is a full game-changer for our Type 1 kid and our just regret is that people missed it sooner! Now that my boy is a bit old and life a little bit saner, I am back again to my usual diet plan and trying to regulate points better. 5 years we spent following the American Diabetes Association recommended dietary guidelines was filled with fear of falling BG's leading to scary hypos, and frustration at the super spikes we saw after meals that would not drop despite correction after correction. It was a roller coaster, and not a fun one. It had been exhausting. The info in Dr. The most crucial piece of information so far is that injected insulin just doesn't become insulin from a wholesome pancreas and you have to switch they timing of your injections and the way you eat. We focused on one complete week eating relating to his suggestion. Will upgrade in a couple of months on where I am. I get his factors though. We followed an exact diet provided by the nutritionist that was "properly well balanced for a diabetic" for just one full day time. Still, I don't need to leave running, therefore switched to his design of Interval training.. Best publication for managing diabetes. No more scary hypos on the regular, no more super stubborn highs that cannot be explained, no even more up and down arrows on the Dexcom indicating speedy change in BG's. Recommend this book for just about any diabetic you know. A Must Read for anybody Managing Diabetes This book should be recommended to everyone upon diagnosis. Grades have gone up, less class period is missed, attitude offers improved, and the cloud of unhappiness lifting.) from your own meal and instead puts you on a minimal carb, moderate proteins and reasonable fat diet. 7, HDL = 40, LDL = 80, total cholesterol = 147, Triglycerides = 137-----Original Review (June 30, 2014) I am a newly diagnosed Type 2 diabetic (4 weeks now) and was in denial for the initial couple of days because I exercise strenuously 3x a week (4-6 mile runs) and although I do go over sometimes, mostly I thought I ate healthy. Purchased for a Friend One of my daughters friends just discovered that she

was Type 1 Diabetic. Commit for weekly and then decide whether it's for you before capturing it down as sounding too extreme. They are brief and topic-specific. There are very supportive groups on the web of other households following Dr. Bernstein's suggestions who can provide a lot of guidance. Preferably, I will get that performed every 3 months, nevertheless, you know, life gets in the manner. Bernstein's "Diabetes University" video clips on YouTube. And just know, it becomes easier as you continue when the carb cravings get less as well as your body detoxes and adjusts to it's new power source (about 3 weeks). And, even if you decide never to follow his tips, you should come from the book with more tools in your toolbox, and more knowledge about the disease, and that will help you on your journey. Keeping with his advice, my blood sugar is almost right down to normal inside 3 weeks of pursuing his suggestions and my weight is usually down 15 pounds (he says. B gives you very practical methods to do just that and he even explains a few of the things that produce the numbers jump and that means you don't have to feel crazy any more when the amounts don't do what idiots with MD's state they are supposed to do. Now, our worst BG day time graphs looks way better than the average T1's BEST days! The best book on diabetes I've ever read. It seems a bit much for someone beginning this trip, but I found a good place on her behalf to start putting immediate stuff into practice. Dr. "if you drop weight simply by switching to a minimal carb diet plan, consider yourself lucky". I have type 1 and many inexperienced doctors try to help manage my bloodstream glucose by saying "obtain your numbers down" like that means not Dr. The photo I uploaded speaks for itself! Bernstein's publication made so much feeling and we knew we'd to at least give his methods a go. I am right now a firm believer in Dr. to conclude, very very intense. Greatest help for diabetes control! Highly recommend for controlling diabetes! I could go off my medication when I began following the plan in this book! I am not diabetic, but I consume like one and feel great due to it. However, due to all the child related function, I have at times experienced some carbs which displays in my own elevated A1C. I am an ICU nurse and We find my sufferers to be stunningly ignorant of their own disease..! where I operate at a sane speed on toned and whenever I see an incline, I sprint up to raise my heart rate. Bernstein's story is actually inspiring and he's living proof his teaching is sound. Now, we can enjoy life and activities with confidence our child's BG will not plummet. You borrowed from it to yourself to give this method a try. It has really thrown her for a loop and she just really wants to fall off the map. I purchased this hoping she would choose it to save her life. Should you have diabetes it will help you control your blood sugars and if you know somebody with diabetes it will explain too much to you. Seems like a large amount of good information. Period will only tell. I am not shy approximately saying, yes I am a believer. Old CLASSIC ON DIABETES, USED FOR TRYING TO LESSEN INSULIN IN DIABETES, NOT THAT HELPFUL THOUGH MANY LIKE IT To similar to his first Mostly same as his first book Excellent publication whether you are diabetic or Dr. Bernstein is directly on target. Excellent publication whether you are diabetic or not I love my doctor This book is a must for anyone with diabetes or approaching it.) Also, it was a bit jarring to see him tell me that pure running is worse than weight training. The doc cannot educate me in 15 min of allowable to us period. It's my body and looking after it is my responsibility. The 1st time I noticed my doctor and I pointed out the high cheese diet plan to him, he was cautioning me about how exactly my cholesterol will likely shoot up - this is a common misconception among several doctors.



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