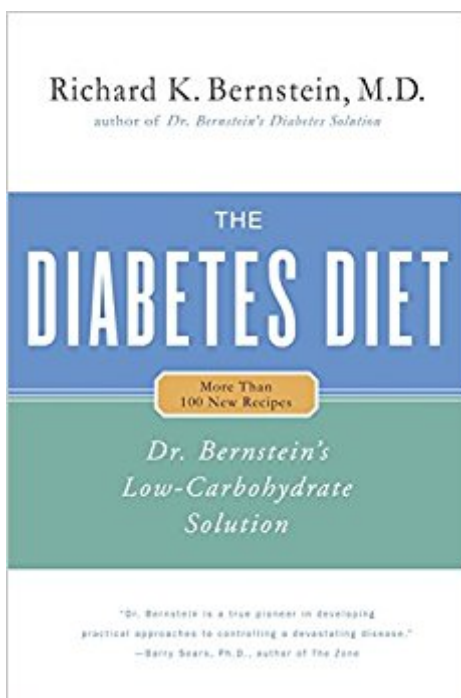


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# The Diabetes Diet: Dr. Bernstein's Low-Carbohydrate Solution



## Synopsis

This low-carb diet book is geared towards diabetics. An engineer by training, Bernstein pioneered blood glucose self-monitoring and the tight control of blood sugar that is now accepted as the standard treatment of diabetes.

## Book Information

Hardcover: 291 pages

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Average Customer Review: 4.5 out of 5 stars 194 customer reviews

Best Sellers Rank: #17,414 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #19 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #43 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

Dr Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease that is growing at epidemic proportions in this country. This book should be in the library of every diabetic patient, and especially physicians who treat diabetes \* Barry Sears, Ph.D., author of The ZONE \*

Richard K. Bernstein, M.D., is recognised as one of the foremost experts on the disease. His private practice is solely devoted to diabetes and pre-diabetic conditions.

This book, and his others, should be required reading for all diabetics. Full of information that most of the medical profession seems to never mention. As a life long diabetic (type 1), he practices this approach and states that his medical practice is focused on treating diabetics. My wife, a type 2 diabetic, has been following his recommendations, and has lost 14 lbs so far, and her blood sugar control is much better. We anticipate her next A1c to be in the low 6's, based on her before, between and after meal blood tests. We also recommend Jenny Ruhl's several books on Diabetes,

which contains a comprehensive list of references to studies on diabetes and diets, which our doctors, and the ADA have never mentioned. As always, the medical disclaimer: Not medical advice, make informed decisions.

This also is a bit of a summary to what is talked about in the Diabetic Solution his main book which I believe to be the best Diabetic book to be read. In this book are many recipes that will help in eating the way he suggests. I found I can make more than enough foods to stay within the carb numbers he wants us to live within. Making a substitute for Bread out of cheese. It works and I could once again eat sandwiches! With both of his books it took reading both to finally find out the number of carbs we need to only eat to get one's sugar under control even without using medicine. To help you they are 5 carbs for breakfast 10 for lunch 10 for dinner and 10 for a snack. Doesn't sound like much but following his way of eating it can be plenty of food. Read the book and see if I got my carb numbers right. I believe he tells the Truth and shows a real way to keep sugar numbers in control even without medicine!

This is my last diabetes book purchase! Now I will just purchase low carb recipe books as I plan to make this my diet for life. Thank you Dr. Bernstein, for giving me hope that I can live a normal life with this "condition". After I read this book and began to check my blood sugar before and after eating, I found hidden carbohydrates in everything and have now tailored my diet to fit my needs, and I immediately eliminated some of my medications.

I went to New York and had a complete physical done personally by Dr. Bernstein. Results from Hemoglobin A1C showed that I had an average Blood Sugar Level of 180. Triglycerides were in the 600's. I started the Low Carbohydrate regimen layed out in the book. There was withdrawal from all the sugar and starches, but after 2 weeks I found the diet painless. I did not feel deprived and I was not hungry all the time. I exercised 3-4 times a week. Blood Sugars returned to normal, which Dr. Bernstein said is 85. Triglycerides plummeted to 65. Energy level went through the ceiling. He basically says in his book that the High Sugar Levels cause a deterioration of the the nerves. So you could say that excess sugar and starches are nerve poison. He pointed out that when the nerves lose power that the Soft tissue organs begin shutting down cells. This means damage to organs like kidneys, brain, arteries, etc. He said that the damage done cannot be repaired, but if Sugars are normalized then function of the nerves is regenerated causing no more damage. He and Atkins are my heros. Thank You for giving me my life back, Dr. Bernstein!!

I have had type 1 diabetes since I was 17, I'm now 29 years old. My endocrinologist prescribed the Atkins diet for me a long time ago, but I never listened completely and never stuck to it faithfully. This has all changed recently where I decided I must lose weight and by miracle, stumbled upon Dr. Bernstein's books recommended on the Atkins forums for diabetics. This book and diet is very close to Dr. Atkins' work, however it's written FOR Diabetics, both Type 1 and 2!! It has all the details I wanted to know which I couldn't find in Dr. Atkins' book for type 1 diabetic on a low-carb diet. This diet and the low-carb approach WORKS!! I've been on an insulin pump for over 10 years, after reading Atkins and Bernstein's books, and switching to a low-carb diet, my insulin use has been cut in HALF, that's 50% less insulin in 1 week! My energy levels are through the roof, I took up exercise and I never felt this great and energetic. I've been on the diet for over a month now and lost a lot of weight! Just don't forget to drink lots of water with this and you'll be on your way to a healthy, happy life! It really does work!! My LDL cholesterol has fallen while HDL has slightly increased which my doctors finds great! BUY this book if you're diabetic or know anyone who suffers from this disease or is overweight or pre-diabetic! It will save their life. (It does take dedication and will power at first, but you're really investing in yourself and your life, and protecting yourself from horrible complications which arise from uncontrolled diabetes and the FDA recommended high-carb diet!!).

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