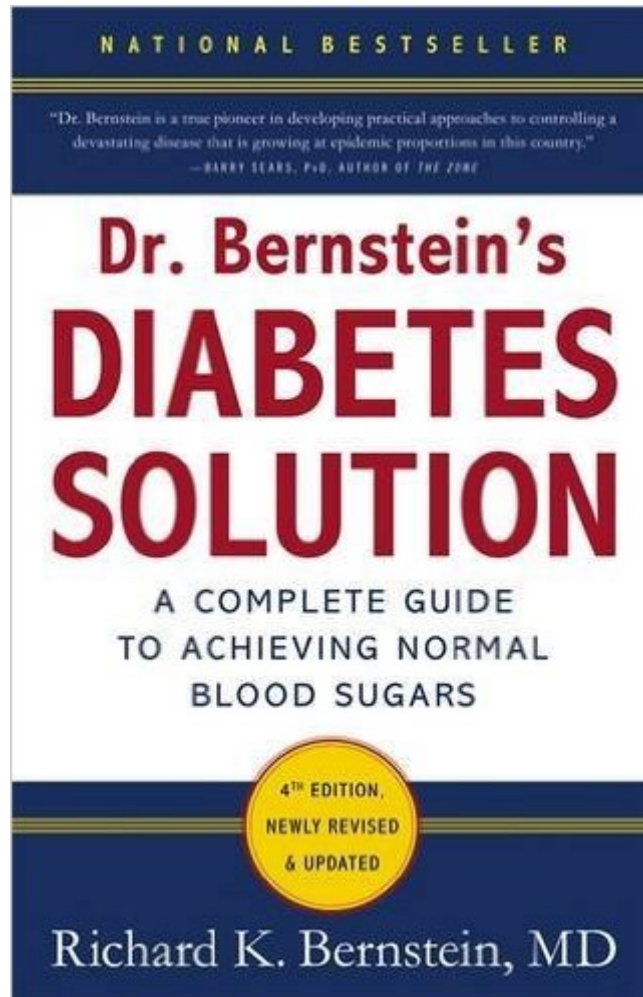


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# Dr. Bernstein's Diabetes Solution: The Complete Guide To Achieving Normal Blood Sugars



## Synopsis

Originally published in 1997, DR. BERNSTEIN'S DIABETES SOLUTION is a unique resource that covers both adult- and childhood-onset diabetes, explains step-by-step how to normalize blood sugar levels and prevent or reverse complications, and offers detailed guidelines for establishing a treatment plan. Readers will find fifty gourmet recipes, in addition to a comprehensive discussion of diet, obesity, and new drugs to curb carbohydrate craving and overeating. Now in its fourth edition, the book presents up-to-the-minute information on insulin resistance, blood-testing devices, measuring blood sugar, new types of insulin, gastroparesis and other issues, as well as updated diet guidelines. DR. BERNSTEIN'S DIABETES SOLUTION is the one book every diabetic must own.

## Book Information

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## Customer Reviews

I wrote a review of Dr. Bernstein's book in June of 2000. At that time, I had lost 15 pounds and had normalized my blood sugars using his regimen. Eighteen months later, I am still following his diet and routines. Most of the time my blood sugar is between 75 and 90 and my hemoglobin a1c is 4.6. I visited his office in ... and have had phone contact and occasional visits to his New York office since that time. (I live in Pittsburgh, PA) I have now lost over 55 pounds and kept it off. My cholesterol has improved so that it is normal to low normal. Dr. Bernstein also diagnosed a thyroid conditionâ "which other doctors told me I did not haveâ "and with treatment, I am now in the completely normal range of both T3 and T4 and my energy levels are normal for the first time in years. I do not find the lack of carbohydrates to be that much of a sacrifice, especially considering

the damage that high blood sugars can cause. I have found food items that help make up for the lack of regular bread and potatoes (made by Ketogenics) that help when I am hungry for bread, but do not adversely affect my blood sugar. Dr. Bernstein is indeed available 24 hours a day. Last December, I awoke at 2 A.M. with severe vomiting and diarrheaâ€”very serious for diabetics and I called his emergency number. He answered the phone, gave me excellent instructions, and had me contact him every few hoursâ€”through Christmas Dayâ€”until I had recovered somewhat. I wish doctors in my area would take his treatment and ideas more seriously because they do work. When I have attempted to add extra carbs to my diet, it ALWAYS raises my blood sugar to unacceptable levels (over 110). If I were to eat the diet recommended by the A.D.A.

Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood SugarsDr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood SugarsMy husband has type 2 diabetes. He saw his doctors faithfully every 3 months. He tried to lose weight. He tried to exercise. He took his blood sugars and his meds faithfully.In 2002 he weighed 280 lbs. (he is 5'10"). He was on 43 units of insulin, he was on Neurontin for the terrific pain from the neuropathy in both his feet. He could not walk over 75 feet before he had to sit down and rest. I told my grown children that in 6 months I will be pushing Dad around in a wheelchair and I meant it. He had horrific diaphoresis at night. He had to put a bath towel on his pillow because of the profuse sweating that would happen when his blood sugar went low while he was sleeping. He had sleep apnea. I was constantly poking him during the night to wake him from his period of not breathing. He was irritable and depressed. Actually, irritable does not begin to describe him. He was angry a lot of the time. You couldn't say good morning because he would jump all over you.He could not do anything around the house. He went from a man who loved to fix everything, play with the kids and still have time to be my best friend to a man who had absolutely no energy at all. His idea of exercise was using his thumb on the remote control for the TV.

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