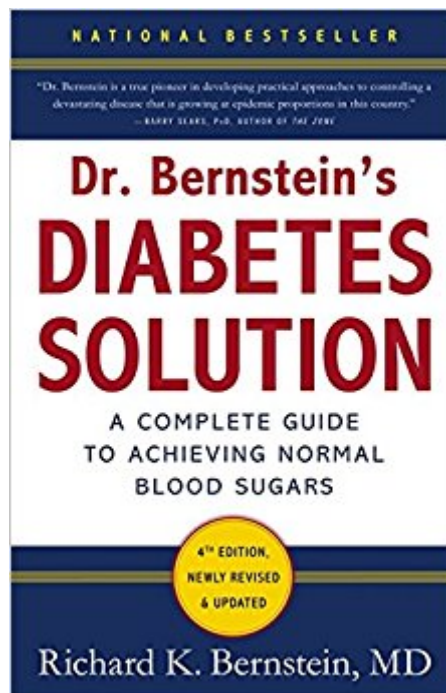




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# Dr. Bernstein's Diabetes Solution: The Complete Guide To Achieving Normal Blood Sugars



## 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

Bernstein (Diabetes Type Two, Prentice Hall, 1990), a Type I diabetic, begins his book with testimonials from 14 patients praising his methods for controlling diabetes. His most radical departure from established medical practice is his diet plan, which recommends high fat, high protein, and a minimum of carbohydrates advice that conflicts with that given by the American Diabetes Association and the American Heart Association. Bernstein's exercise regimen also differs from standard practice by advocating anaerobic over aerobic exercise. There is a brief overview of diabetes, and specific supplies and brand names of products for diabetes are recommended. Sick days, the emotional challenges of the disease, pregnancy, and sex are either not included or barely

mentioned. Richard Beaser's The Joslin Guide to Diabetes (LJ 7/95) is a far superior choice. Janet M. Schneider, James A. Haley Veterans Hosp., Tampa, Fla. Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Bernstein has had type I (juvenile or insulin-dependent) diabetes for 50 years and has become well known for his unconventional approach to treating both types of the disease. His emphases on almost hour-by-hour normalization of blood sugar and a diet consisting of nearly no carbohydrates and high levels of fat and protein have certainly educated two results: they have alienated many other diabetes specialists and required Bernstein's patients to be meticulous in self-managing their disease. Bernstein begins with some successful case histories, proceeds to basic backgrounding on diabetes, and then describes his treatment plan in considerable detail. He discusses diet, types of insulin and their uses, and the importance of establishing a close relationship with one's physician. He encourages his patients to make frequent visits to his office, makes himself available by phone virtually round the clock, and here includes five appendixes of data and exposition to help patients align their physicians' thinking with his. William Beatty --This text refers to an out of print or unavailable edition of this title.

Update 4/5/2017=====It has been almost 1.5 years since I was diagnosed. Using the advice in this book, my weight went from 185lbs to 145lbs within about 6 months and is holding stable - I am 5'6" so I am now at the right weight level. This much weight drop is not typical although many people see quite a bit of weight drop. I guess I got lucky there. I am now a firm believer in Dr. Bernstein's philosophy. I eat tons and tons of cheese since I am a vegetarian and don't eat eggs and meat and diabetes made me give up ALL GRAINS. Yes, it was a bit hard, but I truly did give up all grains. The first time I saw my doctor and I mentioned the very high cheese diet to him, he was cautioning me about how my cholesterol will likely shoot up - this is a common misconception among various doctors. Happy to say, all the advice on Low Carb High Fat diet actually works. With very low carbs and tons of cheese, my cholesterol has never been better. In fact, pretty much most of the health parameters worked out incredibly well and are all in perfectly normal ranges. I have gotten three screenings done during the last 1.5 years. Ideally, I should get that done every 3 months, but you know, life gets in the way. Here are the results (normal range for A1C - the average blood glucose level for last three months - for healthy person should be under 5.6, Total cholesterol should be less than 200, good cholesterol (HDL) should be > 41 and bad (LDL) less than 130. Triglycerides should be less than 150) On diagnosis, A1C = 8.3, HDL = 38, LDL = 126, Total

Cholesterol = 222, Triglycerides = 288 At 3 month mark (2/16/16), A1C = 6.2, 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 = 5.7, 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 first few 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. After getting metformin from the doctor and the usual 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... and of course, the blood sugars would spike to 150, 160, 170 after 2 hours. I am an engineer by trade so I wanted to understand what was happening and how I could truly fix it. Reading about all the complications that you can have with diabetes was bloody gut wrenching and I do want to avoid it and potentially go into diabetes remission where I can control it with just diet and exercise. Obviously, my doctor's advice would have put me on a path to complications. Doctor Bernstein's advice is... to summarize, very very intense. He asks you eliminate ALL GRAINS, ALL FRUITS and virtually all sources of easily digestible carbs (potatoes etc.) from your meal and instead puts you on a low carb, moderate protein and reasonable fat diet. Essentially, his advice is, get your nutrition mostly from vegetables that do not have fast acting carbs, and then add protein and fat to make up for calories and to keep you full. Keeping with his advice, my blood sugar is almost down to normal within 3 weeks of following his advice and my weight is down 15 pounds (he says.. "if you drop weight by simply switching to a low carb diet, consider yourself lucky"..) Also, it was a bit jarring to see him tell me that pure running is worse than weight training. And here I was running and thinking it was amazing. I get his reasons though. I have been running for many years now, mostly consistently and now running does not raise my heart rate, I can run and talk easily.. which means my muscles are working aerobically... Still, I don't want to leave running, so switched to his style of Interval training.. where I run at a sane pace on flat and whenever I see an incline, I sprint up to raise my heart rate. And I bought a bunch of weights and reinstated my weight training regimen. 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 book, I pushed my mom to follow the same advice and although she is resisting, she is putting some aspects in her diet and her fasting blood sugar has dropped from almost 180 to 108 in about a month. I am not shy about saying, yes I am a believer. Compared to what the American Diabetes Association tells or a general physician tells, Dr. Bernstein's advice actually works and I am glad I got it. His is not the most popular book out there but that is because it does not sugar coat anything. YOU HAVE TO GET OFF of high carbs and as I

mentioned that he is at times very intense in what you have to do.. given he has been a Type 1 diabetic since age 12 and he was near organ failure at around 30 and then found and made the VLC (very low carb diet) work for himself, switched careers to Medicine to help others and has lived to 80+ years with perfect A1C and other parameters. Not just that, if you search on the Internet, you will find forums after forums of people who have kept diabetes related complications at Bay by following his advice or similar VLC (very low carb) diet further proving that he is right. Anyways, Thank You Dr. Bernstein and thank God, I found the book within a week of being diagnosed. I have nearly read the book cover to cover twice and continue poring over it to see if there is anything I missed.

Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars  
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My 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. He fell asleep at the wheel while driving and hit the medium strip on the freeway. He didn't even realize that he had fallen asleep! He thought he had a flat tire. Upon examination by the tire store, the tire, which was only 2 weeks old, did not have anything in it and was not flat. The tire went bad because when he hit the concrete barrier on the freeway, it tore up the sidewall of the tire. Fortunately he nor anyone else was hurt. I picked up Dr. B's first edition of "Diabetes Solution" in the summer of 2002. After reading the book, I realized that there was hope for my husband. I told him that I could help him. He wasn't ready and I don't think he believed me. I continued to read and study about low carb especially where diabetes was concerned. One day in late 2002, my husband came to me and said he was ready to take

responsibility for this illness. That's the day our lives changed completely! Dr. Bernstein's book gave us the hope and the information we needed to change my husband's condition. I have now purchased each of the 4 editions of Dr. Bernstein's book, "Diabetes Solution" and each one has given me new information. 9 years ago we began eating low carb. Within 3 months my husband was completely off of insulin. Within 9 months he lost 80 pounds. Night sweats gone. Apnea -- gone. Neuropathy went from severe pain to a twinge now and then. Neurontin pain medication - gone. Diuretics - gone. He went from a man who could not walk 75 feet to a man who has now been in 2 5K races (walking) and who walks 2 miles 3 times a week at the local gym. His doctor was astonished!!!! She said he was her "poster child for diabetics" and if she could get all of her patients to do what he did, she would be a happy doctor. But SHE didn't tell my husband what to do --- Dr. Bernstein did! Recently my husband decided to lose more weight and now has lost a total of 100 pounds. He went from 280 to 180 pounds. His energy levels are through the roof. He engaged the help of our two sons and together they totally remodeled our family room. He has painted the living room, dining room, kitchen and our bedroom. He doesn't sit down except at night to watch a little TV before retiring. We've been married 51 years and we feel like newlyweds! Low carb critics have said that this type of diet is much too difficult to sustain long-term. They need to come and talk to my husband and to me. We are both eating low carb and loving it. You're never hungry! Thank you Dr. Bernstein! You saved my husband's life. Check out the results of our low carb lifestyle on our web site at [...]. The before and after photos should be enough to convince anyone to pick up Dr. B's book today!! BTW I have absolutely no connection with Dr. B. I have never met him but I sure would love to someday. We are passionate advocates of low carb and of telling diabetics the truth about their disease. We teach classes about what we have learned over the years and from our experience so that we can help others. Dr. Bernstein's book is the first one on our "Recommended Reading List".

This book has changed my life. 9 months ago I weighed 203 lbs and was diabetic, and taking two antihypertensive medications. The more I followed conventional medical and nutritional advice, the heavier and more diabetic I got. Then I discovered Dr. Bernstein's book (prior edition), followed his prescription for diet and began losing weight. Now I weigh 160 and my blood sugar and Hb A1C are normal. I have discarded one antihypertensive pill, and cut the dose of the other in half, and my blood pressures are normal. This new edition, which expands the information on diet, medication, diabetes and its complications, is both practical, easy to read, but very erudite and comprehensive. If you are overweight, pre diabetic, diabetic, have metabolic syndrome, or a family member with any of these, please read this book. Ask your doctor to read it also. I learned more about the care of

diabetes from Dr. Bernstein than I did in medical school.Sheldon Wolf, MD

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