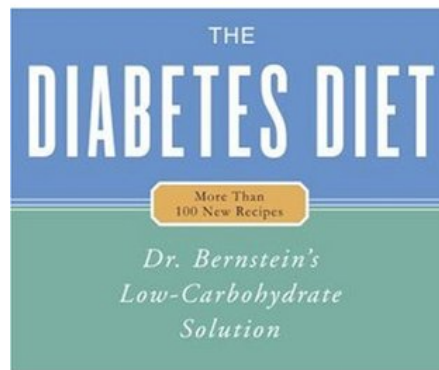


Richard K. Bernstein, M.D.
author of Dr. Bernstein's Diabetes Solution



"Dr. Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease."
—Barry Sears, Ph.D., author of The Zone

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

Richard K. Bernstein

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

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

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.

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

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The Diabetes Diet

By Richard K. Bernstein M.D.

SYNOPSIS:

This is not a novel. It's informative text on one diabetic/doctor's experience with this disease. He offers incite into the cause, management and prevention to this problem that is plaguing Americans.

REVIEW:

Did you know that insulin is the ONLY reason we retain fat! Well this idea was news to me and caught me from the beginning. I also learned what it means to have a 'carb addiction' and what happens when you are insulin resistant. I was absolutely astounded when I read which foods cause blood sugar levels to spike. I knew it wasn't just refined sugar, but I had no idea whole grains were a nemesis along with some beans and practically ALL fruit! Wow.

Not only was I impressed by the information provided but I also loved how Dr. Bernstein came to these findings and conclusions. He has been a diabetic since his youth and started running experiments on himself. He was a forty-something-year-old engineer when he decided to go to medical school in order for his research to be taken seriously by the medical community. I loved that! It's never too late to do hard things and accomplish your hearts desire.

I think I read the entire book with my mouth opened in disbelief at what was being presented. Rather than blindly take his word for it, I decided to get my own blood sugar meter and put it to the test. Many finger pricks and 10 lost pounds later, he made a believer out of me. Some critics will say his stringent diet is unnecessary due to the availability of insulin injections, medications and/or a functioning pancreas. To them I say...it may be so, but if I can be disciplined to only fuel my body with what is necessary won't that empower me in more ways than one? I thoroughly enjoyed this book and give it 4-stars.

K (Karen) says

There is some great information in this book, but it is not a standalone. Nearly every page contains a reference to one of the author's other books.

Lisa says

Great ideas. Lost weight and lowered my bloodsugar and A1Cs. Very strict on carb intake. Bought the book to use forever.

Paul Vreeland says

I'm dissapointed that it doesn't give any additional recommendations for managing bloodsugar while excercising and preventing of treating lows during activity

Becky says

Good information

Pamela says

I'm determined to control my blood sugar without the use of medication for as long as possible & a low-carb diet is the way to do that. I'm not quite ready to try the extreme low-carb diet the author suggests, but I am taking many of the things I learned about food & the effect on blood sugar control & implementing them into my food plan.

I like that this is a protein-based diet plan with vegetables included. I don't think I could go to a strict vegan/vegetarian only diet as other diabetic solution books offer. I do think I want more of a balance. I'm not quite willing to give up whole-wheat products & all fruit quite yet, but I will only be eating them sparingly.

The recipes in the back are great! I'm giving the book 4 stars for the recipes. I've tried a few & plan to try many more.

Doris Jean says

Anyone who is overweight, diabetic, ill or just not feeling up to par could benefit from these recipes. They have been thoroughly scrutinized by Dr B. working with professional chefs and are nutritious and balanced.

The first part of the book explains what the plan is and why, and the second part is over a hundred tasty recipes. I like knowing why I am eating this way and how to balance carbohydrates. The recipes have done all the math.

Discipline is needed to nutritionally control food intake, and it matters and is worth eating less of all those sodas, cakes and candies if one can get rid of many pounds of body fat, or save a foot from amputation. Hey, it's worth it just to simply feel better.

This is among my top three cookbooks of my life.

Christine Dahl says

I had diabetes while pregnant and I never want to give myself insulin injections again. The best defence against adult-onset diabetes is to have a normal to lean body weight. However, I have wrestled with conflicting recommendations on how to lose weight. I asked myself, why wait until I have diabetes to eat in a way that controls my blood sugar. This book is full of useful information. Let's see whether I can make this way of eating work for me over the long-term.
