

Dr Bernstein's Diabetes Solution

"Dr. Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease that is growing at epidemic proportions in this country."
—Barry Sears, Ph.D., author of *The Zone*

D R. B E R N S T E I N ' S

Diabetes Solution

REVISED
&
UPDATED

THE COMPLETE GUIDE
TO ACHIEVING
NORMAL BLOOD SUGARS



Richard K. Bernstein, M.D.

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Since its first publication in 1997 Diabetes Solution has become the treatment of choice in the medical field in America. Dr Bernstein's ground-breaking approach to diabetes care enable patients to take control of their disease to live long and healthy lives by regulating their blood sugar without the usual swings. Dr Bernstein is living proof of the success of his method and in this revised and updated edition of his work he gives an accessible, detailed guide to his revolutionary approach and outlines his plan for preventing or reversing long-term complications of the disease. He offers the most up-to-date information on new products, medications and supplements and explains the connection between obesity and age-onset diabetes. He discusses breakthrough science and potential cures and has added new methods of treatment, including new uses of medication and exercise approaches, as well as adding 40 new gourmet, low carbohydrate recipes in addition to the original 50.

作者介绍:

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