



Dr. Bernstein's Diabetes Solution: A Complete Guide to Achieving Normal Blood Sugars

Richard K. Bernstein

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Richard Bernstein is a legendary figure in the diabetic community, an engineer who developed a revolutionary new method of treating his own diabetes in the 1970s -- and then entered medical school at age forty-five so he could help other diabetics. Despite initial opposition from the medical establishment, Dr. Bernstein's method, which calls for the careful monitoring and control of blood sugar levels, has become the standard treatment for the disease.

Now Dr. Bernstein distills all of his personal experience and medical expertise -- and presents a unique resource book that is destined to become the bible for diabetics everywhere. Covering both adult- and childhood-onset diabetes, this is the only guide that details the Bernstein method, explaining step-by-step how to normalize blood' sugar levels and prevent or reverse complications. Complete with up-to-the-minute information on blood-testing devices and new types of insulin as well as fifty gourmet recipes and a comprehensive discussion of diet, obesity, and new drugs to curb carbohydrate craving, Dr. Bernstein's Diabetes Solution is the one book every diabetic must own.

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