

dr bernstein diabetes solution pdf

Dr. Bernstein's Diabetes Solution, A Complete Guide to Achieving Normal Blood Sugars Dr. Richard Bernstein's groundbreaking approach to diabetes care enables you to take control of the disease by normalizing your blood sugars.

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Description : 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.

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"Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars": The original book was published in 1997. The 2011 edition includes information on new technology (including insulin pumps and continuous blood sugar monitors), drugs (including inhaled insulin), and methods and has new recipes.

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Dr. Bernstein started medical school at age 45. Now he maintains an A1C in the 4s, as do his patients. I first read his book, "The Diabetes Solution," 4 years ago, and it changed both my life and my health tremendously.

3 Days with Dr. Bernstein "Diabetes Daily

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