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to your diabetes  
questions. Q13:  
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that covers both  
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childhood-onset  
diabetes, explains  
step-by-step how

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to normalize blood sugar levels and prevent or reverse complications, and offers detailed guidelines for establishing a treatment plan.

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blood sugars for  
diabetics with the  
aid of a low  
carbohydrate diet  
and exercise is the  
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and The Diabetes  
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Solution. Whether  
you are newly

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Diagnosed or a  
lifetime veteran of  
Type 1 or Type 2  
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Bernstein, a  
renowned and  
even revolutionary  
figure in diabetes  
treatment and  
diabetic himself,  
will show you how  
you could stop the  
roller-coaster  
swings in your

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groundbreaking  
approach to  
diabetes care  
enables you to take  
control of the  
disease by  
normalizing your  
blood sugars. Since  
its first publication  
in 1997, DR.  
BERNSTEIN'S  
DIABETES  
SOLUTION has

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become the bible  
for diabetics. Dr.  
Bernstein himself is  
living proof of the  
success of his  
methods.

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Diabetes Solution -  
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Diabetes Solution  
is a program  
developed by

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Richard K. Bernstein, MD, for keeping blood glucose levels as close to normal as possible at all times. Dr. Dr. Bernstein, who himself has had Type 1 diabetes for more than 60 years, was one of the early advocates of

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aggressive blood  
glucose control  
using blood glucose  
monitoring.

## Richard K

Dr. Bernstein's  
Diabetes Solution:  
Definition and  
Overview ...

Laura Dolson is a  
health and food  
writer who  
develops low-carb  
and gluten-free

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recipes for home cooks. Lindsey Waldman, MD, RD, is a board-certified pediatrician and pediatric endocrinologist. At its core, Dr. Bernstein's Diabetes Diet (created, as the name suggests, by a physician) is a very low-

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carbohydrate diet  
designed to help  
people with  
diabetes achieve  
and maintain  
normal blood sugar  
levels and reverse  
and/or lower the  
risk of  
complications. 1 □  
It is not a weight  
loss diet ...



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Diabetes Diet:  
Pros, Cons, and  
How It Works  
Dr. Bernstein was  
diagnosed with  
type 1 diabetes at  
the age of 12 in  
1946. Dr. Bernstein  
was diagnosed with  
diabetes during  
what is commonly  
referred to as the  
diabetes “dark  
ages”. He had to

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check his urine for sugar by using a test tube heated over a flame. He had to sterilize his needles and glass syringes by boiling them each day.

Dr. Bernstein's Low-Carb Diabetes Diet  
– Diabetes Daily  
Achieving normal blood sugars for

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diabetics with the  
aid of a low  
carbohydrate diet  
and exercise is the  
focus of Dr.

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University, Revised  
and Updated 2011  
Diabetes Solution,  
and...

Dr. Richard K.  
Bernstein -

*Page 27/42*

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The Bernstein Diet.  
Fast-forward, and  
Dr. Bernstein is still  
holding strong, well  
and good at age  
83. He became his  
very own endo, still  
runs his private  
practice, and has  
published six books  
on all his diabetes  
findings. While  
many are quite

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opposed to Dr.  
Bernstein's  
Diabetes  
Solution By  
restrictive diet,  
others swear by it.

## Richard K

The Bernstein Diet:  
Bernstein  
Dr. Bernstein's low-  
carb life hacks

Dr. Richard K.  
Bernstein has  
authored six of the  
leading books for  
people managing  
diabetes who are

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interested in  
controlling their  
blood sugar to  
prevent the  
complications of  
diabetes. The two  
most recent books,  
"Diabetes Diet"  
and "The Diabetes  
Solution" are used  
by people across  
the world to help  
them in their quest  
to normalize their

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Diet Guidelines: No-  
No's in a Nutshell -  
Dr. Bernstein's ...

Doctor Richard K  
Bernsteins work is  
the SOLUTION. His  
books should be  
read by type 1 and  
Type 2 diabetics,  
physicians, and  
any one with an  
interest in healthy

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Bernstein

eating. The key  
insight is self  
management.  
Measure and adjust  
if and when  
needed.

Dr. Bernstein's  
Diabetes Solution –  
brilliant short video

...

Dr. Richard K.  
Bernstein has  
authored six of the



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leading books for people managing diabetes who are interested in controlling their blood sugar to prevent the complications of diabetes. The two most recent books, "Diabetes Diet" and "The Diabetes Solution" are used by people across

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the world to help  
them in their quest  
to normalize their  
blood sugars.

## Richard K

Recipes Archives -  
Dr. Bernstein's  
Diabetes Solution.

A ...

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Diabetes Solution  
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published in 1997,  
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**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

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establishing a  
treatment plan.

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Diabetes Solution  
Richard K.

Bernstein, MD, is  
one of the world's  
foremost experts in  
diabetes treatment  
and care. He is the  
author of six books  
about diabetes,

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including The  
Diabetes Diet.

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resource that  
covers both adult-  
and childhood-

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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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by Richard K.

Bernstein ...

About Dr.

Bernstein. F.A.C.E.,

F.A.C.N., FCCWS

Best Selling Author,

Diabetes Expert.

Diagnosed in 1946,

at the age of

twelve, with type 1

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teleseminar with  
Dr. Bernstein. If  
you have a  
question that  
hasn't already  
been answered in  
the book "Diabetes  
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Here is where we can begin to draw a distinction. The keto diet is commonly referred to as a Low Carb High Fat (LCHF) diet, but Dr. Bernstein distinguishes his own regimen by calling it a Low Carb High Protein (LCHP) diet. In

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practice, the  
difference is often  
slight.

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