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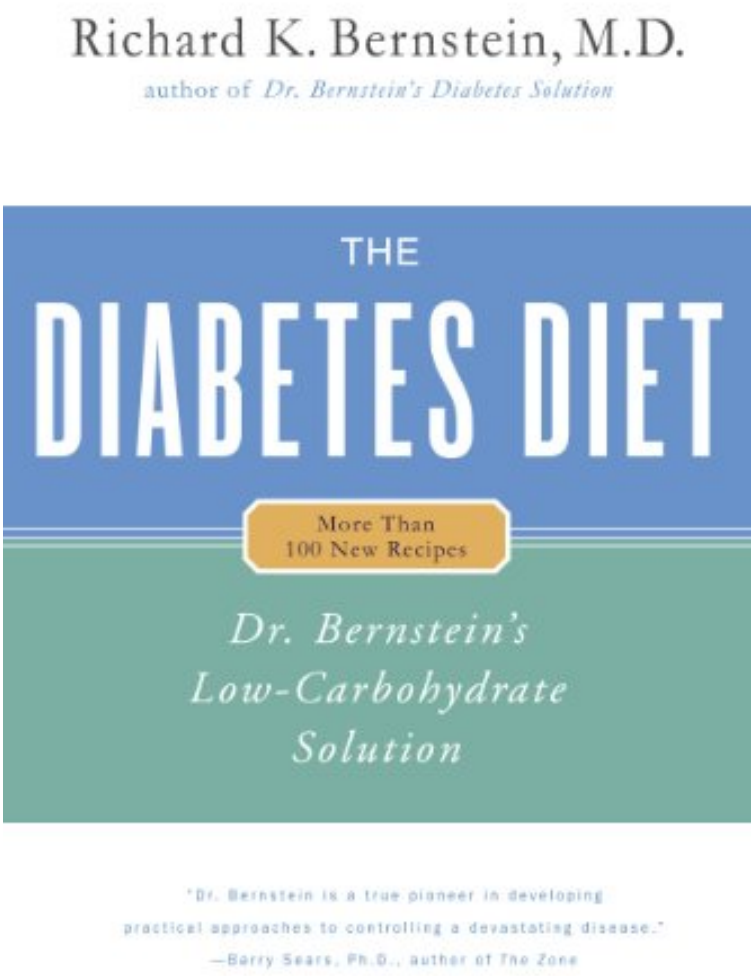
The Diabetes Diet: Dr. Bernstein's Low-Carbohydrate Solution (English Edition)



Par Richard K. Bernstein
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[Free] The Diabetes Diet: Dr. Bernstein's Low-Carbohydrate Solution (English Edition)

Par Richard K. Bernstein : The Diabetes Diet: Dr. Bernstein's Low-Carbohydrate Solution (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Diabetes Diet: Dr. Bernstein's Low-Carbohydrate Solution (English Edition):

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Description : Description du produitA revolutionary new low-carb diet for diabetics by the doctor who pioneered a successful new approach to the disease--with 100 original mouth watering recipes. For diabetics, diet is more than a lifestyle choice--it*s the key to controlling the course of their disease. Many diabetics struggle their entire lives to maintain a healthy weight, but the guidelines given to them by the American Diabetes Association have proven unhelpful in regulating blood sugar--the critical component in keeping diabetes in check. In THE DIABETES DIET, Dr. Bernstein serves up the groundbreaking low-carbohydrate approach to diabetes care that has enabled his patients to take control of their disease by regulating their blood sugar without the usual swings. Dr. Bernstein himself is living proof of the success of this method, and he has the science to back it up. Plunging into the current debate on low-fat vs. low-carb diets, he shows

that, especially for diabetics, low-carb is what will change lives--and he offers 100 delicious all-new recipes to help keep diabetics on track for life. The recipes and advice in THE DIABETES DIET will provide readers with an easy-to-follow guide for controlling their disease and regaining their health and well-being. * There are an estimated 18 million diabetics in America, and their number is increasing every year--yet there are no low-carb diet books appropriate for diabetics. * Since publication in 1997, Dr. Bernstein*s Diabetes Solution and its revised 2003 edition have sold more than 120,000 copies. * 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. He entered medical school at the age of 45 in order to publish his findings.

Prsentation de l'diteurThis 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.Revue de presse'Dr Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease that is growing at epidemic proportions in this country. This book should be in the library of every diabetic patient, and especially physicians who treat diabetes' --Barry Sears, Ph.D., author of The ZonePrsentation de l'diteurThis 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.