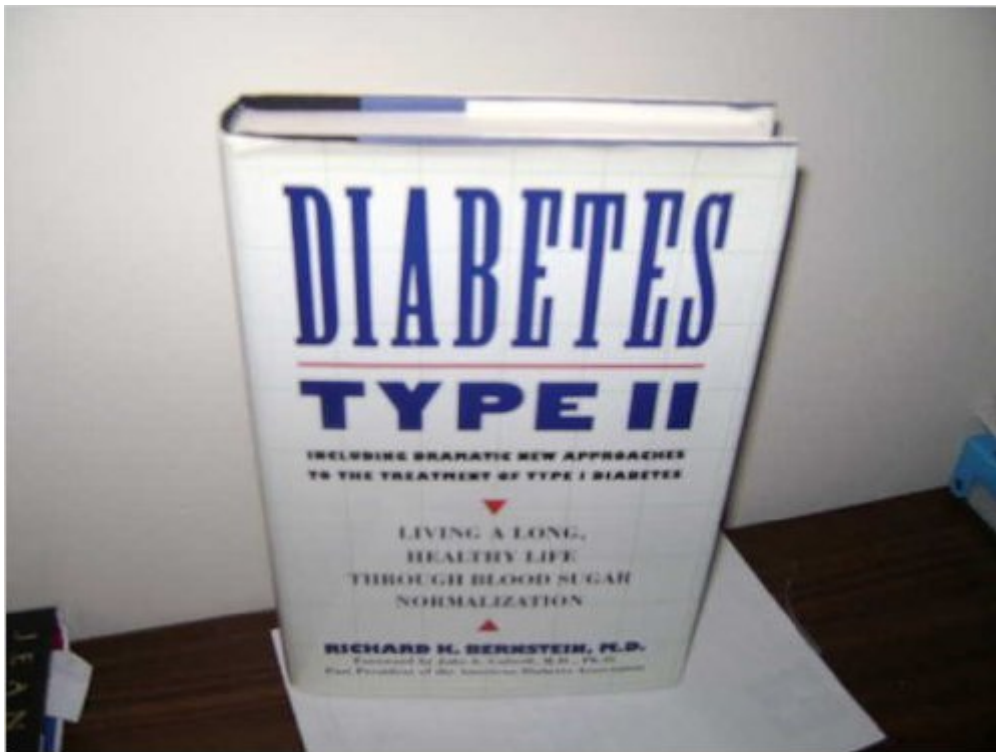


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Diabetes Type II: Living A Long, Healthy Life Through Blood Sugar Normalization



Synopsis

Diabetes Type II: Living a Long, Healthy Life Through Blood Sugar Normalization [Nov 01, 1990]
Bernstein, Richard K., M.D.

Book Information

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Customer Reviews

When my husband developed diabetes II his doctor recommended this book. An interesting and informative discussion on diabetes. We followed the instructions to the letter. His sugar went from 318 to normal in less than six weeks and he has been off medication for 5 years. It really works! This is a must read for diabetics.

I've read several of Dr. Bernstein's books. I never was diagnosed with diabetes (several different doctors) but four years after reading the first of the Dr. Bernstein's books I own, I understood that I had a problem with my blood sugar and my diet, and began the low-carb lifestyle, cold turkey, but without glucose monitoring. I lost a lot of weight relatively fast and without discomfort or feeling of deprivation. It's four years later and I've been at a comfortable plateau for two years; inflammation is down but not completely banished, I feel energetic and well. However, last week I bought a simple glucose monitor and began testing my blood several times a day for the last five. No surprise that my first reading before bedtime the day I bought the monitor was high, slightly over 100. Slight surprise that throughout the next two days blood sugar rose and fell but never was below 100. I made adjustments in what I ate and when I ate it based on how I felt (hungry, not hungry), keeping notes on what I ate and when, and at noon today my glucose reading was 67, the lowest reading.

The monitor made it possible for me to get my b.s. into a normal-for-me range with very little change of my diet, but Dr. Bernstein's books were one important key for my recovery. My blood tests have been normal for three years, but as Dr. Bernstein writes, those who have trouble with blood sugar need to test several times everyday, which I'm finally doing, with good results. I'm grateful I found these books, I've given many to friends who had the problem and didn't know it, and this is the last and final copy, which I'll keep. Highly recommend to people who have trouble with carbs, who can't lose weight, and who have inflammation. For those who don't know what inflammation is, a good reference is Dr. Michael Eades' blog: [...] is one article among many.

I have two copies of this book, and recommend it to everyone I meet. Because I have used the info in this book, I've lost 69 pounds in 10 months, and my A1C has dropped from 8.0 to 5.3. :) How can my doctor argue with that? :) This works. It is readable, intelligent, and everything has a reason behind it - he doesn't just tell you what to do but why. Life changing.

I found this book too technical with way too much record keeping of what I ate and when and what my blood sugar readings were all day long. I found Dr. Bernstein's suggestions too medical and hard to follow with a lot of medical jargon. There are better books out there on how to reduce sugar levels without all the record keeping and excessive finger-pricking.

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