



Diabetes Diet: Dr. Bernstein's Low Carbohydrate Solution

By Richard K. Bernstein

Little, Brown & Company. Hardback. Book Condition: new. BRAND NEW, Diabetes Diet: Dr. Bernstein's Low Carbohydrate Solution, Richard K. Bernstein, 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.



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Comprehensive guide for ebook fanatics. It really is rally fascinating throug reading time. Its been designed in an exceptionally simple way and is particularly only following i finished reading this ebook through which really changed me, modify the way in my opinion.

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