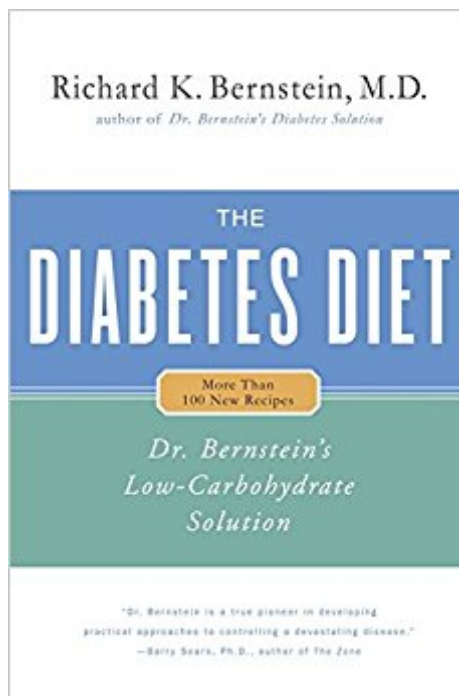




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# The Diabetes Diet: Dr. Bernstein's Low-Carbohydrate Solution



## Synopsis

This 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.

## Book Information

Hardcover: 291 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (175 customer reviews)

Best Sellers Rank: #22,248 in Books (See Top 100 in Books) [#33 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) [#33 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) [#60 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#)

## Customer Reviews

This is a book for food for Diabetics, especially type II. The recipes and methods follow Dr Bernstein's other book (The Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars - which I highly recommend from seeing it actually work on on my mother and my spouse). First things first: There have been other reviewers who seem to not only to have missed the point that this is for \*diabetics\*, but also have an axe to grind with snarky comments about "low carb taliban". That's an idiotic thing to say when uncontrolled carbs are the very things that are killing the type II diabetic with uncontrollable blood glucose levels. This is not some flavor of the month to be glib about - this is a lifestyle change to treat a life threatening disease. There is no cure - you will have to change your life; Dr Bernstein is quite clear about that. And Diabetes is all about rules you must use to control your blood sugar. It all begins with your food. Control your food intake and you will enable control of your blood sugar. And that's where the "strict" and "forever" come from. Regardless of how snarky some people wish to be about it, this is a choice between eating that cinnamon and dying of diabetic complications, or moving along and realizing that you are making a trade-off: the carbs for your health. Either you control your diabetes or you will die from it. There

have been comments made about the "outlawing" of Splenda (and Equal as well, had that the review bothered to read further), but this applies only to the \*powdered form\*. Dr Bernstein instead recommends Stevia if you wish to use a powder, or the \*tablet\* form if you wish to use Equal or Splenda. In fact, the tablet form of Equal is what Dr Bernstein writes that he himself uses.

If you've read Dr. Bernstein's Diabetes Solution, which I and a lot of other readers believe is the "gold standard" (as someone put it) for diabetes treatment, but found it a little technical, The Diabetes Diet is the book for you. This is Dr. Bernstein's program distilled to its essence. I had heard about it from his web site, and ordered a copy before it was published. Even though I read Diabetes Solution (both editions) I did not realize that Dr. Bernstein was the FIRST diabetic to monitor his own blood sugars (and his account of how he stumbled on his program is pretty funny--he thought exercise and not diet was the key). I got the book about three days ago and have already read it cover to cover and tried some of the recipes. The chef is a genius. She runs a restaurant but has a son who is a type 1 diabetic, so she knows how to cook for a diabetic, but she also really knows how to cook--or create, or whatever--she's an artist. We had people over for dinner and I made the veal with fennel and mushroom cream sauce and the green bean recipe and people raved over the food so much that I had to write down the recipes for three of my guests. I've had people ask for recipes, but never had THAT happen before (not a single one of them was a diabetic or low-carb dieter). Despite what seem so far like fantastic recipes (I tried the turkey and stuffing recipes for Christmas and they were WONDERFUL), the book itself is easy. Dr. Bernstein lays out all the information very clearly without a lot of the science that is in Diabetes Solution. The science is good, but sometimes it's a little overwhelming and you just want to say, Okay, fine, but just tell me what to do. Dr. Bernstein does that in this book very clearly and does it really well.

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