

Richard Bernstein Diabetes Solution

Elizabeth Lipski

Dr. Bernstein's Diabetes Solution Richard K. Bernstein, 2011-11-01 Originally published in 1997, DR. BERNSTEIN'S 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 establishing a treatment plan. Readers will find fifty gourmet recipes, in addition to a comprehensive discussion of diet, obesity, and new drugs to curb carbohydrate craving and overeating. Now in its fourth edition, the book presents up-to-the-minute information on insulin resistance, blood-testing devices, measuring blood sugar, new types of insulin, gastroparesis and other issues, as well as updated diet guidelines. DR. BERNSTEIN'S DIABETES SOLUTION is the one book every diabetic must own.

The Diabetes Diet Richard K. Bernstein, 2024-09-24 Dr. Bernstein is a true pioneer in developing practical approaches to controlling a devastating disease. —Barry Sears, Ph.D., #1 New York Times–bestselling author of The Zone This low-carb diet book is geared towards diabetics. An engineer by training, Richard Bernstein entered medical school at age forty-five to find solutions to questions he had about how to manage his own diabetes. Dr. Bernstein pioneered blood glucose self-monitoring and the tight control of blood sugar that is now accepted as the standard treatment of diabetes.

Dr. Bernstein's Diabetes Solution Richard K. Bernstein, M.D., F.A.C.E., 2014-06-29 Details the author's conquest of diabetes, and offers a step-by-step plan patients may use under the guidance of their doctors for keeping blood sugar in the normal range and preventing or reversing long-term complications of the disease. Includes information on diet and nutrition.

Dr. Bernstein's Diabetes Solution Richard K. Bernstein, 1998-07

60 Ways to Lower Your Blood Sugar Dennis Pollock, 2021-01-01 It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases—including diabetes—that can result from a diet that's seriously out of whack. In his previous bestselling book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic—including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs exercise more effectively shed excess weight A must-have book for readers serious about regaining their health while also lowering

their weight and increasing their energy.

The Diabetes Diet Richard K Bernstein, M.D., F.A.C.E.,2014-05-21 A new low-carb diet for diabetics with 100 original recipes.

[You Can Achieve Normal Blood Sugar](#) Dennis Pollock,2019-04-02 Discover the Secret to Successfully Manage Your Blood Sugar If high blood sugar is something you struggle with, chances are you've been overwhelmed by the wealth of well-meaning information you've heard from doctors, nutritionists, and other sources. Isn't it time to put the theories to the test and determine once and for all how to get your numbers back to normal? That's exactly what bestselling author Dennis Pollock did. And the results of well over 100 blood sugar tests he conducted for this book, further backed by brand-new research and real-life stories, will give you the answers you've been searching for. In addition, you'll learn why, how, and when to test, the importance of reading food labels, helpful guidelines for weight control and general nutrition, and so much more. For the first time in your diabetic journey, you will finally be able to experience what it feels like to know that maintaining normal blood sugar isn't just possible, it's entirely achievable.

Complete Practitioner's Guide to Take-Home testing ,

Prevention Is the Cure! Fred Sancilio,2015-06-02 Learn the secrets of longevity and staying youthful: “A good read . . . Very important.” —Larry King A scientist discusses the nature of health and sickness—and what we all can do to remain vibrant as we grow older—in a book that takes you through the root causes of most diseases and guides you in ways that can save your life and the lives of others. Discover the four primary causes of illnesses and how to avoid them. Learn the ten commandments of longevity, the secret habits of centenarians, and, most important, learn how you can remain youthful well into your eighties and nineties. Dr. Fred Sancilio shares the story of the tragic demise of his own father, the tipping point to his quest to find the truth about why some people always seem to be sick, while others are perpetually healthy. Learn how scientists study the differences between eating habits of various populations, and the connection between the incredible health of the Inuits of Greenland and a diet that could well benefit all of mankind. This guidebook to a long and healthy life will lay the groundwork for a robust and active future.

The Unofficial Guide to Living with Diabetes Maria Thomas,Dr. Loren W. Grene,1999-05-06 Sixteen million Americans have diabetes and there are more than 600,000 new cases diagnosed each year. Diabetes is the leading cause of blindness, kidney disease, and amputations in America. In fact, 15% of all health care costs -- 100 billion per year -- is associated with diabetes. This indispensable guide features all the latest developments associated with this condition, so that diabetics are able to stay in control of their lives. Sufferers get the inside scoop on: * The major types of diabetes and how they are diagnosed * The various treatment options available today, including blood sugar monitoring, diet therapy, insulin use and oral medication * Alternative approaches and new drugs on the market: Is there really a substitute for insulin? *

Groundbreaking news in diabetes research, including new forms of insulin, advanced glucose monitoring, refined insulin pumps, and genetic medicine * The Pancreas Transplant: Is it a cure? * Lifestyle choices that promote good health, including eating wisely and exercising * Living with diabetes and coping with special issues such as fertility and pregnancy, work-related issues, and psychological challenges.

The Doctor's Guide to Diabetes and Your Child Allan E. Sosin, Sheila Sobell, 2000 An epidemic is sweeping America: -- 8 million Americans have diabetes and another 8 million are thought to have diabetes without knowing it. -- Each year, over 13,000 new cases of Type 1 diabetes are diagnosed in Americans under 20 years old. -- Over the past 5 years, there has been a 10-20% increase of Type 2 diabetes in children. In The Doctor's Guide to Diabetes and Your Child, Dr. Allan Sosin offers a program of vital importance to parents with diabetic children. -- This is the first book written by a physician for parents of children with Type 1 and Type 2 diabetes that focuses on treatment and prevention. -- Dr. Sosin discusses the link between the dramatic increase in cases of Type 2 diabetes in children and the increase in childhood obesity. Today, 20% of children ages 6-17 are obese. Dr. Sosin demystifies caring for a diabetic child by giving the family an easy-to-understand nutritional program designed to minimize the need for insulin and to blunt the high and low fluctuations of blood sugar. He goes beyond simply keeping glucose levels under control to the larger objective of preventing complications of the eyes, kidneys, nerves, and cardiovascular system, commonly seen in this condition as children grow into adulthood. The Doctor's Guide to Diabetes and Your Child explains to readers: -- The dangers of conventional treatment and new ways to treat diabetic children -- How parents can avoid drugs and surgery for their diabetic children -- New information on the link between diet and Type 2 diabetes -- Which nutritional supplements are most effective -- How parents can help their children adopt new approaches to nutrition, exercise and stress management -- and see relief of symptoms

Losing Weight with Your Diabetes Medication David Mendosa, 2008-02-26 Losing weight can make managing your diabetes easier while preventing and improving-even possibly reversing-common diabetes-related complications. Countless people with diabetes face the challenge of controlling their weight while successfully managing their medical condition--because many diabetes drugs actually promote weight gain. In the first-ever investigation of its kind, Losing Weight with Your Diabetes Medication clearly lays out everything you need to know about your treatment options and how they affect your weight, as well as a 360-degree analysis of cutting-edge new drugs like Byetta that are revolutionizing diabetes care. One of North America's leading diabetes journalists and patient-advocates, David Mendosa provides this information alongside everything you need to know to manage your weight and your health, including: An A-to-Z rundown of dozens of diabetes drugs and how they affect your weight Other weight-loss drugs that can directly improve your diabetes management Overview of Byetta and other revolutionary GLP-1 drugs and how they work best for you Tips for incorporating exercise into each day without changing your schedule Choosing the most nutritious, low-glycemic index foods to maximize weight loss In-

depth resources and prescribing information *Losing Weight with Your Diabetes Medication* is an essential and inspirational breakthrough for diabetes patients who want to take control over their condition, end the cycle of ineffective diets, and finally shed unwanted weight.

Diabetes Type 2 and What to Do Virginia Valentine, June Biermann, Barbara Toohey, 2000 Written with wit, compassion, and expertise, this thoroughly revised edition gives information on the latest medication, self-testing options, diets, and exercise to control Type 2 diabetes.

Living the Low Carb Life (Scholastic) Jonny Bowden, 2004 Reveals hundreds of secrets to finding and sticking with a healthy controlled-carb program. If there's anything you want to know about low-carbing, this is the book for you.

Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fifth Edition Elizabeth Lipski, 2019-11-22 Optimize your overall health through digestive wellness! Fewer antacids and less bloating aren't the only benefits of good digestion. When your digestive system is healthy and balanced, you sleep better, have more energy, think more clearly, experience less pain, and combat disease more effectively. Digestive Health shows how everything from migraines to skin disease to arthritis are connected to your digestive system. And now, this go-to guide has been updated with critical new research and developments, including late-breaking information on: • Probiotics and Prebiotics • Celiac Disease • The Gut-Brain Connection • Carbohydrates • Leaky Gut Syndrome • Auto-Immune Conditions • Kidney and Bone Health • Cancer Prevention • Alzheimer's Disease You'll find practical solutions to numerous conditions and disorders, along with expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. A perfect balance of science and practical advice, Digestive Health explains how your digestive system works and what to do when it doesn't function properly. It provides everything you need to take control of your overall health through close, careful attention to your digestive system.

The Autoimmune Connection: Essential Information for Women on Diagnosis, Treatment, and Getting On With Your Life Rita Baron-Faust, Jill P. Buyon, 2016-04-08 The most up-to-date book on the subject gives women all the essential information on diagnosis and treatment of autoimmune medical conditions The Autoimmune Connection explains the links between autoimmune diseases and offers up-to-date information on diagnosis, treatments, and risks for women with one or more autoimmune disease, such as lupus, rheumatoid arthritis, or Crohn's disease. You will learn how to sort out vague and seemingly unrelated early signs and symptoms; which diagnostic tests they may need and what the results can mean; how autoimmune diseases and treatments can affect you at different stages of life; what new treatments and therapies are on the horizon; and where to find the proper specialist and how to navigate the health-care system NEW: Major breakthroughs in the treatment of rheumatoid arthritis, thyroid disease, diabetes, Celiac, multiple sclerosis NEW: Potential environmental triggers for autoimmunity, such as cigarette smoke, crystalline silica, asbestos, mercury, lead, viruses and

other microbes, pesticides, pollutants, solvents, and petroleum byproducts NEW: Current drugs on the market and recently discovered side effects and long-term complications connected to existing drug therapies NEW: Healthcare law reform provisions and key changes to Medicare and Medicaid

Beyond the Zone Brian Peskin, Marcus Conyers, 2000

The Complete Directory for People with Chronic Illness Laura Mars, Laura Mars-Proietti, 2000-02 The widely hailed Complete Directory for People with Chronic Illness, updated for 2000/01, is structured around the 80 most prevalent chronic illnesses - from Asthma to Cancer to Wilson's Disease, providing a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness. Each chronic condition contains a brief description of the illness in layman's language followed by National and Local Organizations, State Agencies, Newsletters, Research Centers, Hotlines, Books and Periodicals. Also provided are sections on General Resources, both Associations and Media, as well as chapters on Death and Bereavement and Wish Foundations. This directory makes it possible to provide comprehensive and critical information from just one source in just one stop. An Entry Name Index and a Geographic Index will quickly direct users to relevant information and support services. The Complete Directory for People with Chronic Illness is a necessary addition to any reference collection.

Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fourth Edition

Elizabeth Lipski, 2011-08-23 The definitive guide to healthy digestion! Digestive Wellness explains how your digestive system works and what to do when it doesn't. You'll find practical solutions to all the common gastrointestinal disorders (and many other conditions) and expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. Plus, you'll learn how faulty digestion can affect the human body systemically, from migraines and skin issues to fibromyalgia and chronic fatigue syndrome. "Dr. Lipski offers a practical toolkit to support each of us—clinicians and patients—to return to wellness by bringing our gastrointestinal system back into balance and harmony. I believe that you will deeply benefit from joining Dr. Lipski on this journey toward digestive wellness." —Patrick Hanaway, M.D., Chief Medical Officer, Genova Diagnostics; President, American Board of Integrative Holistic Medicine "For anyone who has an interest in truly understanding how the gut works or is just interested in finding ways to optimize quality of life during the aging process, Digestive Wellness, 4th Edition is a must read." —Jeffrey Moss, D.D.S., CNS, DACBN, Moss Nutrition "Liz Lipski explains digestion in a most appetizing and personal way. Even better than the last edition, Liz updates her understanding and ours. Everyone with a digestive tract has a need to know what Dr. Lipski synthesizes so well." —Russell M. Jaffe, M.D., Ph.D., CCN, founder, ELISA/ACT Biotechnologies, LLC, and Perque, LLC "Dr. Lipski has written an easy-to-read and highly informative book that will help the general population and practitioners alike understand what the problem is and how to treat it. It is a must-read for anyone who wants to learn more about the intimate relationship between our digestion and our health."

—Marcelle Pick, RNC, M.S.N., OB/GYN NP

Living with Type 2 Diabetes Gloria Loring, Timothy J. Gray, Dr. Timothy Gray, 2006 With dietary and lifestyle choices fueling a rise in type 2 diabetes, coping with this treatable disease has become a priority for millions.. The authors draw on up-to-date research and first-hand experiences to create a book that is both easy to follow and empathetic toward those with the disease and their loved ones. Included are self-assessment tools, useful to the estimated 5.2 million Americans who are unaware they have the disease, as well as step-by-step instructions on managing diabetes.

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