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type 2 diabetes. You might hear many terms used to describe this one basic phenomenon, which is a new epidemic of disordered biology and disease. It is the continuum of abnormal biology that ranges from mild insulin resistance to full-blown diabetes. We call it by many names. See if you recognize any of them: • Insulin resistance • Prediabetes

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answers are based on my clinical observations with my patients with type 1 and type 2 diabetes.”. — Dr. Richard K. Bernstein. The idea for this ebook grew out of our last 40 monthly webcasts, where patients and medical professionals asked questions about their diabetes or about their patients with diabetes.

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Much of it in their own words, 14 of Dr. Bernstein's patients tell the stories of their lives before trying his solution and the life-changing results they experienced as a result. P A R T O N E. Before You Start. Chapter 1 — Diabetes The Basics As a Type I diabetic himself, Dr. Bernstein offers personal insight. Diabetes The Basics ...

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I am a big fan of Dr. Bernstein, and bought both the Diabetes Solution and the Diabetes Diet books. They are 80% the same book. This book has some of the more technical information dealing with insulin injection, etc., removed and a bunch of recipes added. I did not mind buying the same book twice if it supports Dr. Bernstein.

### **Amazon.com: The Diabetes Diet: Dr. Bernstein's Low ...**

"The Blood Sugar Solution is spot on accurate. This is a blueprint for restoring the health of our nation!"—Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause "First, the bad news: Type 2 diabetes and pre-diabetes will affect half of Americans in the next few years.

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a sugary solution as the trigger for a metabolic “stress test,” or glucose tolerance test. Someone whose blood sugar shoots to 200 mg/dL or above two hours after ingesting the drink is said to have diabetes.

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