



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

*Richard K. Bernstein*

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

*Richard K. Bernstein*

**The Diabetes Diet: Dr. Bernstein's Low-Carbohydrate Solution** Richard K. Bernstein

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.

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