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of diabetes. The two most recent books, Diabetes Diet, and Diabetes Solution are used by people across the world to help them in this quest. His internet video series DR.

**About - Dr. Bernstein's Diabetes  
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from Dr. Bernstein's book "Diabetes Solution" © 2007 by Richard K.

Bernstein, M.D. Here is a concise list of foods to avoid that are discussed in this chapter. You may want to memorize it or copy it, as it is worth learning.

**Diet Guidelines: No-No's in a Nutshell -**

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## **Dr. Bernstein's ...**

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**Dr. Bernstein's Diabetes Solution - Low Carb Down Under**

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