



Dr. Bjork's success

I am a 53 year old, Canadian Optometrist (30 yrs).

Aug. 2005 my fasting A1C sugar was 7.4 /cholesterol 6.24

Oct 2008 my sugar was 19.

July 2009, A1C sugar was 6.4 /cholesterol 4.73.

How?

Low carb diet as prescribed by Dr. Richard Bernstein since Oct.2008. I suspect my fasting A1C sugar should be below 6.0 at my next medical.

I rarely use metformin, if I avoid all the carbs my kids bring into the house, my sugar on home testing is always <7.00

Dr. Jim Bjork