

Carbologist Allison RN, CDCES, 44 Years T1D, Bernstein Protocol

I'm an RN and Certified Diabetes Care and Education specialist who has been living with type 1 diabetes for 44 years.

I made a life-changing decision to completely change my diet in 2010 and have been following Dr. Richard K. Bernstein's protocols, utilizing therapeutic carbohydrate reduction along with precise insulin dosing techniques, leading to non-diabetic blood sugar levels for 10+ years.

I treat hypos precisely to target with small, measured doses of glucose. I work for diaVerge Diabetes consulting with patients using insulin to help them normalize their blood sugars like I did.

Dr. Bernstein is a physician who has been living with T1D since 1946 at the age of 12. He's now 90 years old and is still practicing. Many thousands of people now follow his methods, including the TypeOneGrit community of which I'm a co-founder, and LetMeBe83. I'm also the author of "Grit Pregnancies" which is a guide for pregnancy with Type 1 diabetes utilizing Dr. Bernstein's protocols.

Allison Herschede, BSN, RN, CDCES

diaVerge Diabetes

diaverge.com

allison@diaverge.com.