



## **Hypoglycemia**

Functional hypoglycemia has reached epidemic proportions in this county in the past two decades due primarily to the **SAD SAL** -- the **Standard American Diet**, consisting of ever increasing amounts of refined carbohydrates, and the **Standard American Lifestyle** of skipping breakfast, grabbing unhealthy food on the run, high amounts of caffeine, too much alcohol, high stress and not enough sleep.

A simple sugar called glucose is the primary fuel for every cell in your body. Carbohydrates that you eat break down into glucose that is then delivered to all of your cells via the blood stream. Without adequate levels of glucose in your blood your cells can not perform their functions normally. Your brain, although only about 2% of your body mass, uses about 25% of available glucose. Not surprisingly, many symptoms of hypoglycemia are your brain telling your body that it is in desperate need of glucose. Symptoms include:

- craving sweets
- mood swings
- migraine headaches
- dizziness
- irritability
- shaking
- being jittery
- blurred vision
- agitation
- lightheadedness
- forgetfulness

Hypoglycemia also has devastating effects on the gastrointestinal system, typically by causing low stomach acid, and on the entire endocrine system -- all of the glands in your body such as the pituitary, thyroid, gonads, and adrenal glands, that regulate all body functions. Many hypoglycemics have significantly suppressed adrenal function leading to symptoms of:

- sleep disturbance/insomnia
- slow starter in the a.m.
- afternoon fatigue
- dizziness when standing up quickly
- salt cravings
- weak nails



## **Lifestyle and Management**

Many people should be able to manage or correct functional hypoglycemia with a few simple dietary changes.

1. Eat breakfast! This can not be emphasized enough. A protein-based breakfast is especially helpful, for example two eggs and a piece of fruit, or Greek yogurt with granola
2. Eat a small, protein and fat-based snack such as almonds or trail mix between breakfast and lunch and between lunch and dinner
3. Do not ever skip a meal
4. Eat on a very regular schedule
5. Pass on sugary foods and drinks
6. Limit alcohol consumption
7. Supplement with fish oil getting at least 800-1000 mg of EPA per day

Others may have more difficulty due to genetic or other biochemical/physiological issues and might need some additional help. We have many options in the office for helping patients recover from functional hypoglycemia. We have helped hundreds recover from this health compromising condition. Let us help you today!