

Hypoglycemia/Sugar Handling

Hypoglycemia, or low blood sugar, can cause fatigue, depression and sugar cravings. The history form you have filled out gives your practitioner a very good idea if you are hypoglycemic. You can verify it with laboratory tests, but hypoglycemia is easy to treat with diet.

Hypoglycemia is both a cause of certain health problems and the effect of other health problems. It can cause fatigue, depression, dizziness, sugar cravings, obesity, and headaches. It can be caused by dysbiosis, digestive problems, stress and adrenal problems, nutrient deficiency, allergies, and poor eating habits. Getting your blood sugar under control will help you to feel better. Your practitioner will help you with strategies and nutritional supplementation to balance your blood sugar, but he or she will also help you address the root causes. You can help this process by following certain dietary rules.

Glycemic Index

The glycemic index is a measure of how much blood sugar stress is inherent with a food. If a food has a high glycemic index, it will cause the body to produce a lot of insulin in response to its consumption. Commonly, an individual with hypoglycemia will produce too much insulin and the blood sugar will drop precipitously. The individual then craves sugar or carbohydrate to increase the blood sugar, which triggers more insulin and so on. Eating food with a low glycemic index and eating frequently will help to stop the sugar/insulin roller coaster. Generally, avoid foods with a glycemic index more than 95.

Food Categories	Index
<u>Grains</u>	
White bread	100
Whole wheat bread	99
White rice	83
White pasta	66
Whole wheat pasta	61
Corn flakes	119
Shredded wheat	97
Rye bread	58
All-bran cereal	73
Oatmeal	85
<u>Potatoes</u>	
Baked potato	135
Instant potatoes	116
New potatoes	81
Yams	74
Sweet potato	70
<u>Legumes</u>	
Sweet peas	74
Canned, baked beans	60
Kidney beans	54
Butter beans	52
Garbanzo beans	49
Lentils	43
Soy beans	20

<u><i>Dairy Products</i></u>	
Yogurt	52
Whole milk	49
Skim milk	46
Ice cream	52
<u><i>Fruit</i></u>	
Raisins	93
Banana	79
Orange juice	67
Orange	66
Grape	62
Apple	53
Pear	47
Peach	40
Grapefruit	36
Plum	34
<u><i>Sweeteners</i></u>	
Maltose	152
Glucose	138
Honey	126
Sucrose	86
Fructose	30

It must be stressed that glycemic index is not the only consideration when choosing foods to improve hypoglycemia. Whole foods with all of the vitamin and mineral cofactors are important sources of the nutrients necessary for restoring the body's biochemistry. Feel free to discuss this topic with your practitioner.

Protein Smoothie

Blend ingredients below to desired consistency:

1 cup favorite fruits (frozen berries, bananas, peaches, melons, etc.) Choose lower glycemic index fruits.

1 - 2 scoops GamOctaPro™ (Isolated Soy Protein, with FRAC®) or NutriClear® (Metabolic Clearing Formula) or NutriClear-S® (Metabolic Clearing Formula in a Soy Base)

2 - 3 cups of filtered water, almond, rice, or oat milks (avoid dairy or sweetened fruit juices)

1 tablespoon of Flax Seed Oil Caps (EFA Support) or Mixed EFAs™ (Special Fatty Acid Formulation)
