

The Ups and Downs of Blood Sugar

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1. **Hypoglycemia, or “low blood sugar”** is essentially an addiction to sweets and other related substances. Can predispose to diabetes but this is “controversial”
2. **Common Sx:** shakiness, confusion, irritability, sweating palms, “butterflies”, and desire for some substance which will reliably increase glucose levels: sweets, fruit juice, coffee, pop, nicotine, alcohol, etc. Often a roller-coaster through the day, ~ 3-4 hours post-meals.
3. **Occurrence is common** despite medical claims to the contrary.
4. **Pancreas** over produces insulin in response to excessive refined carbohydrates
5. **Adrenals** and stress usually involved
6. **Genetic predisposition:** diabetes and/or alcoholism (90% of recovering alcoholics are hypoglycemic).
7. **Dietary factors:**
 - a. **Avoid sweets, white bread and pasta.** Artificial sweeteners can be a problem
 - b. **Eat 5-6 small meals/snacks** veggies and cheese, peanut/almond butter on apple
 - c. **Eat protein** (lean meats, poultry, eggs, fish)
 - d. **Eat nuts and seeds,** olive and coconut oil, butter
 - e. **Eat high fiber complex carbohydrates** such as beans, whole grains (if tolerant), sprouted grain breads (such as **Ezekiel**), non-starchy vegetables, such as salads and stir-fry.
8. **Supplements:**
 - a. **Chromium** is necessary for insulin-glucose delivery into cells
 - b. **Zinc** helps manufacture of insulin by the pancreas. Zinc deficiency can predispose to sweet preferences.
 - c. **B-complex vitamins** help stabilize blood sugar and reduce cravings
 - d. **Gymnema sylvestre,** from India., nicknamed “**the sugar destroyer**”.
 - e. **Omega-3 fish and flax oils help cellular functions**