

HYPOGLYCEMIA

(LOW BLOOD SUGAR)

Abnormal low level of glucose (sugar) in the blood which can lead to dizziness, shakiness, confusion, irritability, sweating, rapid heartbeat, pale skin, headache, blurred vision, and in severe cases, seizures or loss of consciousness.

POSSIBLE CONTRIBUTING FACTORS



- Inadequate nutrient intake, particularly starchy carbohydrates, and skipping meals
- Diets high in refined carbs/sugar can signal exaggerated release of insulin causing a dip in glucose
- Endocrine hypofunction (adrenal, thyroid, pancreas and/or pituitary)
- Liver/biliary dysfunction
- Hypochlorhydria (suboptimal stomach acid)
- Insulin medication for diabetes is too high
- Intense or prolonged exercise
- Excessive alcohol, especially on an empty stomach, can disrupt the liver's glucose release, causing hypoglycemia

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats. Include more starchy carbs if usually avoided (i.e. sweet potato, potato, brown rice, millet, quinoa, etc.)
- Ensure 3 meals per day are consumed. If between meal snacks are absolutely required, consume protein and fats (ex. turkey slices, beef jerky, nuts, seeds, protein powder, etc)
- Eliminate all refined carbs, dairy products, alcohol, gluten, fruit juice and caffeine.
- If obese and kidney function is not compromised, limit total carbs to no more than 60g per day.
- Adrenal support: sole, stinging nettle tea, rosehip tea and other vitamin C rich foods
- Liver/gallbladder support: dandelion root tea or beet kvass, castor oils packs
- Focus on stress reduction measures: grounding, deep breathing, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt bath.
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Blood sugar support formula
- Amino acid support
- Methylated B Complex
- Betaine HCL (if no H. Pylori overgrowth) or digestive bitters