

ARE YOU ON THE BLOOD SUGAR *roller coaster?*

NORMAL
BLOOD SUGAR =
Health

HIGH BLOOD SUGAR =
Diabetes



CONGRATULATIONS!
YOU MAY HAVE RECEIVED
"THE GIFT OF HYPOGLYCEMIA"

LOW BLOOD SUGAR =
Hypoglycemia

**Yes - Gift.
Why?**

Because long before you get type 2 diabetes or heart disease, low blood sugar, also called **Hypoglycemia**, sends you insistent warnings, like a "canary in the coal mine," while you still have time to spare yourself.

The gift messages take many forms: **anxiety, depression, physical and mental fatigue, brain fog and cravings** – all with the same greeting: 'Change while there's still time.'

Assuming you listen and act, it could save you a lifetime of unnecessary suffering.

- Dorothy Mullen, Founder, The Suppers Programs

View the comprehensive infographic at hypoglycemia.org/info

WHAT IS HYPOGLYCEMIA?

The low blood sugar of today is the diabetes of tomorrow. – Dr. Seale Harris



Complicated, misunderstood, and often misdiagnosed - the **definition of hypoglycemia** is as diverse and complex as the condition itself.



Hypoglycemia can be associated with **metabolic disorders, genetics, and medical conditions**, and has far-reaching clinical, economic, and social impacts.



Half of U.S. adults have diabetes or prediabetes - estimated to cost the U.S. economy **\$327 billion** in annual healthcare expenditures.



When hypoglycemia is **reactive**, the body is overloaded with **unhealthy substances**: sugar, processed food, alcohol, caffeine, and tobacco - often compounded by **stress** or **other medical conditions**.



Functional hypoglycemia is when the **pancreas responds** to excess starch/sugar intake by **pumping out too much insulin**, resulting in blood sugar plummeting below healthy levels.



Since all the cells of the body, especially the brain cells, use glucose for fuel, a **blood glucose level that is too low starves the cells**, causing both physical and emotional symptoms.

Functional hypoglycemia refers to decreases in blood sugar that cannot be explained by any known pathology or disease. It's a nice way of saying, "Your glucose regulating mechanisms aren't functioning normally, and we don't know why." Reactive hypoglycemia refers to hypoglycemia resulting from the body's abnormal response to rapid rises in blood glucose levels caused by diet or stress. The terms are now frequently interchangeable.

- Dr. Douglas M. Baird



Hypoglycemia is associated with a wide variety of **diet-related disorders** (metabolic syndrome, type 2 diabetes, fatty liver disease, etc.) and **medical conditions** (critical illness, drug side effects, organ failure, gastric bypass surgery, etc.).

METABOLICAL FACTS



Carbohydrates (vegetables, fruits and grains, as well as table sugar) are broken down into simple sugars by the process of digestion.



Sugars enter the metabolic system and **bloodstream**, and blood sugar rises, sometimes to excessive levels that the body is unable to process.



The **pancreas** secretes a hormone known as **insulin** into the blood in order to bring the glucose down to normal levels.