



The Healthy Root

Sugar & Hypoglycemia

Symptoms of Hypoglycemia:
Fatigue, dizziness, light headedness, hunger, cravings, mood swings, Headaches, heart palpitations, blurred vision, poor concentration



Releases Insulin

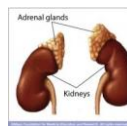
Insulin helps send glucose to tissues to be:

- 1) Burned
- 2) Stored as fat
- 3) Sent to the liver to be converted to glycogen



Too Much Insulin:

- Sugar levels fall below stable



Adrenal glands release cortisol needed to stimulate release of glucose. If this happens to often the adrenal glands burn out.



If Blood sugar, doesn't you will crave and binge on sugar. This is hypoglycemia

Recommended Foods

Fish	Nuts
Seeds	Turkey
Chicken Spinach	
Beans	Carrots
Brown rice	Lentils
Oats	Oat bran
Sweet Potatoes	
Tofu/Tempeh	Kefir

Recommended Food Lifestyle

- Increase fibre
- Increase veggies (raw and steamed)
- Eat 2 pieces of fruit daily
- Eat frequent meals including healthy protein and carbohydrate