

HYPOGLYCEMIA

With so much added stress in our lives it is easy to forget to eat properly. With the abundance of faster foods and limited time, our bodies have begun to show the toll. Symptoms of this stress show themselves in many forms. This article will discuss the blood sugar issue which is related to hypoglycemia and, if left untreated, diabetes.

Hypoglycemia is the body's inability to metabolize sugars. When there are too many sugars in the blood, the pancreas secretes too much insulin tries to compensate by metabolizing the increased amount of sugars. The reason the pancreas over-secretes insulin is due to an attempt to aid the sugar to gain access into the cells so that the sugar can be utilized. When the body is overloaded or unable to respond by having the cell absorb the insulin this is termed insulin resistant. This malabsorption can manifest as many symptoms. Often people may feel fatigue, hunger, sweets craving, tremors and or sweat. Sugar intolerance can also affect the brain, which may lead to anxiety, depression, and thinking problems. When there is a prolonged sugar metabolic issue, cholesterol levels, blood pressure, hormones and eyesight issues may arise. Eventually if untreated diabetes may also set in.

Some of the solution to proper sugar metabolism is through diet and exercise. A balanced diet with whole grains and foods low on the glycemic index is helpful. Fresh fruits and vegetables aid in digestion and in healing. Frequent small meals aid in digestion and increase metabolism. Smaller meals mean smaller amounts of sugars in the system, which may mean less stress on the pancreas. Specific supplements such as chromium to aid pancreatic functioning may be useful. Cinnamon has also been found to be of benefit with sugar uptake issues. Essential fatty acids can also aid in promoting healthy sugar metabolism.

As with all health issues it is always best to consult with a professional. Specific products can be suggested specifically for individual needs.

This article is meant for information purposes only. It is not meant to diagnose or to treat.

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