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**Is Hypoglycemia Just Diabetes In Reverse?**

**By Heather Colman**

Hypoglycemia is a medical term referring to a pathologic state produced by a lower than normal amount of sugar (glucose) in the blood. The term hypoglycemia literally means "low blood sugar".

Hypoglycemia can produce a variety of symptoms and effects but the principal problems arise from an inadequate supply of glucose as fuel to the brain, resulting in impairment of function. Derangements of function can range from vaguely "feeling bad" to coma and (rarely) death. Hypoglycemia can arise from many causes, and can occur at any age. The most common forms of moderate and severe hypoglycemia occur as a complication of treatment of diabetes mellitus with insulin or oral medications.

Presence or absence of effects: are symptoms more important than the number?

Research in healthy adults shows that mental efficiency declines slightly but measurably as blood glucose falls below 65 mg/dl in many people. Hormonal defense mechanisms, adrenaline and glucagon, are activated as it drops below a threshold level which is about 55 mg/dl for most people, producing the typical symptoms of shakiness and dysphoria.

On the other hand, obvious impairment does not often occur until the glucose falls below 40 mg/dl, and up to 10% of the population may occasionally have glucose levels below 65 in the morning without apparent effects. Brain effects of hypoglycemia, termed neuroglycopenia, determine whether a given low glucose is a "problem" for that person, and hence some people tend to use the term hypoglycemia only when a moderately low glucose is accompanied by symptoms.

Diabetic hypoglycemia represents a special case with respect to the relationship of measured glucose and hypoglycemic symptoms for several reasons. Although home glucose meter readings are sometimes misleading, the probability that a low reading accompanied by symptoms represents real hypoglycemia is higher in a person who takes insulin. Second, the hypoglycemia has a greater chance of progressing to more serious impairment if not treated, compared to most other forms of hypoglycemia that occur in adults. Third, because glucose levels are above normal most of the time in people with diabetes, hypoglycemic symptoms may occur at higher thresholds than in people who are normoglycemic most of the time. For all of these reasons, people with diabetes usually use higher

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meter glucose thresholds to determine hypoglycemia.

Disclaimer – The information presented here should not be interpreted as medical advice. Please talk to your doctor for more information about hypoglycemia.

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<http://www.hypoglycemia-hub.info>

### **Are you suffering from hypoglycemia**

**By Shannon Lueck**

### **Are you suffering from hypoglycemia by Shannon Lueck**

#### WHAT IS HYPOGLYCEMIA?

Hypoglycemia is an abnormally low level of glucose (sugar) in the blood. This can be caused by a sudden rise in glucose in the blood due to sweets and other sweeteners. This then leads to a sudden drop once the sweets or sweeteners are no longer in the blood system. Too much insulin released into the blood system can also cause it. Diabetes on the other hand is just the opposite and is an abnormally high level of glucose (sugar) in the blood.

Learn more about hypoglycemia at:

Hypoglycemia Website

#### WHAT DOES THAT MEAN EXACTLY?

When someone is suffering from a hypoglycemic attack, the glucose level in the body is too low to effectively fuel the body's blood cells. 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 of needed fuel, causing both physical and emotional symptoms.

The normal range of blood sugar is approximately 60 to 120 mg/dl (milligrams of glucose per deciliter of blood). When the level is below 45 mg/dl, a serious condition is suspected.

Hypoglycemia may be a condition by itself, or may be a complication of diabetes or other disorders. It is most often seen as a complication of diabetes (due to the fact that many doctors don't recognize hypoglycemia without diabetes as true illness), which is sometimes referred to as insulin reaction.

#### SYMPTOMS OF HYPOGLYCEMIA

The following are the most common symptoms of hypoglycemia. However, each individual may experience symptoms differently. In most cases, the symptoms will go away once you eat (especially if

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you eat sweets). Eating sweets however is not the best way to deal with hypoglycemia.

THESE SYMPTOMS INCLUDE (but are not limited to): · Headaches · Dizziness · Uncontrollable cravings · Inner trembling · Body feels weak · Fatigue · Sudden moodiness or behavior changes, such as crying for no apparent reason · A craving for sweets · Cold hands and feet · Forgetfulness · Blurred vision · Irritability · Shakiness · Sudden hunger · Crying spells · Insomnia · Mental Confusion · Nervousness · Faintness · Depression · Heart Palpitations · Family history of low blood sugar or diabetes · Exhaustion · Low libido (sex drive) · Inability to concentrate · Waking up tired and exhausted · Indecisiveness · PMS or premenstrual syndrome

### AM I HYPOGLYCEMIC?

How do you know if you are hypoglycemic or not? Is there anyway to test to see if you are?

What amazes me is that the answer is no. There is no standard way to test for hypoglycemia (although a small amount of doctors use a glucose test).

According to recent research, it is estimated that there are close to 100 million people in the United States alone that are suffering from hypoglycemia and many of them don't know it. With that many possible cases, wouldn't you think that they'd come up with a way to test for the disease?

If you are suffering from any or many of the symptoms listed above, yes, you **COULD** be hypoglycemic.

You should consult your doctor to rule out any other possible diseases, but don't allow the doctor to take over. You must be proactive in your approach and go with your gut feeling if the doctors tell you that you're fine.

Shannon suffered from hypoglycemia for 12+ years before she stumbled across a system that helped her overcome her symptoms. Learn more about how she conquered hypoglycemia at:

[www.hypoglycemiahelp.com](http://www.hypoglycemiahelp.com)

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