

Low Blood Sugar: Your Body's Energy Crisis

Chances are you've heard-or overheard-someone saying that he or she suffers from low blood sugar. Or maybe you've wondered if you have the condition yourself. If you tend to feel low energy, fatigue, weakness, stress or have headaches, you may have a blood sugar handling problem. Another common sign is low energy or tiredness in the late morning or early afternoon and cravings for sugar and starchy/snacky foods.

Blood sugar handling problems are usually helped by some minor changes in your diet. Before we look at the changes, let's see what the blood sugar does after we eat. Soon after a meal the level of sugar in the blood starts to go up. That's because the food we eat is broken down into glucose (a sugar). When we eat a carbohydrate rich meal the glucose level rises faster than if we eat a meal balanced with protein and fat which leads to a more gradual rise in the blood glucose level. When the blood sugar level drops some of us tend to feel fatigue, low energy, fuzzy thinking and other symptoms we've mentioned.

Given the importance of blood sugar levels, you can benefit from eating more well balanced meals and eating 5-6 small meals, instead of 3 big ones, each day. Eating a diet full of nutrient rich whole grains, instead of the nutrient deficient refined flour in many of our foods, is very important. Our bodies need nutrients (vitamins and minerals) to process and utilize the sugars to make energy. If you feel you may be deficient or you want to be sure, consider supplementing your diet with chromium, B3, B6, copper, magnesium, zinc, C, B12, folic acid, B1, carnitine, vanadium, E and selenium. You will find many natural products with these nutrients that are specifically designed to address blood sugar balance.

Yours in health,

Dr. Rick

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