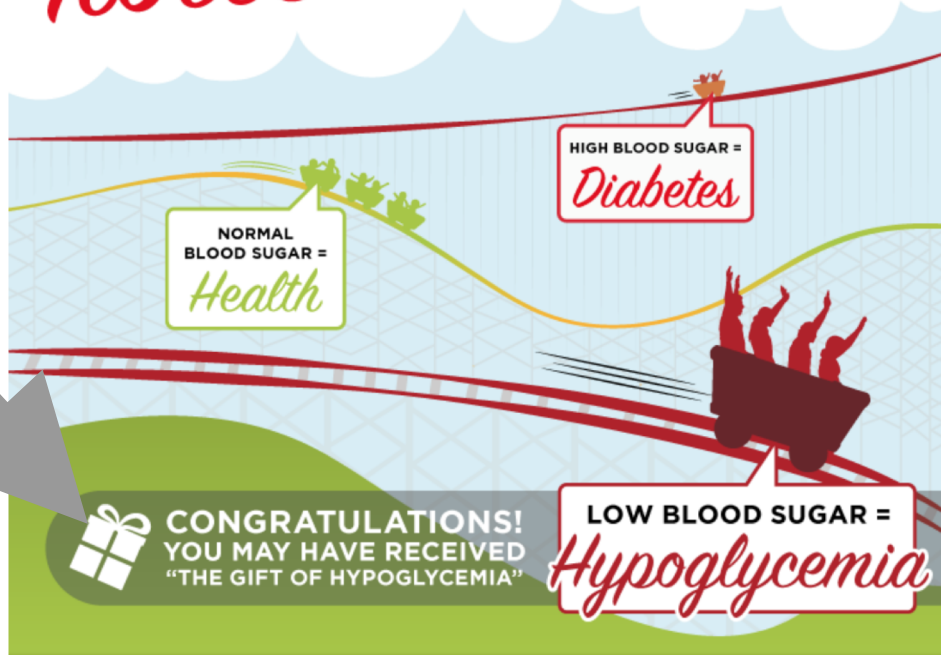


ARE YOU ON THE BLOOD SUGAR *roller coaster?*





**Yes -
Gift.**

Why?

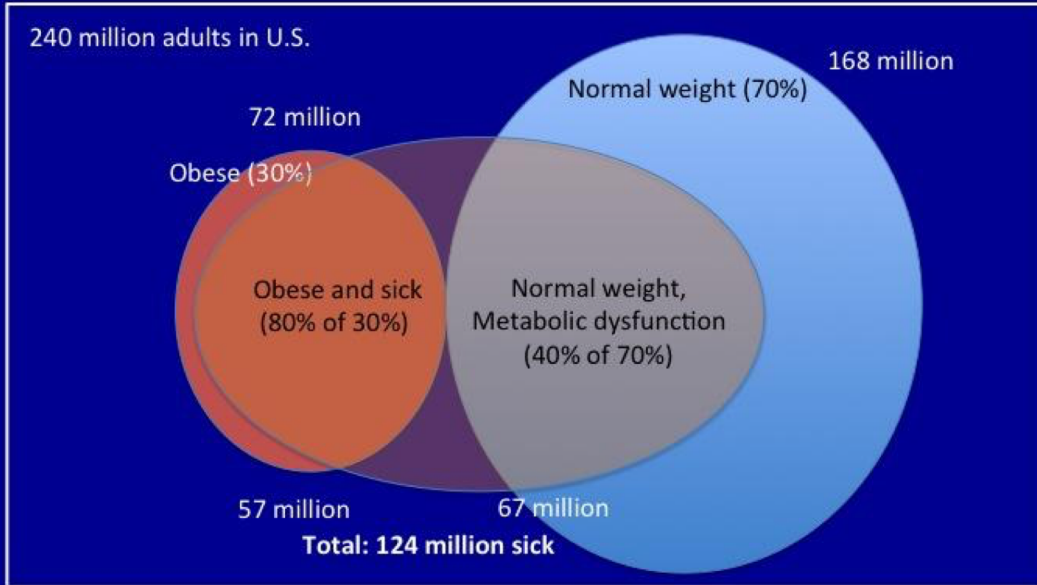
The “Gift” of Hypoglycemia?

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.

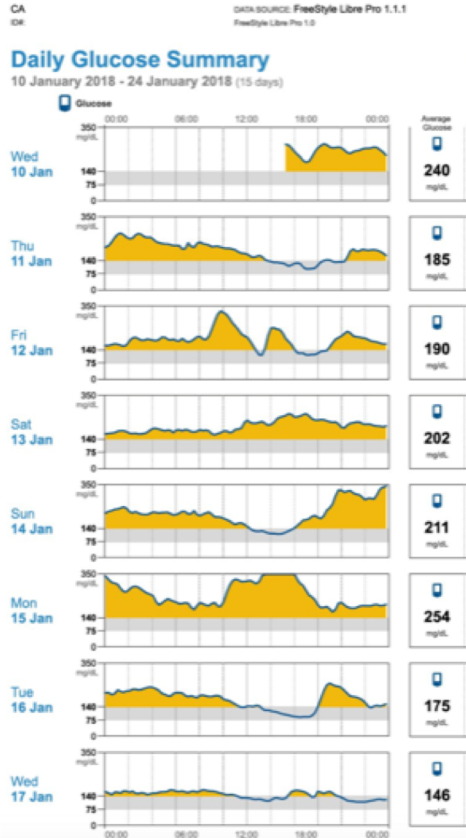
The gift messages take many forms: **anxiety, depression, physical and mental fatigue, brain fog and cravings** -- all with the same greeting: ‘*Change while there is still time.*’

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

“Inclusive” view of obesity and metabolic dysfunction



Week One



Unrestricted Carbs

Glycemic Variability

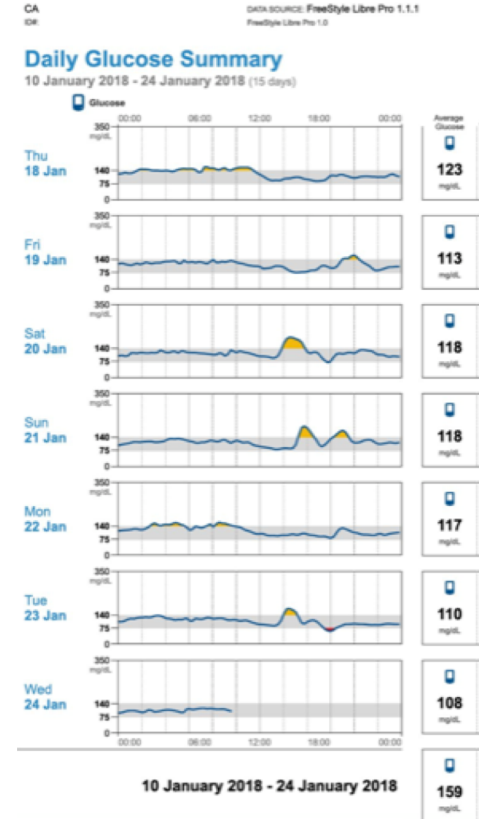
(the blood sugar roller coaster)

- Swings in blood **glucose** levels
- Blood **glucose** oscillations occurring throughout the day
- Includes **hyperglycemic**, **hypoglycemic**, and **postprandial** responses
- blood **glucose** fluctuations vary widely based on diet, often driven by processed carbohydrates, added sugar, myriad chemicals in our exposome.

(Glucose data provided by Dr. Ann Childers)



Week Two



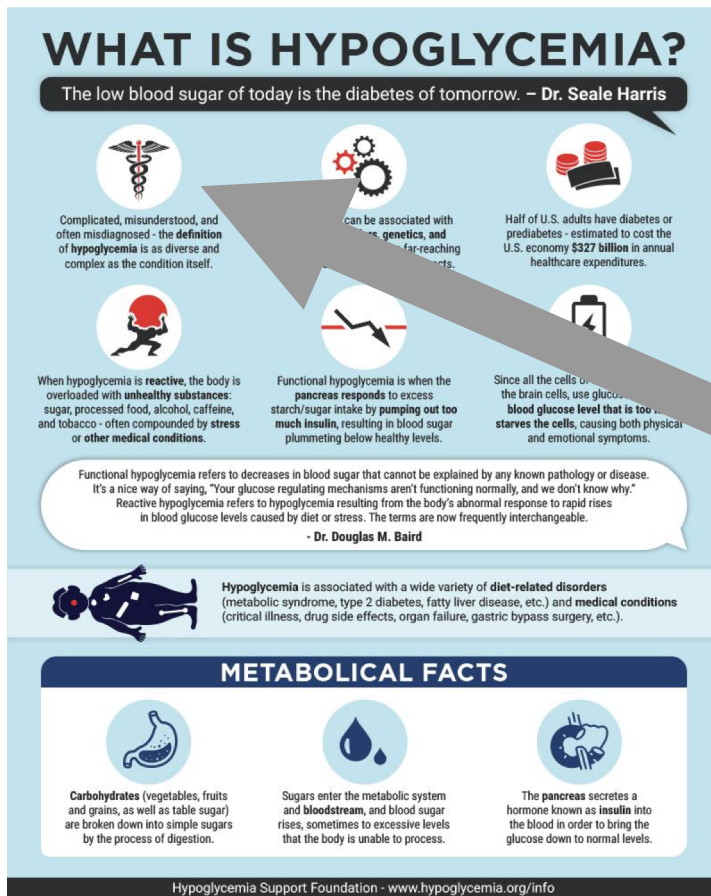
Low Carb High Fat

WHAT IS HYPOGLYCEMIA?

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

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.

can be associated with genetics, and far-reaching effects.

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 brain cells, use glucose, a low 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

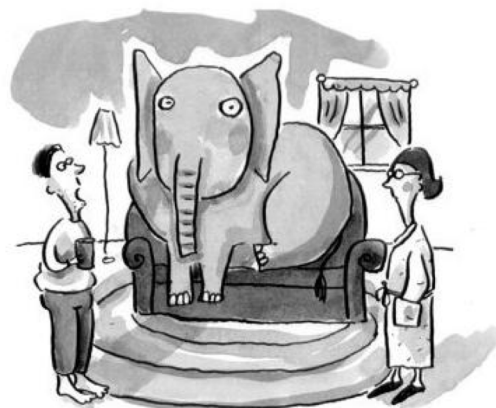
Carbohydrates (vegetables, fruits and grains, as well as table sugar) are broken down into simple sugars by the process of digestion.

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.

Hypoglycemia Support Foundation - www.hypoglycemia.org/info

In modern medicine, it is like the “elephant in the room.”



What elephant?

Tomassi

Hypoglycemia is one of the most *confusing, complicated, misunderstood, and too often misdiagnosed or undiagnosed* conditions of modern medical history.

WHAT IS HYPOGLYCEMIA?

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

The infographic is a light blue poster with a large grey arrow pointing from the top right towards the center. It contains several icons and text blocks. At the top, a quote from Dr. Seale Harris is in a dark blue speech bubble. Below it, six circular icons are arranged in two rows. The first row icons are a caduceus, gears, and a stack of coins. The second row icons are a person running, a hand holding a pen, and a battery. Each icon has a corresponding text block. A large white speech bubble in the center contains a quote from Dr. Douglas M. Baird. At the bottom, a dark blue banner reads 'METABOLICAL FACTS' and contains three circular icons: a plate of food, a water drop, and a pancreas. The footer includes the Hypoglycemia Support Foundation logo and website.

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

Half of U.S. adults have diabetes or prediabetes - estimated to cost the U.S. economy \$336 billion in annual medical costs, and have significant economic and social impacts.

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.

Hypoglycemia Support Foundation - www.hypoglycemia.org/info

While hypoglycemia is associated with many many conditions, the most common form is **Reactive or Functional Hypoglycemia** - caused by poor diet.

One recent study showed restricting carbohydrates at breakfast is sufficient to reduce 24-hour exposure to postprandial hyperglycemia and improve glycemic variability.

WHAT IS HYPOGLYCEMIA?

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

The infographic is divided into two main sections: 'WHAT IS HYPOGLYCEMIA?' and 'METABOLICAL FACTS'. The top section features six circular icons with corresponding text boxes. The bottom section features three circular icons with corresponding text boxes. A large grey arrow points from the text on the left towards the infographic.

WHAT IS HYPOGLYCEMIA?

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 environmental factors**, and has far-reaching 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**, it is often associated with an overloading of **unhealthy fats, sugar, processed foods, and alcohol** - often exacerbated by **stress** or **other metabolic 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. Another 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.


Hypoglycemia Support Foundation - www.hypoglycemia.org/info

Patients with diabetes who have hypoglycemia or even low-normal glucose levels in the 24 hours prior to hospital discharge have a significantly increased risk of readmission within 30 days, in addition to a higher likelihood of dying post-discharge, research shows.


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

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.

Hypoglycemia Support Foundation - www.hypoglycemia.org/info

Hypoglycemia is increasingly reported among children.


Chronic hypoglycemia may be an indicator that a child is at risk for type 2 diabetes, or already pre-diabetic.

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


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

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.

Hypoglycemia Support Foundation - www.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**.



...response to pumping...
starvation, resulting in blood sugar plummeting below healthy levels.



...all the cells of the body, especially...
glucose for fuel, a...
...low...
...and en...

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.

Hypoglycemia is triggered by unhealthy substances:

- sugar
- processed food
- alcohol
- caffeine
- tobacco

and often compounded by stress or other medical conditions.




HYPOGLYCEMIA
Support Foundation

Processed Carbs & 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.

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.



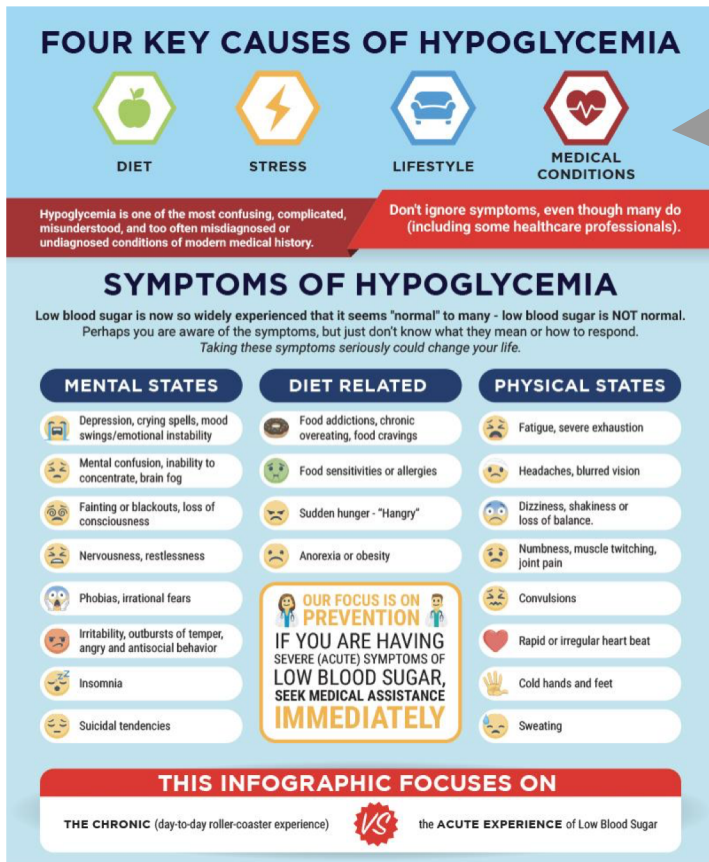
Sugars enter the metabolic system and **bloodstream**, and blood sugar rises, sometimes to excessive levels that the body is unable to process.



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

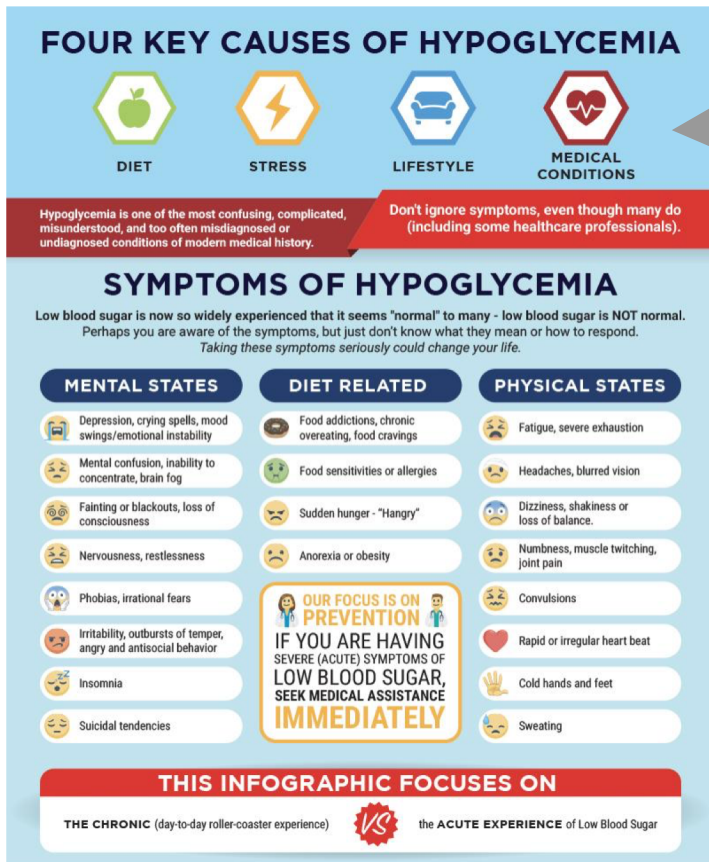
Carbohydrates from whole foods usually NOT a problem. (vegetables, fruits, legumes and grains, etc.) are broken down into simple sugars by the process of digestion.

DIET



DIET

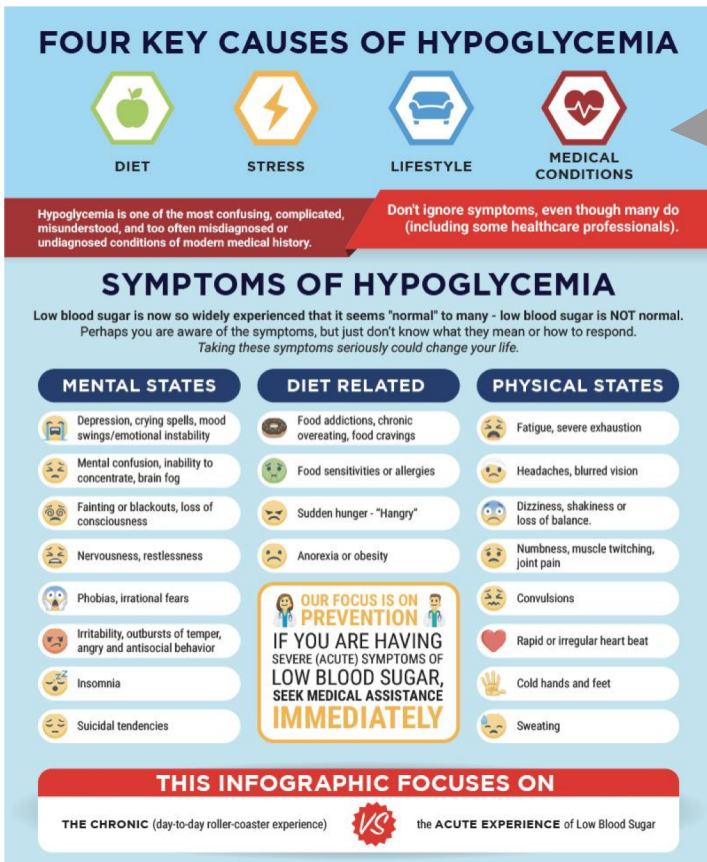
STRESS



DIET

STRESS

LIFESTYLE

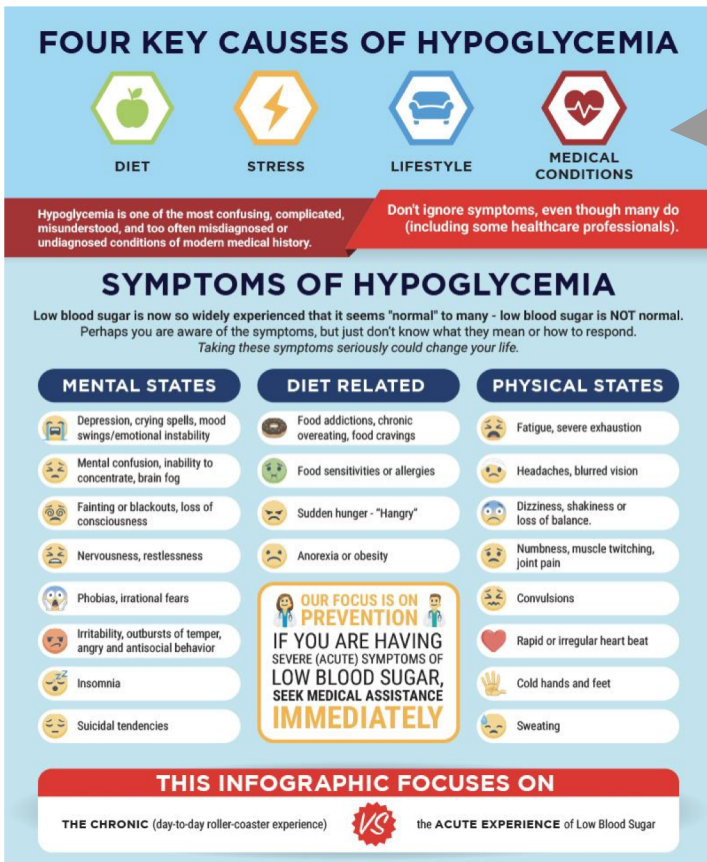


DIET

STRESS

LIFESTYLE

MEDICAL
CONDITIONS



FOUR KEY CAUSES OF HYPOGLYCEMIA



DIET



STRESS



LIFESTYLE



MEDICAL
CONDITIONS

Hypoglycemia is one of the most confusing, complicated, misunderstood, and too often misdiagnosed or undiagnosed conditions of modern medical history.

Don't ignore symptoms, even though many do (including some healthcare professionals).

SYMPTOMS OF HYPOGLYCEMIA

Low blood sugar is now so widely experienced that it seems "normal" to many - low blood sugar is NOT normal. Perhaps you are aware of the symptoms, but just don't know what they mean or how to respond. Taking these symptoms seriously could change your life.

MENTAL STATES

- Depression, crying spells, mood swings/emotional instability
- Mental confusion, inability to concentrate, brain fog
- Fainting or blackouts, loss of consciousness
- Nervousness, restlessness
- Phobias, irrational fears
- Irritability, outbursts of temper, angry and antisocial behavior
- Insomnia
- Suicidal tendencies

DIET RELATED

- Food addictions, chronic overeating, food cravings
- Food sensitivities or allergies
- Sudden hunger - "Hangry"
- Anorexia or obesity

PHYSICAL STATES

- Fatigue, severe exhaustion
- Headaches, blurred vision
- Dizziness, shakiness or loss of balance
- Numbness, muscle twitching, joint pain
- Convulsions
- Rapid or irregular heart beat
- Cold hands and feet
- Sweating

OUR FOCUS IS ON
PREVENTION
IF YOU ARE HAVING
SEVERE (ACUTE) SYMPTOMS OF
LOW BLOOD SUGAR,
SEEK MEDICAL ASSISTANCE
IMMEDIATELY

THIS INFOGRAPHIC FOCUSES ON

THE CHRONIC (day-to-day roller-coaster experience)



the ACUTE EXPERIENCE of Low Blood Sugar

SYMPTOMS OF HYPOGLYCEMIA

MENTAL



Depression, crying spells, mood swings/emotional instability



Mental confusion, inability to concentrate, brain fog



Fainting or blackouts, loss of consciousness



Nervousness, restlessness



Phobias, irrational fears



Irritability, outbursts of temper, angry and antisocial behavior



Insomnia



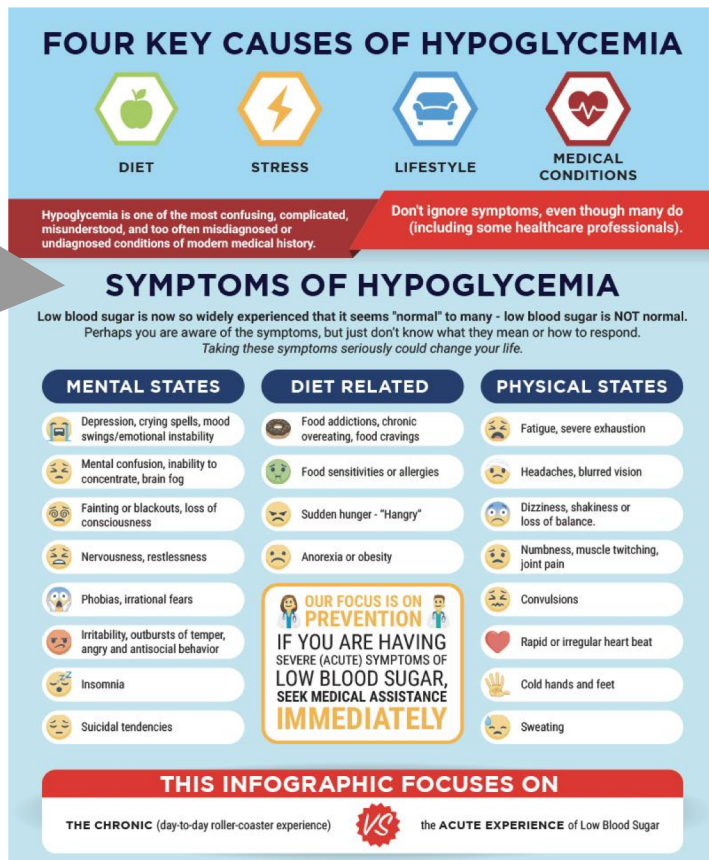
Suicidal tendencies



HYPOGLYCEMIA
Support Foundation

SYMPTOMS OF HYPOGLYCEMIA

PHYSICAL



Fatigue, severe exhaustion



Headaches, blurred vision



Dizziness, shakiness or loss of balance.



Numbness, muscle twitching, joint pain



Convulsions



Rapid or irregular heart beat



Cold hands and feet



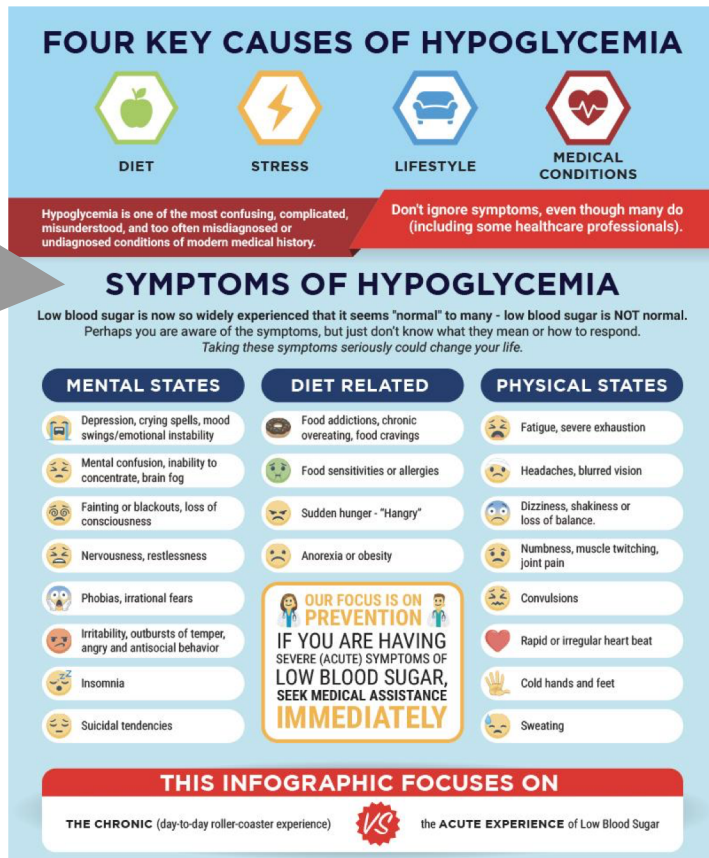
Sweating



HYPOGLYCEMIA
Support Foundation

SYMPTOMS OF HYPOGLYCEMIA

DIET RELATED



Food addictions, chronic overeating, food cravings



Food sensitivities or allergies



Sudden hunger - "Hangry"



Anorexia or obesity

Diet is the leading factor in producing hypoglycemia as well as the primary method for controlling it.

 **FOOD / DIET** and Hypoglycemia

CHANGE THE FOOD,
CHANGE EVERYTHING


Diet is the leading factor in producing hypoglycemia as well as the primary method for controlling it.


Hypoglycemia is most often related to an **unhealthy food environment** - our diet, food system and culture is flooded with ultra-processed products featuring nutrient-poor carbohydrates and additives.


You are what you **metabolize**: everything that you eat and drink affects how you think, feel, and act.


Blood sugar disorders are a result of our **altered biochemistry**, which is often the result of our **altered food environment**.


Food-mood connection: many experience daily blood sugar highs and lows, some experience milder less frequent symptoms, and some experience serious and debilitating mental health issues.


Dunk the Junk: eliminate processed foods, especially simple carbohydrates (pastas, breads, pastries) that have been baked into our culture and diets.

Hypoglycemia is mainly a condition related to a bad food environment - diet - because our diet, our food system, and our food culture is flooded with processed carbohydrates and sugar.


Diet plays a major role in controlling and treating hypoglycemia symptoms.


It is imperative to limit or remove **trigger foods** and substances that invite negative blood sugar and insulin responses, such as sugar, flour, alcohol, caffeine and tobacco.


Cut out ultra-processed foods with **preservatives, additives, food dyes, and fillers**.

If you can't spell it or pronounce it, why eat it?

 THIS CAN BE DIFFICULT TO DO ALONE - SEEK ASSISTANCE
CHECK WITH YOUR HEALTHCARE PROFESSIONAL

Hypoglycemia is most often related to an unhealthy food environment - including additives - “food-like” substances (NOT FOOD).



Our diet, food system and culture is flooded with ultra-processed products featuring nutrient-poor carbohydrates

You are NOT
what you eat.

You ARE
what you
metabolize.

 **FOOD / DIET** and *Hypoglycemia* CHANGE THE FOOD,
CHANGE EVERYTHING

 <p>Diet is the leading factor in producing hypoglycemia as well as the primary method for controlling it.</p>	 <p>Hypoglycemia is most often related to an unhealthy food environment - our diet, food system and culture is flooded with ultra-processed products featuring nutrient-poor carbohydrates and additives.</p>	 <p>You are what you metabolize: everything that you eat and drink affects how you think, feel, and act.</p>
 <p>Blood sugar disorders are a result of our altered biochemistry, which is often the result of our altered food environment.</p>	 <p>Food-mood connection: many experience daily blood sugar highs and lows, some experience milder less frequent symptoms, and some experience serious and debilitating mental health issues.</p>	 <p>Dunk the Junk: eliminate processed foods, especially simple carbohydrates (pastas, breads, pastries) that have been baked into our culture and diets.</p>

Hypoglycemia is mainly a condition related to a bad food environment - diet - because our diet, our food system, and our food culture is flooded with processed carbohydrates and sugar.

 <p>Diet plays a major role in controlling and treating hypoglycemia symptoms.</p>	 <p>It is imperative to limit or remove trigger foods and substances that invite negative blood sugar and insulin responses, such as sugar, flour, alcohol, caffeine and tobacco.</p>	 <p>Cut out ultra-processed foods with preservatives, additives, food dyes, and fillers.</p>
--	---	--

If you can't spell it or pronounce it, why eat it?

 **THIS CAN BE DIFFICULT TO DO ALONE - SEEK ASSISTANCE**
CHECK WITH YOUR HEALTHCARE PROFESSIONAL

Everything that
you eat and
drink affects
how you think,
feel, and act.



FOOD / DIET and Hypoglycemia

CHANGE THE FOOD,
CHANGE EVERYTHING



Diet is the leading factor in producing hypoglycemia as well as the primary method for controlling it.



Hypoglycemia is most often related to an **unhealthy food environment** - our diet, food system and culture is flooded with ultra-processed products featuring nutrient-poor carbohydrates and additives.



You are what you **metabolize**: everything that you eat and drink affects how you think, feel, and act.



Blood sugar disorders are a result of our **altered biochemistry**, which is often the result of our **altered food environment**.



Food-mood connection: many experience daily blood sugar highs and lows, some experience milder less frequent symptoms, and some experience serious and debilitating mental health issues.



Dunk the Junk: eliminate processed foods, especially simple carbohydrates (pastas, breads, pastries) that have been baked into our culture and diets.

Hypoglycemia is mainly a condition related to a bad food environment - diet - because our diet, our food system, and our food culture is flooded with processed carbohydrates and sugar.



Diet plays a major role in **controlling and treating** hypoglycemia symptoms.



It is imperative to limit or remove **trigger foods** and substances that invite negative blood sugar and insulin responses, such as **sugar, flour, alcohol, caffeine and tobacco**.



Cut out ultra-processed foods with **preservatives, additives, food dyes, and fillers**.

If you can't spell it or pronounce it, why eat it?



THIS CAN BE DIFFICULT TO DO ALONE - SEEK ASSISTANCE
CHECK WITH YOUR HEALTHCARE PROFESSIONAL

Blood sugar disorders are a result of our **altered biochemistry**, which is often the result of our **altered food environment**.



HYPOGLYCEMIA
Support Foundation

The fields of metabolic and mental health are closely related.

Nutritional psychiatry is the future of mental health treatment.



Food-mood connection: many experience daily blood sugar highs and lows, some experience milder less frequent symptoms, and some experience serious and debilitating mental health issues.

**Dunk the
Junk.**

**Eliminate or
drastically
reduce
processed
foods.**



**Simple
carbohydrates**
(pastas, breads,
pastries) have
been baked into
our culture and
diets, flooding our
metabolic
systems with
starch (glucose).

It is imperative to limit or remove **trigger foods** and substances that invite negative blood sugar and insulin responses, such as **sugar, flour, alcohol, caffeine and tobacco.**

FOOD / DIET and Hypoglycemia

CHANGE THE FOOD, CHANGE EVERYTHING

Diet is the leading factor in producing hypoglycemia as well as the **primary** method for controlling it.

Hypoglycemia is most often related to an **unhealthy food environment** - our diet, food system and culture is flooded with ultra-processed products featuring nutrient-poor carbohydrates and additives.

You are what you **metabolize**: everything that you eat and drink **affects** how you think, feel, and act.

Blood sugar disorders are a result of our **altered biochemistry**, which is often the result of our **altered food environment**.

Food-mood connection: many experience daily blood sugar highs and lows, some experience milder less frequent symptoms, and some experience serious and debilitating mental health issues.

Dunk the Junk: eliminate processed foods, especially simple carbohydrates (pastas, breads, pastries) that have been baked into our culture and diets.

Hypoglycemia is mainly a condition related to a bad food environment - diet - because our diet, our food system, and our food culture is flooded with processed carbohydrates and sugar.

Diet plays a major role in **controlling and treating** hypoglycemia symptoms.

It is imperative to limit or remove **trigger foods** and substances that invite negative blood sugar and insulin responses, such as **sugar, flour, alcohol, caffeine and tobacco.**

Cut out ultra-processed foods with **preservatives, additives, food dyes, and fillers.**

If you can't spell it or pronounce it, why eat it?

THIS CAN BE DIFFICULT TO DO ALONE - SEEK ASSISTANCE
CHECK WITH YOUR HEALTHCARE PROFESSIONAL

There is a wealth of evidence indicating that processed foods (*loaded with added sugar, salt, unhealthy fats, preservatives, additives, food dyes, and fillers*) are addicting, and destroy our physical and mental health.

FOOD / DIET and Hypoglycemia CHANGE THE FOOD, CHANGE EVERYTHING

Diet is the leading factor in producing hypoglycemia as well as the **primary** method for controlling it.

Hypoglycemia is most often related to an **unhealthy food environment** - our diet, food system and culture is flooded with ultra-processed products featuring nutrient-poor carbohydrates and additives.

You are what you **metabolize**: everything that you eat and drink affects how you think, feel, and act.

Blood sugar disorders are a result of our **altered biochemistry**, which is often the result of our **altered food environment**.

Food-mood connection: many experience daily blood sugar highs and lows, some experience milder less frequent symptoms, and some experience serious and debilitating mental health issues.

Dunk the Junk: eliminate processed foods, especially simple carbohydrates (pastas, breads, pastries) that have been baked into our culture and diets.

Hypoglycemia is mainly a condition related to a bad food environment - diet - because our diet, our food system, and our food culture is flooded with processed carbohydrates and sugar.

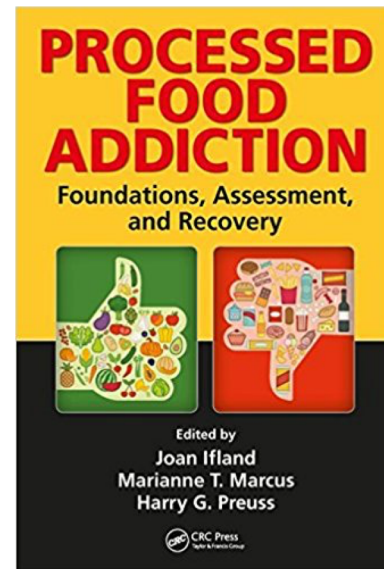
Diet plays a major role in **controlling and treating** hypoglycemia symptoms.

It is imperative to limit or remove **trigger foods** and substances that invite negative blood sugar and insulin responses, such as **sugar, flour, alcohol, caffeine and tobacco**.

Cut out ultra-processed foods with **preservatives, additives, food dyes, and fillers**.

If you can't spell it or pronounce it, why eat it?

THIS CAN BE DIFFICULT TO DO ALONE - SEEK ASSISTANCE
CHECK WITH YOUR HEALTHCARE PROFESSIONAL



If you can't spell it or pronounce it, why eat it?

The FDA reports almost 4,000

“Substances Added to Food”
in the U.S. (it's a partial list!).



Including **ACETONE**, also called DIMETHYL KETONE, BETA-KETOPROPANE, PYROACETIC ETHER, 2-OXOPROPANE, 2-PROPANONE, METHYL KETONE, DIMETHYLFORMALDEHYDE

Used as
“FLAVOR ENHANCER”
and
“FLAVORING AGENT”

Really??

Many find it possible to reverse metabolic disorders, such as hypoglycemia, by restricting carbohydrates.

DIET IS THE CORNERSTONE SOLUTION FOR CONTROLLING REACTIVE/FUNCTIONAL HYPOGLYCEMIA
Include ample and healthy sources of fat and protein in your diet.

 Many find it possible to reverse metabolic disorders, such as hypoglycemia, by **restricting carbohydrates**, and emphasizing **"safe-carbs"** (complex carbohydrates from high quality whole food sources, low in starch, high in fiber, and rich in nutrients) - in other words - **real food**.

 **Small and more frequent meals** may help stabilize blood sugar - but frequency of meals is less important than **quality**. Keep healthy snacks on hand: we are bombarded by unhealthy food choices - be prepared for situations where **healthy choices** may not be available (airplane travel, social situations, etc.).

 **LESS THAN A THIRD OF DOCTORS** are provided a nutrition course in medical school and are lacking the resources to resolve diet-related conditions.

 **EAT REAL FOOD** - fad diets don't work. Dunk the junk food. Emphasize whole, real, fresh foods. Avoid drinking your calories.

 **COOK** - shopping, preparing and cooking your own food is the most powerful way to heal yourself.

EMPOWER YOURSELF

 DON'T - Panic when you first hear about all the foods that you must eliminate from your diet; focus on foods that you CAN eat - there are plenty.	 DO - Keep a diet/symptom diary. Establish a personal diet blueprint that reveals what you are eating and metabolizing. Self-monitoring is inexpensive and can reveal what isn't working.
 DON'T - Skip breakfast. It can be the most important meal of the day for people suffering from hypoglycemia.	 DO - Start eliminating the "biggies" - those foods, drinks and chemicals that cause the most problems: sugar, white flour, alcohol, caffeine and nicotine.
 DON'T - Be obsessive about your diet. A CONSTANT focus on what you can and cannot eat can foster fear, anxiety, stress, and frustration.	 DO - Replace offending foods immediately with good, wholesome, nutritious food and snacks as close to their natural state as possible.

For a complete list of diet suggestions, including the do's and don'ts of hypoglycemia go to www.hypoglycemia.org/diet

Emphasize **"safe-carbs"** (complex carbohydrates from high quality whole food sources, low in starch, high in fiber, and rich in nutrients) - in other words - **real food**.

Small and more frequent meals may help stabilize blood sugar - but frequency of meals is less important than quality. Keep healthy snacks on hand.

DIET IS THE CORNERSTONE SOLUTION FOR CONTROLLING REACTIVE/FUNCTIONAL HYPOGLYCEMIA
Include ample and healthy sources of fat and protein in your diet.



Many find it possible to reverse metabolic disorders, such as hypoglycemia, by **restricting carbohydrates**, and emphasizing "safe-carbs" (complex carbohydrates from high quality whole food sources, low in starch, high in fiber, and rich in nutrients) - in other words - **real food**.



Small and more frequent meals may help stabilize blood sugar - but frequency of meals is less important than **quality**. Keep healthy snacks on hand: we are bombarded by unhealthy food choices - be prepared for situations where **healthy choices** may not be available (airplane travel, social situations, etc.).



LESS THAN A THIRD OF DOCTORS are provided a nutrition course in medical school and are lacking the resources to resolve diet-related conditions.



EAT REAL FOOD - fad diets don't work. Dunk the junk food. Emphasize whole, real, fresh foods. Avoid drinking your calories.



COOK - shopping, preparing and cooking your own food is the most powerful way to heal yourself.

EMPOWER YOURSELF



DON'T - Panic when you first hear about all the foods that you must eliminate from your diet; focus on foods that you **CAN** eat - there are plenty.



DO - Keep a diet/symptom diary. Establish a personal diet blueprint that reveals what you are eating and metabolizing. Self-monitoring is inexpensive and can reveal what isn't working.



DON'T - Skip breakfast. It can be the most important meal of the day for people suffering from hypoglycemia.



DO - Start eliminating the "biggies" - those foods, drinks and chemicals that cause the most problems: sugar, white flour, alcohol, caffeine and nicotine.



DON'T - Be obsessive about your diet. A **CONSTANT** focus on what you can and cannot eat can foster fear, anxiety, stress, and frustration.



DO - Replace offending foods immediately with good, wholesome, nutritious food and snacks as close to their natural state as possible.

For a complete list of diet suggestions, including the do's and don'ts of hypoglycemia go to www.hypoglycemia.org/diet

We are bombarded by unhealthy food choices - **be prepared for situations where healthy choices may not be available** (airplane travel, social situations, etc.).

DIET IS THE CORNERSTONE SOLUTION FOR CONTROLLING REACTIVE/FUNCTIONAL HYPOGLYCEMIA
Include ample and healthy sources of fat and protein in your diet.



Many find it possible to reverse metabolic disorders, such as hypoglycemia, by **restricting carbohydrates**, and emphasizing "safe-carbs" (complex carbohydrates from high quality whole food sources, low in starch, high in fiber, and rich in nutrients) - in other words - **real food**.



Small and more frequent meals may help stabilize blood sugar - but frequency of meals is less important than **quality**. Keep healthy snacks on hand: we are bombarded by unhealthy food choices - be prepared for situations where **healthy choices** may not be available (airplane travel, social situations, etc.).



LESS THAN A THIRD OF DOCTORS are provided a nutrition course in medical school and are lacking the resources to resolve diet-related conditions.



EAT REAL FOOD - fad diets don't work. Dunk the junk food. Emphasize whole, real, fresh foods. Avoid drinking your calories.



COOK - shopping, preparing and cooking your own food is the most powerful way to heal yourself.

EMPOWER YOURSELF



DON'T - Panic when you first hear about all the foods that you must eliminate from your diet; focus on foods that you **CAN** eat - there are plenty.



DO - Keep a diet/symptom diary. Establish a personal diet blueprint that reveals what you are eating and metabolizing. Self-monitoring is inexpensive and can reveal what isn't working.



DON'T - Skip breakfast. It can be the most important meal of the day for people suffering from hypoglycemia.



DO - Start eliminating the "biggies" - those foods, drinks and chemicals that cause the most problems: sugar, white flour, alcohol, caffeine and nicotine.



DON'T - Be obsessive about your diet. A **CONSTANT** focus on what you can and cannot eat can foster fear, anxiety, stress, and frustration.



DO - Replace offending foods immediately with good, wholesome, nutritious food and snacks as close to their natural state as possible.

For a complete list of diet suggestions, including the do's and don'ts of hypoglycemia go to www.hypoglycemia.org/diet

LIFESTYLE SOLUTIONS:

COOK

EXERCISE

REST

SOCIALIZE




Your LIFE is not
your life situation.

You are not a
“Hypoglycemic” -
you are a person
with low blood
sugar.

Focus on changing
the conditions that
are affecting your
health.


TESTING FOR HYPOGLYCEMIA

A glucose tolerance test (GTT) measures how well your body's cells are able to absorb glucose after you ingest a given amount of sugar. There are more effective ways of using this test, visit the HSF website for more information.




MEDICAL CONDITIONS


IDENTIFYING AND
DIAGNOSING HYPOGLYCEMIA




There are many medical conditions that can precipitate or manifest as **low blood sugar**; this information emphasizes what is known as **reactive/functional hypoglycemia**.




Seek medical attention while being aware that some doctors may not see or understand low blood sugar symptoms, view them as serious concerns, or treat the symptoms versus the causes.



Be prepared to provide details about your condition, and if you aren't being taken seriously, seek advice from another healthcare professional.




Nothing takes the place of a medical diagnosis and treatment plan. However, gathering, evaluating, and providing specifics about your diet and lifestyle is crucial.




Personal data collection can be life-changing. Keeping a journal of your symptoms and diet is an absolute must. This information can be invaluable to your doctor or healthcare provider.


GLUCOSE TESTING



A glucose tolerance test (GTT) measures how well your body's cells are able to **absorb glucose** after you ingest a given amount of sugar.




Some doctors do not perform the GTT test on the very young or elderly, and some are reluctant to perform the test. Others may not be adequately trained to diagnose and treat hypoglycemia.




Understand the purpose, procedure, and instructions **before** you have the GTT administered. As an **informed** patient, you and your physician can determine whether or not the GTT test is for you.

Glucose tolerance tests are not indicated for all patients with hypoglycemia. People who have history of upper intestinal surgery or other medical conditions may not tolerate the GTT and the data may not be helpful. Doctors may wish to assess glucose and hormonal patterns in a variety of ways, depending on the patient's unique history. Some doctors will also want to look at **insulin levels** - the relationship between your blood sugar and insulin functions is an important one that is sometimes overlooked or misunderstood.



Learn more about testing for Hypoglycemia. Testing for Hypoglycemia is complex and challenging. Find out more at: www.hypoglycemia.org/test



New Tech + Old School: continuous Glucose Monitoring technology has the potential to transform diagnoses of hypoglycemia - matched with good old fashioned **food journaling**.

EMPOWER YOURSELF

A Educate yourself about blood sugar.

C Seek healthcare providers knowledgeable about hypoglycemia or be prepared to get second opinions.

B Collect and organize information on your condition, symptoms, dietary habits, and blood/medical tests.

D Apply and commit to a defined course of treatment, including lifestyle changes.

Hypoglycemia Support Foundation - www.hypoglycemia.org/info

NEW TECH + OLD SCHOOL

Continuous Glucose Monitoring technology has the potential to transform diagnoses of hypoglycemia - matched with good old fashioned food journaling.

hypoglycemia.org/testing

Continuous Glucose Monitoring

CGM Companies have traditionally focused on the Type 1 Diabetes market - that is about to change - they will soon be as available and affordable as a “fitbit” (e.g., Sano Health)

CGM is emerging as a valuable tool for revealing the link between mental health and metabolic health.



New technologies are jumping past government and industry to provide data & technology solutions directly to consumers.

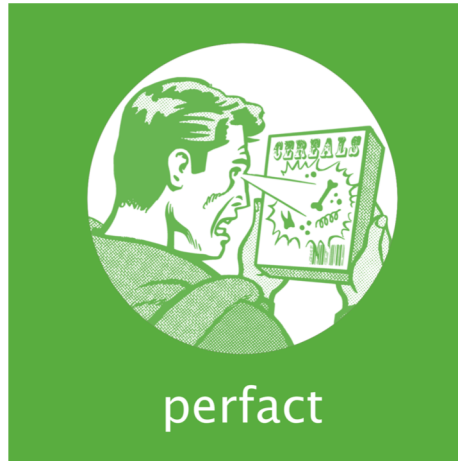
perfect.co

Imagine a world where the food system is transparent and making the right choice is easy.

Consumers will soon be able to screen the entire food supply in real time, applying science based criteria, enabling prevention of metabolic disease and avoid products and ingredients linked to metabolic disorders like hypoglycemia.

Consumer Driven “Choice Architecture” based upon reliable, real-time data.

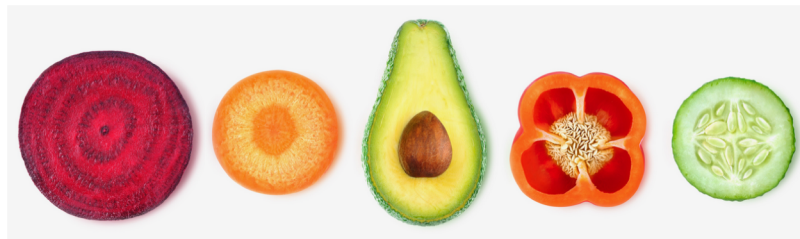
Connecting cognition and consumer choice, combatting consumer angst and industry obfuscation. Example: the “no added sugar” problem / sugar matrix



Data isn't enough.

Perfect provides:

- Recommendation Engine
- Standards & Criteria transformed into “filters” - available in a “filter store”
- Ingridipedia
- Actionable Intelligence



eatrx.com

Personalized Nutrition - Unlock the Possibility of Food

**Personalized nutrition
needs personalized data.**

Synergistic nutrients
targeted specifically to you
and your health goals.



Forget the myth of “**one-size-fits-all nutrition**”
EatRx Technology evaluates
and ranks scientific
evidence, applying deep
learning towards your health,
identifying key cellular
pathways.

hypoglycemia.org

The only website of its kind, developed and supported by patient advocates with the backing, support and expertise from leading experts in medicine, nutrition, and related fields.

Facebook Page

<https://www.facebook.com/HypoglycemiaSupport>

Facebook Private Support Group

<https://www.facebook.com/groups/1981499888733930>

Twitter

<https://twitter.com/Hypoglycemia101>

