

How You Feel Is Data!™

Blood Sugar and Mood Chemistry Peaks and Crashes

Brain functions — such as thinking, learning and remembering — are closely related to blood glucose levels and how well your brain uses this fuel. Feelings and sensations provide important data about your brain's fuel supply.

Do you have feelings and sensations of HIGH BLOOD SUGAR?

Normal / Fatigue / Sluggish

Do you have feelings and sensations of NORMAL BLOOD SUGAR?

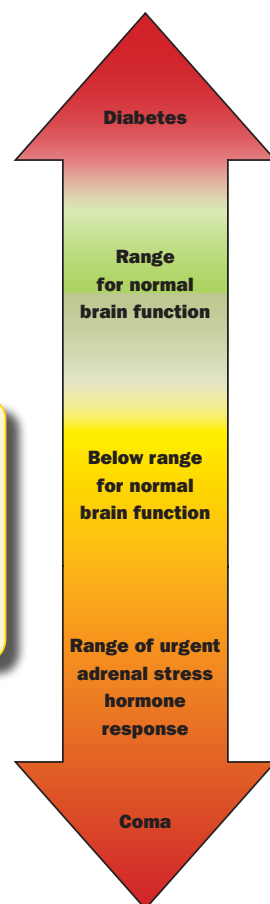
Clear headed / Calm / No thoughts of food or stimulants

Do you have feelings and sensations of LOW BLOOD SUGAR?

Mental/Learning	Mood	Physical	Behavior
Poor concentration	Depressed	Empty	Laziness
Confusion	Anxious	Cravings	Act on Cravings
Mental fatigue	Dissatisfied	Agitated	Act on impulses
ADD or ADHD	Cranky	Jittery	Aggressive
Brain fog	Rapid mood change	Unstable	Inattentive

Do you have feelings and sensations of VERY LOW BLOOD SUGAR?

Desperate thoughts	Panic	Palpitations	Panic attack
Survival mode	Anger/rage	Sweating	Rage
Unavailable for reason	Beyond impatient	Weak/dizzy	Binging trigger



THE
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PROGRAMS



Feelings and sensations are your brain's way of letting you know if you're feeding it the right fuel to function optimally.
START COLLECTING YOUR DATA TODAY.

www.TheSuppersPrograms.org