

Hypoglycemia *Diet*

# HEAL YOUR HYPOGLYCEMIA

You can **be free from symptoms** within 14 days  
by changing your diet

By Chris Mole

Thank you for purchasing this e-book. I know you are going to find it fascinating and informative - and most of all I believe it has the potential to transform your health for the better, if you follow the simple, common sense guidelines that I am going to share with you about diet.

I'm going to get straight to the point in this short e-book. There's no fluff just to fill the space. Nor am I going to go into detailed medical and scientific explanations of what hypoglycemia is.

This e-book has only one purpose – to help you get well. Pure and simple. It's not just theory dreamed up by researchers in a laboratory. It is based on what I have actually tried and proven in my own life over the last 30 years.

Some of the things I am going to share with you will contradict the mainstream advice given to people with hypoglycemia. There's a reason for this. I have personally tested all kinds of different diets and theories related to hypoglycemia. I'm going to recommend only what I have proven to work for me in the real world.

In many cases, I have followed the advice of "experts" and found it didn't work for me. In fact, as I've talked with other people with hypoglycemia, I've found a lot of the mainstream advice didn't really work for them either.

Many of the diets recommended for hypoglycemia are just too difficult to follow on a long-term basis. They ask you to eat foods you've never heard of before. They recommend eating 6 to 8 times a day, even when you're not hungry. And above all, many of the diets recommended for hypoglycemia are just plain wrong. They don't make you feel any better and they don't work to rebuild your overall health so that eventually you can be completely cured from hypoglycemia.

I believe absolutely you can be fully and permanently cured from hypoglycemia. That doesn't mean you can go back to eating the wrong kind of diet that helped to cause the condition in the first place. But it does mean, if you eat sensibly for the rest of your life, you can enjoy a full and healthy life without any hypoglycemia symptoms.

# My own story, briefly

I was first diagnosed with hypoglycemia in 1978, when I was 22 years old. I actually had chronic fatigue syndrome for several years but that wasn't diagnosed until much later. Fortunately, I came across a wise old doctor who tested me for hypoglycemia with a full 6-hour glucose tolerance test. He confirmed I had hypoglycemia. The problem was, he didn't really know much about the best diet to eat. I remember he told me to "eat some cold potato before bedtime." He never mentioned about not eating sugar!

So, I had to study about hypoglycemia myself. I read everything I could get my hands on, over several years. And I experimented with all kinds of diets - from high-protein Atkins-type diets to high-carbohydrate, low-fat diets - and all kinds of other diets such as food combining, macrobiotic, Ayurvedic etc.

It took me about 10 years to discover what really worked for me. My hypoglycemia is totally under control now. I feel great most of the time... unless I slip up and have a binge on something sweet. Then I feel the bad effects for a day or two afterwards. But at least I know why I feel bad!

This e-book explains what I have learned about hypoglycemia and diet. I believe it's the most common-sense approach you'll read anywhere. And above all, it really works.

So, let's get started!

## How do you know if you've got hypoglycemia?

I'm assuming that if you are reading this e-book, you have probably already been diagnosed with hypoglycemia, or have some other good reason to suspect you are suffering from hypoglycemic symptoms. So, I'm not going to go into a great deal of detail about the symptoms. (In any case, this e-book is more about getting well. I don't want to dwell too much on the negative. But it's useful to know something about the symptoms.)

Some experts believe up to 20 percent of adults in the western world suffer from hypoglycemia – and many of them don't even know it. They just suffer from vague symptoms, which their doctors can't explain, and it's often put down to 'psychosomatic'. It's all in your mind, the doctor says. (That's the standard approach of the medical profession for anything they can't explain.)

It's easy to see why so many people suffer from hypoglycemia, when you consider the large amounts of sugar and refined carbohydrates that people eat and drink today. And with the diets of today's children being even worse than their parents, we're heading for an even worse situation with hypoglycemia in future.

I don't intend to get into a detailed medical explanation of hypoglycemia because it is complicated and somewhat controversial. However, in simple terms, hypoglycemia means rapid rises and falls in the level of glucose in the blood. This is due to a malfunctioning of the pancreas and liver, predominantly. Exhaustion of the adrenal glands is also a factor.

In a healthy person, the pancreas produces just enough insulin to neutralise any sugar eaten, to bring the blood sugar back to normal. But in people who have hypoglycemia, the pancreas overreacts and produces too much insulin in response to the sugar eaten.

This over-abundance of insulin metabolises not only the sugar which has been eaten but also some of the glucose which was already present in the bloodstream. The result is a state of **low blood sugar** which can cause an alarming number of distressing symptoms.

### **Symptoms include:**

- fatigue (chronic ongoing tiredness)
- headaches
- dizziness and feeling faint
- irritability
- depression
- difficulty in remembering
- blurred vision
- and many more, including a range of psychiatric illnesses

In most cases these symptoms are accompanied by an overwhelming craving

for something sweet or a stimulant such as tea or coffee.

If any of those symptoms sound familiar, particularly if they are accompanied by a craving for sweet food, then it is very likely you are suffering from hypoglycemia.

## **What really causes hypoglycemia – and why you need to know this before you follow any kind of diet**

Most experts will tell you that hypoglycemia is caused by the pancreas producing too much insulin after a person eats sugar or other refined carbohydrates. This excess insulin causes the blood sugar to fall too far, too quickly, which causes a range of hypoglycemic symptoms.

Now, there is some truth in this, of course. But my research has led me to believe that the fundamental cause of hypoglycemia is based in the liver. It's very important to understand this because it affects the way you should eat if you want to get well permanently.

I want to stress, I'm not a doctor or a scientist. I'm not going to baffle you with complex medical and physiological terms. Thankfully, you don't need to know all that (unless you really want to).

In simple terms, the job of your pancreas is to stop your blood sugar from getting too high. The job of your liver is to stop it getting too low. So, both the liver and the pancreas are involved in keeping your blood sugar stable. (In fact, there are other organs as well that play a role... particularly the adrenal glands... but I'm going to keep this simple for now.)

Most dietary advice for hypoglycemia focuses on the pancreas. It involves eating frequent small meals and avoiding sugary foods. This is designed to prevent the pancreas from releasing too much insulin and thus keeping your blood sugar stable.

However, it's not quite that simple. How do I know? Well, I've tried that approach... I've followed it religiously in the past... and it simply didn't work for me. I ate frequent small meals. I avoided sugar and everything that contained

sugar. And I still felt terrible. In fact, the more I tried to follow the diet, the worse I felt! How could that possibly be?

Well, thankfully I didn't give up and I kept searching for the real answer. I tried all kinds of diets, some including small amounts of sugar and others avoiding it completely. I found, through trial and error, that I felt best when I ate **three balanced meals a day** of food that I actually felt like eating (i.e. foods that I liked and enjoyed, rather than foods that a diet expert told me I should eat)... and not eating when I didn't actually feel hungry.

**I'm convinced that 3 balanced meals a day is the best option for most people** I personally found snacking at 2 or 3 hour intervals on high protein foods to be absolutely counter-productive for me. In fact, eating 6 to 8 times a day is not a normal, natural and healthy way to live. It has you thinking about food all day long!

On the other hand, eating just three meals a day (sometimes with small snack in the late afternoon if I felt hungry) seemed to work best for me. And conversely, over-eating in general – even eating too much of “healthy” organic foods – made me feel bad.

This is when it dawned on me about the role of the liver in hypoglycemia. Thankfully there are one or two experts who do understand the part the liver plays... and as I read their theories, I felt a light bulb go off in my head. This was the missing link I'd been looking for.

The good news is, fixing your liver is far easier than fixing your pancreas! That's what we're going to be looking at in this e-book.

## **The cure for hypoglycemia - prevent large swings in your blood sugar level**

If you eat nothing and just drink water for a whole day, your blood sugar will remain low. You will probably get some hypoglycemic symptoms. However, you won't feel as bad after a whole day of fasting on water alone, as you would from eating a large bag of candy, or drinking a glass of beer on an empty stomach and then waiting a couple of hours. In the latter case, you are almost certainly going to get some very severe hypoglycemic symptoms.

You could briefly relieve those hypoglycemic symptoms by eating something sweet again... only to suffer the same roller coaster up and down of your blood sugar.

This is how a lot of people with hypoglycemia live day after day, week after week, year after year. Their blood sugar is continually up and down because they are continually eating sweet snacks to boost their sugar levels.

The standard advice to counter this blood sugar roller coaster is to eat frequent small meals throughout the day and to avoid anything with sugar or refined carbohydrates.

Now, I do agree with the second part of this advice, to avoid sugar and anything containing it (although as you will see later, it's possible to eat small amounts of sugar and not suffer symptoms, if you eat it as part of a meal rather than a snack).

But the idea of continually eating 6 to 8 times a day is bad advice in my opinion. This is because of the effect it has on your liver and digestive system in general. It might sound correct in theory to keep grazing all day long to keep your blood sugar stable but it's not a long-term healthy way to eat.

Why do you think that virtually every civilisation in the world has three regular meal times during the day? Breakfast, lunch and dinner (or variations of those). It's a healthy way to eat, that's why.

## **It's the job of your liver to keep your blood sugar stable between meals**

If you have a healthy liver, your body should not be dependent on a constant intake of food to keep it going. That's the liver's job and it's beautifully designed to do just that.

If you keep snacking through the day, your liver is too busy trying to keep up with the constant intake of food. It doesn't get time to do its job of replenishing your blood sugar.

But when allowed to do its job, your liver is much better at regulating your

blood sugar. It releases what you need at the right moment. In other words, you need to rely on your liver for snacks, not your mouth!

### **This is how your body was designed:**

1. You eat a meal.
2. You digest it and absorb sugar and fat into your bloodstream.
3. Calories are burned.
4. Excess calories are stored in your liver.
5. Once your liver is full, any remaining calories are stored as fat on your hips, rear, stomach, thighs...
6. When your gut has finished absorbing your last meal your liver should start burning fat and releasing its stored sugar.

The problem is most people just cycle between points one through five and only manage point six when they are sleeping. And many don't even do that because they snack right before bed or eat late.

That's why I recommend you eat less often - not more often. You ideally need to allow your liver to get to point 6 after each meal, before you eat again. Your liver needs to be able to do its job of raising your blood sugar... before it gets overloaded again by processing more food!

If you continually eat as soon as you feel a small dip in your blood sugar, you are just keeping your liver out of the equation. That's bad news for your long term health.

Eat three balanced meals a day and don't eat anything else unless you are genuinely hungry. Eating only three times a day gives your digestive tract time to rest. Your food will be digested better and your bowels will be healthier too. Many weight loss experts will tell you that you'll burn more fat by snacking.

The idea being that snacking stops your body from going into "starvation" mode and refusing to burn fat. All I can say is that if it works for you, great. But I know of no one, personally, who has lost any substantial weight from snacking. Instead, the opposite is usually true. Frequent snacking makes you more likely to overeat.



# It's NOT necessary to eat a bedtime snack

As I've already stressed, I recommend eating only three meals a day, with possibly one small snack in the late afternoon if you get hungry. (If you do need an afternoon snack, it should be a planned part of your day, just like your other 3 meals, where you sit down and eat it while relaxing – not just something grabbed at random and eaten on the run.)

A lot of people like to eat a bedtime snack and it's usually something sweet. Most experts on hypoglycemia recommend having a snack before bed. However, I don't agree with this as a general rule.

If you've eaten a good balanced meal at dinner time (somewhere between 6pm and 8pm) why would you need to eat again just 3 or 4 hours later? You should finish dinner 2-4 hours before bed and don't eat anything else. This is sometimes hard for people who have been in the habit of eating a bedtime snack. But think about it – why does your body need to be digesting food during the night? It doesn't take much energy to sleep. Your body wants to rest during the night. Not digest. This is a crucial time when your liver can restore itself to health!

I personally was never into snacking at bedtime. But I know a lot of people who say they can't sleep unless they have a bedtime snack. But those same people complain they never feel rested in the morning.

## What to do when you feel that little dip in energy between meals

If your hypoglycemia is severe, even if you eat a good balanced meal, you will experience a little dip in energy and maybe some symptoms. Quite often about 2-3 hours after your last meal and there's no more incoming sugar - you will start to feel your blood sugar drop.

Keep in mind that the "dip" you feel is really insignificant. It's not like when a diabetic takes too much insulin, which can be life-threatening. In fact, this dip is a natural signal to your liver to start releasing sugar into your bloodstream. It's only a problem when your liver is unhealthy and fails to do its job properly.

But thankfully, your liver can quickly regenerate itself to health if you let it. A good way to raise your blood sugar is to go for a short walk or some other form of gentle exercise. This will raise your blood sugar and quite likely you won't feel the craving for a snack any more.

If you absolutely must have a snack, it's not the end of the world. Just relax and enjoy it. Just make it a small one and avoid sugar!

## **So then, what foods should you eat?**

I often get asked by people with hypoglycemia, "what foods am I allowed to eat?" The implication is that some foods are "good" and you can eat them while others are "bad" and should be avoided like poison. Most diet books for hypoglycemics tend to be black and white. Foods are divided into "allowed foods" and "not allowed foods".

The problem with this approach is that nutrition is not so black and white. Some foods (most foods, in fact) are OK if eaten in small to moderate amounts but are harmful if eaten to excess.

**So, I'm sorry to disappoint you but I'm not going to give you a list of "allowed" and "not allowed" foods.**

If following rigid rules works for you, then go ahead and keep following those rules. But if it hasn't worked so far, then read what I am about to say with an open mind.

Having studied hundreds of books about hypoglycemia, I've found some weird and wonderful diets suggested, some of which almost completely contradict each other. My basic approach to hypoglycemia – as to everything else in life – is keep it simple and use common sense.

## **Should you eat a high protein diet... or a low-fat diet?**

The earliest treatment for hypoglycemia, back in the 1950s, was a high-protein, high-fat diet with a minimum of carbohydrates. This was based on the belief

belief that all carbohydrates stimulate the pancreas to produce insulin. Variations still exist, such as the Atkins diet. But I've tried this high protein approach and never found it helpful in the long run – or even in the short run, for that matter. Frankly, we need a certain amount of carbohydrate. Why else have people for thousands of years grown grains and harvested them as the staple of their diets? Atkins has no answer for that one.

The prominent American nutritionist Paavo Aerola started a change in thinking about hypoglycemia treatment in the 1970s when he advocated a largely vegetarian diet with an emphasis on complex carbohydrates. Aerola's diet was popular for many years and very successful. I found it excellent. However, when you're vegetarian, you have to rely heavily on dairy products for protein - which doesn't suit everyone.

More recently, a concept known as the "glycemic index" of foods has been developed. The glycemic index represents the amount by which a food raises the blood sugar level, with glucose having an index of 100. It is interesting that foods such as white bread can raise the blood sugar almost as much as ordinary white sugar, whereas whole-grain breads cause a much slower rise in blood sugar.

I have proved this myself - before I knew anything about glycemic indexes. When I was experimenting with the high-carbohydrate, low-fat diets I often had a white bread roll with a small amount of low-fat cheese (no butter) and salad for lunch. I would always get a headache during the afternoon following such lunches but I persisted because I thought it was a "healthy" low-fat meal and it had no-sugar.

Occasionally, I would have a thick cheese sandwich on wholemeal bread (with butter) and a glass of milk - supposedly a very bad meal from the low-fat viewpoint. But I felt great during the afternoon after such a lunch. Fats such as butter and cheese can be useful in controlling low blood sugar because they slow down the absorption of carbohydrate. Of course, that is not a licence to eat a lot of fat - nor a lot of anything, for that matter.

A huge meal, even if it contains no sugar, can raise the blood sugar more than a candy bar. Getting back to the glycemic index, it can be confusing sometimes because different studies give different indexes for the same foods. For example, some studies have found potatoes to have a high glycemic index (making them inadvisable for people with hypoglycemia) while others

recommended potatoes as one of the best foods for keeping blood sugar stable!

Fruit is another controversial food in relation to hypoglycemia. Some experts advocate eating fruit because its sugars (mainly fructose) are "natural" and thus don't affect the hypoglycemic like refined sugar does. Others find better results by avoiding fruit, at least in the initial stages of treatment. I found fruit often affected me adversely, particularly sweet fruit likes bananas, grapes or water melon.

## **Avoid low fat diets!**

I have experimented with different diets to see which has the most beneficial effects on my blood sugar levels. I have found the best results with a diet based on complex carbohydrates and adequate protein, with a certain amount of fat to slow down the impact of the carbohydrates on my blood sugar. Fat is usually regarded as a villain by modern diet writers but a certain amount of fat is essential, particularly if you suffer from low blood sugar.

In fact, many people develop low blood sugar by following the popular high carbohydrate, low-fat diet theories to extreme. They think fruit is a "good" food and eat lots of it while avoiding foods like eggs, cheese and whole milk. But they could be better off avoiding fruit if they are hypoglycemic and eating eggs and buttered toast for breakfast.

Eggs are a particularly valuable food. They help build up the adrenal glands - a vital factor in recovery from hypoglycemia. Of course, they contain cholesterol and should be eaten in moderation. But one or two eggs a day will not harm most people's cholesterol levels and, in fact, there is growing evidence that sugar is much more harmful in raising cholesterol than foods such as eggs, dairy products or meat.

## **Conclusion... eat a balanced diet!**

Don't get too tied up with high protein diets or low-fat diets – or worse still, counting grams of protein, fat and carbohydrate. Look at it this way. Human beings have been eating natural foods for thousands of years and have pretty much discovered what are the best kinds of diet for good health. They are

basically, the **traditional ethnic diets** that have been around for centuries. These are all **balanced diets!** They are not high in anything or low in anything. They are just moderate in everything.

But no one is going to write a best-selling diet book recommending a balanced diet. How boring is that!

The Mediterranean diet is in vogue among nutritionists at the moment. But even then, you'll find they tend to put a spin on it, to fit their theories. For example, I've seen so-called Mediterranean diets recommending low fat cheese and margarine. Come on!

The French diet is also becoming popular. Now the French eat a lot of butter, cream and high fat foods. They drink wine and strong coffee. And they are among the healthiest people in the world. They don't tend to be overweight, despite all the rich foods they eat.

Then there is the Japanese diet, Lots of fish, rice and vegetables. Nutritionists love this one because it fits with the low-fat theory.

### **The common factor of all traditional ethnic diets is they contain very little sugar**

Furthermore, traditional ethnic diets have another thing in common – people tend to eat smallish portions. They don't tend to overeat, because essentially it's **sugar** that makes us over eat.

In my opinion, refined sugar is the number one cause of ill health in the modern world. Not fat. (At least, not natural fats. Unnatural fats like margarines and all the other kinds of low-fat spreads are unhealthy and you should avoid them like the plague.)

### **Traditional ethnic diets also are based around natural food that is not highly processed**

All foods in their natural state are intended by God for us to eat. And healthy ethnic diets have grown up over the centuries based on these natural foods. So the easiest way to discover the best kind of diet for you, is to look to the traditional ethnic diets of your ancestors.

For example, I'm from English and Italian ancestry, so traditional English and Mediterranean type foods are all good for me. Good wholesome food. It's only when we start eating processed junk – mainly based around sugar – that our health starts to suffer. And we get hypoglycemia. There's so much highly sugared junk around these days, and virtually everyone eats it, that we hardly know how badly we're eating. Until we get sick with something like hypoglycemia.

## **What should I eat? Can you recommend a diet plan?**

The most common question I get asked by people with hypoglycemia is whether I can recommend a simple diet plan for them to follow. However, I am reluctant to write “diet plans” as such. First, as I've already mentioned, everyone is slightly different and there's no “perfect” diet that suits everyone.

It might seem desirable to simply follow a diet plan that tells you exactly what to eat, how much and what time of day. Follow this, and you'll get better! But life isn't like that. You read these kind of diets in the popular magazines, which I guess is why people have come to expect them.

For example, for breakfast you are told to eat 2oz of sugar-free cereal with 4oz of low-fat milk, a small banana and cup of herb tea. Likewise, you are given exactly what to eat for your morning snack, lunch, afternoon snack, dinner and bedtime snack.

All very nice and straightforward. Except that no one can stick to a diet like this for more than a few days! The reality is, we are all different and we all need slightly different foods. The good news is, if we learn to listen to our bodies, they will tell what we should eat. Now, isn't that a radical thought!

Instead of listening to some diet guru tell you what to eat, listen to your own body. But you might think, “How can I trust my body when all I want to do is eat ice cream all day?”

Well, actually, you wouldn't want to eat ice cream all day if left completely to follow your natural instincts. The most important thing, first and foremost, as I've stressed in this e-book, is that you only eat when you are truly hungry.

That really is the number one diet rule of all time! If you are truly hungry (as opposed to just wanting to eat for emotional, social or other reasons) your body will naturally crave the foods that it needs. It will crave proteins, carbohydrates and fats in balanced proportions. You will have a desire for a certain type of meal.

Exactly what you personally will want to eat, depends on your ethnic background and other factors. If you are of European ancestry, your body is adapted to eating certain types of foods that people in Europe have traditionally eaten. If you are of Asian origin, then you will probably do better on Asian type foods. (A lot of Asian people don't tolerate milk and other dairy products very well, for example.)

Eat the foods you enjoy! Don't let me or any other expert tell you that some foods are "bad" and others are "good". The exception, of course, is foods that are highly refined or full of sugar and synthetic chemicals. I don't recommend you eat those foods. But there is a wide range of natural foods you can eat, depending on what you like and enjoy.

Likewise, the amount of food you should eat is dependent on several factors – your gender, age, size, level of physical activity etc. So, one diet just doesn't fit everybody.

You should eat as much as you need until you start to feel full. In fact, stop eating just a little bit before you feel full. If you are in the habit of over eating, this will mean some discipline.

If you eat a balanced meal of foods that you really enjoy, it is unlikely that you will need to eat anything other than 3 meals a day. That's what I recommend. If you are genuinely hungry in the late afternoon, then have a small snack. Otherwise just have something to drink (preferably not coffee as it can upset your blood sugar) - water or tea is best.

## **OK, if you still insist on a diet plan, here are some very rough guidelines**

For those of you who at least want some kind of idea of what to eat, here are some ideas based on what I personally eat. (Remember, I am of English and

Italian ancestry so my diet is most suitable for people of similar ethnic origin. If you are Asian, African, Pacific Island etc you will want to eat the foods that are normal in your culture.)

**Breakfast:** A balanced breakfast should contain some protein and complex carbohydrate plus a moderate amount of fat. A good breakfast is one or two eggs on one or two slices of buttered wholegrain toast. Or unsweetened porridge or cereal with whole milk, plus one or two pieces of buttered toast. (Note, I said whole milk and to use butter on your toast, not margarine or low-fat spread!)

**Lunch:** For a quick lunch, sandwiches or bread rolls with wholegrain bread and butter plus a filling of cheese, meat, chicken or fish, plus salad. Or it could be a more substantial meal of meat or fish with cooked vegetables, potatoes, pasta or rice. Or a piece of quiche, or a meat or chicken pie. (As I said, these are all things I personally enjoy.) Forget dessert after lunch. Until you feel better, avoid even fruit at the end of the meal initially. Finish with a cup of coffee or tea (only one cup!)

**Dinner:** If dinner is the main meal of the day, there is an endless variety of suitable foods, according to your taste. The main principle is to eat protein, complex carbohydrates and vegetables, and avoid refined sugar in any form. Meat, chicken, fish or vegetarian protein like beans, lentils etc are all good. For carbohydrates eat potatoes (I love potatoes mashed with plenty of butter because they seem to help keep my blood sugar stable for several hours) rice, pasta etc. Plus, a good serving of any vegetables that are in season.

If you really need to finish with something sweet, try a small dessert, made with just a small amount of sugar and have only a small helping! You'll need to experiment to see how much sugar you can tolerate.

Eating sugar as part of a meal has less effect on blood sugar levels than eating a sweet snack on its own. That's another good reason for eating just three meals a day. It is important not to over-eat because that overworks the liver, which plays a vital role in keeping blood sugar stable. (As I've mentioned earlier, an overworked liver is the cause of much hypoglycemia and it takes time for a damaged liver to restore itself.)

Finish with a cup of tea or coffee (only one cup!) As for alcohol, well you're better off to avoid it if you have hypoglycemia. When you are recovered and



feeling well, a small amount of alcohol is OK but only if you drink it with food. When I say a small amount, I mean one glass of wine or beer. No more! That small amount of alcohol is, arguably, beneficial for your health. But only **after your hypoglycemia is under control**. Take it from me, as one who has tried everything! You are better off to completely avoid alcohol initially because it will only confuse matters. It's very tempting to drink too much of it and if so, you will make your hypoglycemia much worse.

## Overeating overworks the liver - and causes hypoglycemia

This is another good reason for eating just three meals a day. It is important not to over-eat because that overworks the liver, which plays a vital role in keeping blood sugar stable. An overworked liver is the cause of much chronic fatigue and it takes time for a damaged liver to restore itself.

So, don't set back your progress by over-eating. Listen to your body and stop when you feel comfortably full. If you are not eating sugar, you are less likely to overeat because most over-eating tends to be of sugary, fatty foods.

It usually takes at least a month to recover from hypoglycemia by following a balanced diet. Some people start feeling better after a week or two, while others who have been sick a long time might find they need three months or more to really start feeling the benefits. Initially, you will almost certainly feel intense cravings for something sweet and may be tempted to lapse.

If you are hypoglycemic, you are essentially addicted to sugar and you are fighting something which can be as difficult as an addiction to cigarettes or alcohol. If you do slip, pick yourself up and start again. The first week or two is the hardest in starting a low-sugar diet that's when the cravings will be at their most intense. Eating even a small amount of something sweet can actually trigger a full-blown binge because of the way your body reacts to sugar.

Don't despair. You may have to pick yourself up many times before you can stick to a balanced diet. It just proves that you have been over-dependent on sugar for too long and that you must break the addiction before you can ever expect to enjoy good health again.

Keep that as your motivation when the sugar cravings come. Tell yourself: "I might feel bad now but I'll be ten times worse if I binge".

## Exercise and hypoglycemia

I'm not going to repeat the usual nonsense that you read in the popular magazines about the importance of exercise. Of course, it goes without saying, that your body was designed to be active. You should walk every day, play some kind of sport if you are young and fit and generally keep your body moving. That's common sense.

But what I'm going to warn you about is the risk of over-exercising, which is surprisingly common in people with hypoglycemia. Simply going to the gym and working out, or going for a run every day, will not have any great beneficial effect on your health if you have hypoglycemia. In fact, if you overdo it, it is more likely to be a contributing cause.

So many people exercise hard and then replenish themselves with drinks that are full of sugar. That's a disaster for your health. If you are young and fit, you can get away with it for a while. But eventually it will catch up with you. Let me stress, I don't want to knock the benefits of exercise, it is undoubtedly good for us in moderation. But when you suffer from hypoglycemia, exercise is a mixed blessing.

### Hypoglycemia can be caused by over-exercising

In addition to eating the wrong foods, **strenuous exercise** also lowers the blood sugar. This means if you have hypoglycemia, you should be careful not to over-do any physical activity. After hard exercise, a healthy person feels tired, their energy has been drained. However, if they rest, their strength will return reasonably quickly.

Basically, what happens with exercise is that it burns up part of the glucose in the blood. Stored glycogen in the liver is then used to bring the blood sugar level back to normal - even if the person doesn't eat anything immediately. The adrenal glands also help raise the blood sugar level by releasing catecholamines which convert glycogen into blood sugar.

Thus, the healthy body has a system of checks and balances, involving mainly

the liver, pancreas and adrenal glands, to ensure the blood sugar level stays stable.

But in a person suffering from hypoglycemia, the system doesn't work properly. After strenuous exercise, the person's blood glucose is depleted and the adrenal glands react by releasing catecholamines to convert stored glycogen into glucose. But unlike the process in a healthy person, in the hypoglycemic the new glucose stimulates the pancreas to produce more insulin - which once again lowers the blood sugar level.

The pancreas of a hypoglycemic person is extremely sensitive to extra glucose, whatever the source. It over-reacts to glucose with a secretion of insulin too large to maintain an equilibrium in the body - and the person suffers the symptoms of hypoglycemia.

Many people with hypoglycemic symptoms decide to exercise more, in the belief that their symptoms are caused by being "unfit". Sadly, the exercise can push them over the edge into a state of collapse. At that point there is only one thing you can do - rest. At last, you have to listen to what your body has been trying to tell you.

In my late teens and early 20s I was a competitive runner. I was proud of my fitness and my ability to push myself to a state of exhaustion on long runs. It's a great feeling to be fit. But if you ignore your body's cries for rest, something has to give eventually.

Exercise enthusiasts tend to be highly-motivated individuals who push themselves hard in both work and play. That is good - up to a certain point. But life is a question of balance.

Work must be balanced with rest and sleep. For exercise, I recommend walking every day – but never push yourself too hard. Forget the old adage of "no gain without pain." Instead think: "no pain means maximum gain."

When it starts to hurt or you feel exhausted, back off. You're not training for the Olympics. (If you are, then of course you are in a different league to most of the other readers of this e-book. I admire you because you are blessed with exceptional physical abilities.) You simply want good health. And when you do push yourself too hard, don't feel guilty about resting. Forget about exercise until you've fully recovered from your over-exertion.

Everyone's capacity is different. There are no hard and fast rules, you have to work it out for yourself. Life is a balance of exercise, rest and sleep. When we get any of those three out of balance, our health suffers.

## **What about vitamin and mineral supplements – should you take them?**

Most nutritional experts recommend you take various supplements either as a safeguard, to ensure you get enough essential nutrients, or to supply what is lacking in your diet. As you've probably gathered by now, I'm sceptical about a lot of mainstream dietary advice. I personally don't take any supplements at all. I'm not saying you shouldn't. But let me explain why I think you should consider carefully whether you really need to take supplements.

The first reason is, taking supplements is part of the whole mentality that prevails today that you can "take a pill" to cure any disease. People who take supplements feel they are going one step better than taking drugs. They feel they are taking a more "natural" approach to their health. But really, what is natural about taking vitamins and minerals in a pill? They are designed by nature to come in food.

There is also the feeling, if you are relying on certain natural supplements to cure you, that you need to be less careful about your diet. You read the testimonials about people who were cured of such and such a disease by taking a certain nutritional product. There's no mention of diet at all.

My own view is that you should concentrate first on eating a healthy, natural diet and follow the guidelines I have outlined in this e-book. That alone will transform your health, I guarantee it.

If you still want to take supplements after that, go ahead. I don't recommend it, but it's your choice. Certainly, if you have a vitamin or mineral deficiency that is picked up by a laboratory test, you should take a supplement at least temporarily to overcome that.

But long-term, I can't see any reason why you shouldn't get everything you need from natural foods. A lot of the advice to take supplements is driven by

money. Nutritional experts can often get a commission for recommending various supplements. It's a big industry now. Not as big as the pharmaceutical industry but there's plenty of money being made nevertheless in the "natural" health industry. So, don't believe everything you read.

Frankly, I could make a lot of money if I recommended you take certain supplements. There are plenty of natural health companies who would pay me a commission to recommend their products to readers of my website, blog and books. If I didn't have conscience, I'd probably do it. But I don't believe in it, so I won't recommend it.

## **Common drugs and their effect on hypoglycemia**

Many common medications have hypoglycemic effects. In fact, if you are taking any of these medications, which I will name shortly, it is going to be very difficult for you to overcome your hypoglycemia.

Because I'm not a doctor, I don't want to make any recommendations that would go against your doctor's advice. All I can say is that I personally do not take any medications, apart from the very occasional aspirin for a headache, and even aspirin has adverse effects on hypoglycemia so I don't recommend it on a regular basis.

Antibiotics can also cause hypoglycemia, according to my research. In fact, I took antibiotics between the ages of 15 and 22 for acne and I'm sure this had an adverse effect on my health and contributed to my hypoglycemia.

Several other common drugs, such as pain killers, anti-coagulants, corticosteroids and other anti-inflammatory drugs used to treat arthritis also have strong hypoglycemic effects. Most common sleeping pills are also a cause of hypoglycemia.

If you are taking any drugs like this on a long-term basis it's going to be very difficult for you to overcome your hypoglycemia. You are messing with your body's natural systems.

Ultimately, it's your decision what you do. If you have blind faith in your

doctor, then follow his advice. If you are someone who thinks for yourself, like me, then do some research and make your own decision about whether you will take your medications long term.

I personally don't intend to take any medications, ever, unless they are essential to save my life. In that case, I would only take them on a short term basis. For any other chronic health problem, I believe you should look to your diet first and foremost for the answer – not to drugs which will mask the symptoms but will destroy your health in the long run.

I want to stress again, I'm not advocating anyone should give up their medications prescribed by their doctor. The medical establishment is far too powerful for me to try and contradict it. I don't have any medical qualifications, only common sense. Consider what I have written and then make your own decision.

## SUMMARY:

# 9 rules for overcoming hypoglycemia

Here's a brief summary of what I have outlined in this e-book. I hesitate to call them 'rules' because life should not be lived under strict rules and regulations. I prefer to call them guidelines, which you should follow 95% of the time.

**1. Eat 3 balanced meals a day:** How boring, I know. Breakfast, lunch and dinner. Sit down and eat them in a relaxed and unhurried manner.

**2. Don't Eat Between Meals:** I know this contradicts everything you have probably been told by the so-called experts on hypoglycemia. But how many of them have actually suffered from hypoglycemia and tested their theories on themselves? You might prefer to have one small snack in the late afternoon if your energy is low then. If so, make it part of your routine, sit down, relax and have a proper snack with a cup of tea. Don't just grab food on the run.

**3. Don't Eat Before Bed:** I recommend you finish dinner no later than 8pm and don't eat anything else. This might be difficult at first if you've been used to eating a bedtime snack. But once you try it and see how much better you feel, you'll be convinced.

**4. Eat enough protein at each meal:** I don't advocate a high protein diet but I do believe it's necessary to eat adequate protein – otherwise you will feel hungry all the time and be snacking on sugary foods.

**5. Eat enough healthy fats:** By “healthy” fats I **don't** mean margarine, low-fat spreads and other synthetic products. I mean natural fats like butter, olive oil and other natural foods that contain fats and oils. Don't follow a low-fat diet. It's the worst thing you can do if you have hypoglycemia . Fat will **not** make you fat. (Too much sugar will.) In fact, fat is essential for the health of your brain. Fat digests slowly and gives you steady energy for several hours. It slows down the absorption of carbohydrates into your bloodstream, preventing spikes in your insulin. Low-fat diets lead to constant hunger cravings and snacking.

**6. Be careful with starchy food:** If you eat too much starchy food like bread, pasta, potatoes etc it will cause your body to over-react with too much insulin. I'm not saying you should eat a “low carb” diet. As I've stressed throughout this e-book I believe in **moderation** in everything, including carbohydrates. Eat enough carbohydrates to keep you feeling satisfied – but don't overeat them.

**7. Eat plenty of fresh vegetables, herbs and salads, plus small amounts of fruit if you can tolerate it:** You need these for a wide range of nutrients. They don't directly affect your blood sugar levels but they're important for your overall health.

**8. Allow 4 to 5 hours between each meal before eating again:** This contradicts the conventional wisdom for hypoglycemics but it's important for the health of your liver. If you can't go 4 or 5 hours without eating, it's a sign your liver is in a very bad state. Your liver should release its stored glucose to keep your blood sugar stable between meals, without you needing to snack.

**9. Don't become fanatical about these rules:** Eating is one of life's pleasures and we should enjoy it. Occasionally, treat yourself to something sweet in a small quantity. Follow these guidelines 90 percent of the time and your health will improve dramatically. If you want to be a fanatic about your diet, that's your choice. But it's not necessary.

# **BONUS CHAPTER:**

## **Some questions and answers**

I get a lot of people emailing me with questions about hypoglycemia. Here are just a few of the questions I've received, followed by my answers. I hope you might find them helpful.

### **Question 1 – “Why do I feel drowsy after eating?”**

“Thank you for your website! I took the quiz and scored in the 'normal' range. I found your website after searching for some information about feeling drowsy after eating. In short, I had a bowl of cold cereal this morning (1 1/2 cups) that totalled almost 68 grams of carbohydrate. Instead of using milk on the cereal I poured 4 oz of pear juice (no sugar added) and added a teaspoon of sugar and some ground cinnamon and one egg white. I then microwaved the cereal long enough to cook the egg white. Truly, it sounds gross but is delicious - BUT - within moments I experienced a rapid heart rate, was drowsy and had a headache and went from being totally energetic to flat.

I am a 41 year old female (5'6" and 108 lbs) and a runner. I need carbs for fuel but have noticed that this happens after eating this particular cereal breakfast. I see my physician annually and my fasting blood sugar is always around 75-77 (even with both pregnancies and HUGE weight gains). A GTT done during both pregnancies was also fine. My question (and I know you are NOT a doctor) - can a carb-heavy meal make a person feel like that? That was truly my only positive answer on the hypoglycemia quiz but I truly would like to NOT ever feel like this again. It has taken the wind out of my sails for the day!

### **My Answer:**

Thank you for your email. What you have just described is a classic example of low blood sugar caused by eating too much carbohydrate and not balancing it with protein and fat. I feel really sad that so many people are still eating high carbohydrate, low fat diets. I used to do the same myself (and felt terrible, just like you) because all the experts seemed to recommend low fat and high carbohydrate, particularly for runners. (I used to be a runner also).

I used to eat a low-fat lunch and feel drowsy in the afternoon. One day I



decided to try something radical. I had a sandwich with wholegrain bread and plastered it with butter, and put a thick slab of cheese in the middle. In addition, I drank a glass of whole milk. I felt great and had so much energy during the afternoon, I couldn't believe it. Then I tried eating quiche for lunch. Again, I felt great. Now, I always have some protein and fat with every meal... and I have plenty of energy. I am now in my 50's and I still weigh the same as when I was 21. The reason is, I eat very little sugar. It is sugar (and all carbohydrates, that cause weight gain, not fat). Why do you think they feed cattle with grains to fatten them up?

The truth is, low fat, high carbohydrate diets are not good for everyone. You need some protein and fat to slow down the absorption of the carbohydrate, so you don't get a sudden rush of sugar, followed by a slump.

Don't worry about any adverse effects from eating butter, cheese, whole milk, eggs etc. People have eaten these for centuries with no ill effects. It is sugar that is the cause of heart disease and other illnesses, not healthy, natural fats, which we actually need.

I hope this has helped you. Most of the so-called experts are scientists who have never actually suffered from low blood sugar. I have found out what works from personal experience (and from reading books by people who really know what they are talking about, rather than the stuff that gets in the media, which is most rubbish). As a general rule, don't get your information from the media, particularly magazines.

I hope this has been helpful. Let me know if you change your diet along the lines I suggest. I guarantee you'll feel so much better, you won't believe it."

### **Follow up question:**

"My husband and I took a moment to read your e-mail - SO informative! To be honest, I have knowledge of diet/nutrition but have struggled with 'balanced' meals my entire life - they are either too high in carbs or protein (and always LOWFAT or even NONFAT !) and I find myself 'bonking' whenever I eat the incorrect mix (which is TOO often !). In fact, I can feel as bad (if not worse) if I eat a totally protein meal. There must be a balance but I just can't figure it out. I wanted to tell you that 5 years ago I lost 60 pounds on the Weight Watchers program which is very, very low fat. The obligatory 2 tsp of olive a day they recommend doesn't always cut it. This, along with aging, has led me to really

examine this part of my life. I am tired of not feeling 100% ! I am a busy mom, a business owner and very active in my church and social life. I am not doing anyone any good dragging through the day.

What are your feelings on the following foods and how they fit into this way of eating:

- sweet potatoes/yams
- coffee
- bread (obviously HIGH fiber)
- slow cooked oatmeal
- any other favorites you use? I know that I will have to find what works for MY body but perhaps you could give me an idea. I have a problem eating dairy foods (butter is not a problem though) and do not favor junk foods or even the more starchy vegetables and I NEVER eat fast food! Also, what books would you recommend I read (or do I need to research this further?)."

### **My answer:**

You can lose weight on a very low-fat diet, but it doesn't do your health any good in the long run. Eventually, you get hypoglycemia from the unbalanced emphasis on carbohydrates. Unfortunately, the weight loss programmes don't tell you this. Also, you get very hungry and constantly craving food on a low fat diet. You never feel satisfied.

High protein diets (like Atkins) are not good either. You need some carbohydrates. That's why in the old days they used to recommend a balanced diet ... and people were generally healthy on this.

Sweet potatoes/yams are okay as part of meal that includes protein and fat ... so is bread, oatmeal (put full cream milk on oatmeal or you will get hypoglycemia). Coffee can cause hypoglycemia if you drink it on its own, without food. Always eat something when you have coffee."

### **Question 2 – What should I eat, and when should I eat?**

"I was just diagnosed with hypoglycemia about 3 months ago, although I KNOW I've had it for years. I took the 5 hour GTT and after 2 hours my blood sugar level went down to 46. Needless to say, I have been trying to figure out what to eat, what not to eat, when to eat, etc.... I need help and some suggestions other than what these idiot doctors say; "stay away from sugar". I

know there's more to it than that.

Today all of a sudden, the room started spinning. I thought I was going to fall down. I had no idea this was a sign of low blood sugar. I had a low carb yogurt and cheerios for breakfast but still felt really dizzy. What am I doing wrong? Should I purchase a glucometer and test my blood sugar levels every day? Some say yes, and some say it's not necessary. I don't want to be an alarmist, but I need some good advice.”

### **Here is my answer:**

“Thank you for your email. I'm sorry to hear about your symptoms of hypoglycemia. I know how alarming it can be.

It's certainly correct that you should cut out sugar from your diet as much as possible. But that doesn't necessarily mean a low carb diet. This seems to be the current trend. About 20 years ago it was the Pritikin diet - very low fat. I've tried low carb and low-fat diets. Neither of them work in the long run. At least not for me.

Let me try to explain. The secret to preventing low blood sugar is to have your food digest as slowly as possible. Sugar and refined carbohydrate digest very quickly. They give you a rush of sugar and then a downer. Protein and fat digests slower, as does more complex carbohydrate such as whole grain bread etc.

So, if you eat something like yoghurt and cheerios (I live in New Zealand, I don't know exactly what cheerios are ... but I assume it's a cereal?) this will give you hypoglycemia because it digests relatively quickly. There's no fat in this meal to slow down the absorption of the carbohydrate. That's why people have traditionally eaten butter on bread for thousands of years.

The butter slows down the absorption of the carbohydrates in the bread so you don't get low blood sugar. If you just eat bread on its own, without butter, you'll get low blood sugar. For some reason most so-called experts today can't see the value of eating butter and other natural fats. They talk about low-fat spreads etc. Forget all this. People have been eating butter since the beginning of time - and olive oil etc in other parts of the world. It's absolutely essential for good health that you have these fats in your diet to keep your blood sugar stable.

For breakfast I usually have a cereal called WeetBix (it doesn't have any sugar in it - basically just wheat) with milk (full fat milk - yes, it's better to have whole milk because there's more fat to slow down the carbohydrate). I also have a couple of pieces of whole grain toast with plenty of butter, and a cup of tea (not coffee because that can affect your blood sugar). I do have coffee occasionally but only after meal - never on an empty stomach. The same applies to alcohol. It's really bad for your blood sugar on an empty stomach but you can probably have one glass of wine or beer with a meal (if you want to).

A balanced meal of any protein plus carbohydrate plus some fat (butter on potatoes etc) is fine to keep your blood sugar stable. You can try a small dessert but not too sweet. I emphasise small because I know Americans tend to eat big desserts such as ice cream. Ice cream, by the way, is one of the worst things you can eat for hypoglycemia - at least from my experience. It's pretty loaded with sugar.

I hope this makes some sense. Just please don't follow a low-fat diet. Eat some butter or olive oil - just like the French do and they have one of the healthiest diets in the world - because they eat a lot less sugar than Americans.

So, cutting out sugar is important. But so is making sure you have some protein and fat with each meal to slow down the release of sugar. It's simple once you get the idea.

Try eating different meals and see how you feel. I used to eat a low-fat lunch and feel awful. (This was in the days when low fat was all the rage). Then one day I had a cheese sandwich with loads of butter and a thick slice of cheese and a glass of whole milk. I couldn't believe how great I felt during the afternoon. So next lunch time I had a piece of quiche. Again I felt great. Soon I realised my "healthy" low fat lunches were making me feel drowsy and headachy in the afternoons!"

### **Question 3 – Can you recommend a diet for a teenager with hypoglycemia?**

“My daughter is 16 and has been sick for about 2 years. She passed out twice at school. She has just now been diagnosed with hypoglycemia. We don't see a dietician for another 2 weeks so I'm confused on what to feed her. Can you help me? She's a teenager so I don't want to say no to chocolate chip cookies,

or should I? Her doctor said protein every 2 hours. That's no way to live! I'm wondering if this is just a quick fix until she sees the dietician. Please help!

### **Here is my answer:**

"Thanks for your email. I know how worrying it can be when you first experience hypoglycemia.... and how confusing it can be with all the different advice you get about diet. Most doctors don't really know a lot about hypoglycemia, which makes it more worrying.

The most important thing to control hypoglycemia is to cut out sugar from your daughter's diet as much as possible. (Actually, everyone should really cut out sugar as much as possible). This is very difficult for teenagers because they usually eat a lot of sweet things. This is what causes the hypoglycemia in the first place. This means all things like ice cream, cookies soft drinks, jam (I think you call it jelly in the US) - everything with sugar in it.

This may sound pretty hard to do. But I can assure you from personal experience it will totally transform your daughter's health if she can do it. Because we all need to have something sweet now and again, you'll be pleased to know that sugar is least harmful for people with hypoglycemia if you eat it at the end of a meal. So, your daughter can have a small dessert after dinner - but only a small one and not too sweet.

Ice cream is particularly bad for hypoglycemia, for some reason. I always get a migraine if I eat too much ice cream. As for eating protein every 2 hours - I wouldn't advice that. This is an old-fashioned theory that I have tried myself and I always felt worse for doing it. Your daughter just needs to eat three balanced meals a day, with one or two snacks if she is hungry in between. I usually have a piece of toast and butter, with a cup of tea as a snack (we drink tea here in New Zealand). Coffee can also make hypoglycemia worse if you drink too much - don't drink more than two or three cups of coffee a day.

A cheese or peanut butter sandwich is a good snack if your daughter likes it. I hope you don't get too confused with all the advice! Just try to get your daughter to eat three balanced meals a day of good plain food. As little added sugar as possible. It's when teenagers start eating lots of sweet "junk" foods and soft drinks between meals that they tend to get hypoglycemia. I hope this helps and let me know how you get on."

# BONUS CHAPTER 2:

## the body type diet theory

One explanation for the confusion and contradiction which exist with regard to diet, is the theory of 'body types'. This concept dates back thousands of years, to the ancient Hindus, Greeks and Romans, who recognised that people are born with different physical constitutions. Lucretius, the Roman philosopher, is credited with the saying "One man's meat is another man's poison. and there is the old nursery rhyme about Jack Sprat, who could eat no fat, and his wife who could eat no lean.

In the 1960s, Henry Bieler, in his book *Food Is Your Best Medicine*, classified individuals according to the dominance of their adrenal, thyroid or pituitary glands. Even before that, Dr William Sheldon had classified three basic physical types - mesomorph (muscular), ectomorph (thin) and endomorph (fleshy). Dr Elliot Abravental developed the 'body type diet' in the 1980s, using Bieler's adrenal, thyroid and pituitary types, and adding a fourth the gonadal type for women.

**Thyroid types** (of which I am one) tend to be thin, sometimes underweight, during their youth and when they do put on fat it is in a roll around their middle. Thyroid types crave sweet and starchy food, which stimulate the thyroid gland. They must be careful not to overeat sugars and starches, and must build up their weak adrenal glands with light protein foods such as eggs, chicken and fish.

Thyroid types should also add butter and oils to their food, to slow down the absorption of carbohydrates. They must be particularly careful not to overdo sweets, cakes and white bread products when tired or under stress.

**Adrenal types** tend to be solidly built and muscular. They love red meat, nuts, salty and fatty food which stimulate the adrenal glands and given them energy. They do best on a diet which is low in fat and protein, and high in complex carbohydrates.

**Pituitary types** tend to look boyish or girlish even as adults, and their cravings are for dairy products, which they can get addicted to. They should avoid dairy products until they have balanced their metabolisms and the less dairy food

they eat, the better. Instead, they should eat meat, fish and poultry with whole grains and vegetables.

Women who are **gonadal types** love spicy, creamy and oily food and their weight tends to go on their hips. They do best with a light breakfast such as fruit or cereal, a moderate lunch and their main meal at night but avoiding spicy and oily dishes.

I suspect thyroid types tend to suffer from hypoglycemia more than any other. The diet recommended for thyroid types is essentially the same as that which I recommend for hypoglycemia. It's also interesting to note that Dr Abravanel recommends only three meals a day for all body types.

## Final thoughts – you CAN get well

Hypoglycemia can be a real struggle. I know that from my own experience. It's even harder because other people probably don't understand what you are going through. Sometimes you will despair of ever getting well. A dark cloud of depression will close in around you and the situation will seem hopeless but somehow you must cling to that glimmer of hope - of faith that you will get well.

Never lose hope. And if you have faith in God, you have a huge advantage in your struggle with hypoglycemia. I have always had a simple faith in God thanks to the grounding of some wonderful Catholic nuns who taught me at primary school and later to evangelical Christians who taught me to study the Bible and demonstrated genuine Christian love.

The existence of God has always been self-evident to me, as obvious as the existence of life itself. So when I became sick it was natural to cry out to God, "why?"

I still don't know all the reasons why but I do know that the suffering I went through brought about huge changes for the better in my character. And it drew me closer to God because I had to rely on Him for strength just to get through each day. There is often a spiritual basis to hypoglycemia. If you are always striving to achieve, pushing your body beyond the point of fatigue and whipping it along with stimulants such as caffeine and sugar, something will eventually give.

If you have inherited a strong constitution you may be able to continue that kind of lifestyle for many years. But if you are reading this book the chances are your body has already succumbed to some bad lifestyle habits. It is time to re-evaluate and that can include a spiritual re-assessment of the direction of your life.

Pray that you will be fully restored to health. If you don't believe in God, believe in the power within your body to heal itself, given the right conditions of a good diet and adequate rest.

Above all, never lose hope. Many others before you have suffered from hypoglycemia and have come out the other end. Even if it feels now that you will never get well, cling to whatever tiny amount of faith you have. You can get well. You WILL get well. My prayer is that this e-book will help you on your journey to recovery.

Best regards,  
Chris Mole

P.S. You are welcome to email me with your feedback on this e-book, at [chris@hypoglycemia-diet.com](mailto:chris@hypoglycemia-diet.com)

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