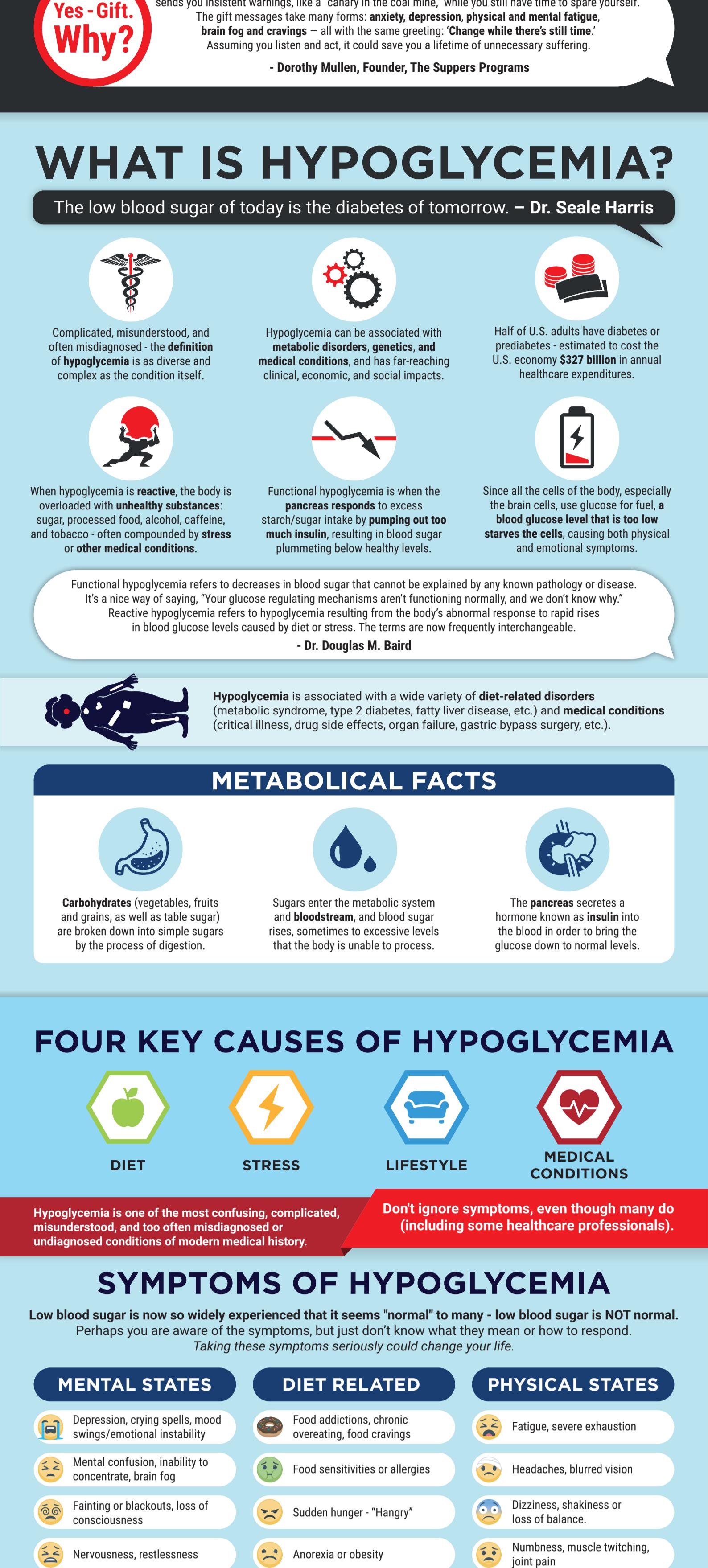
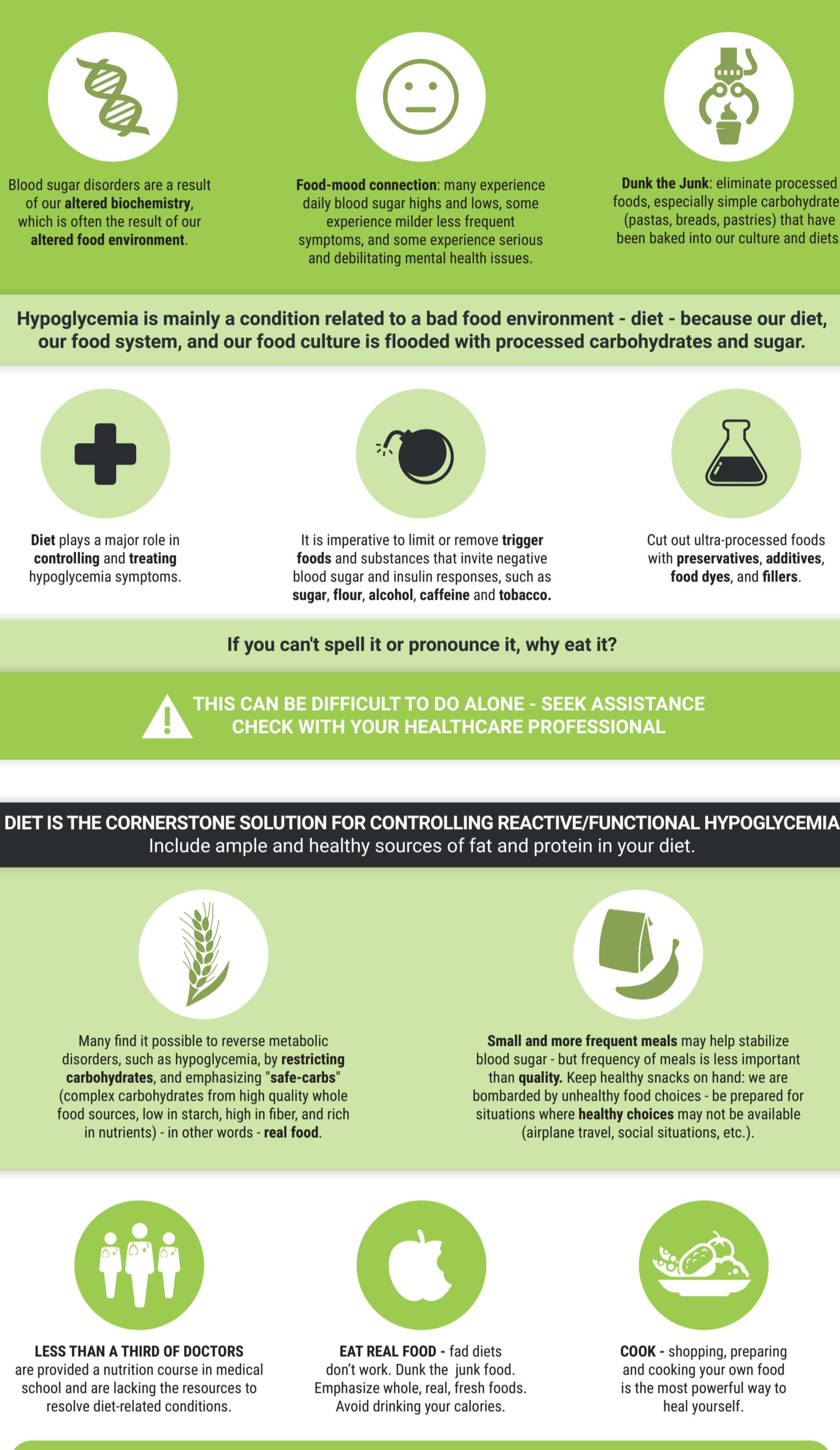


ARE YOU ON THE BLOOD SUGAR roller coaster?

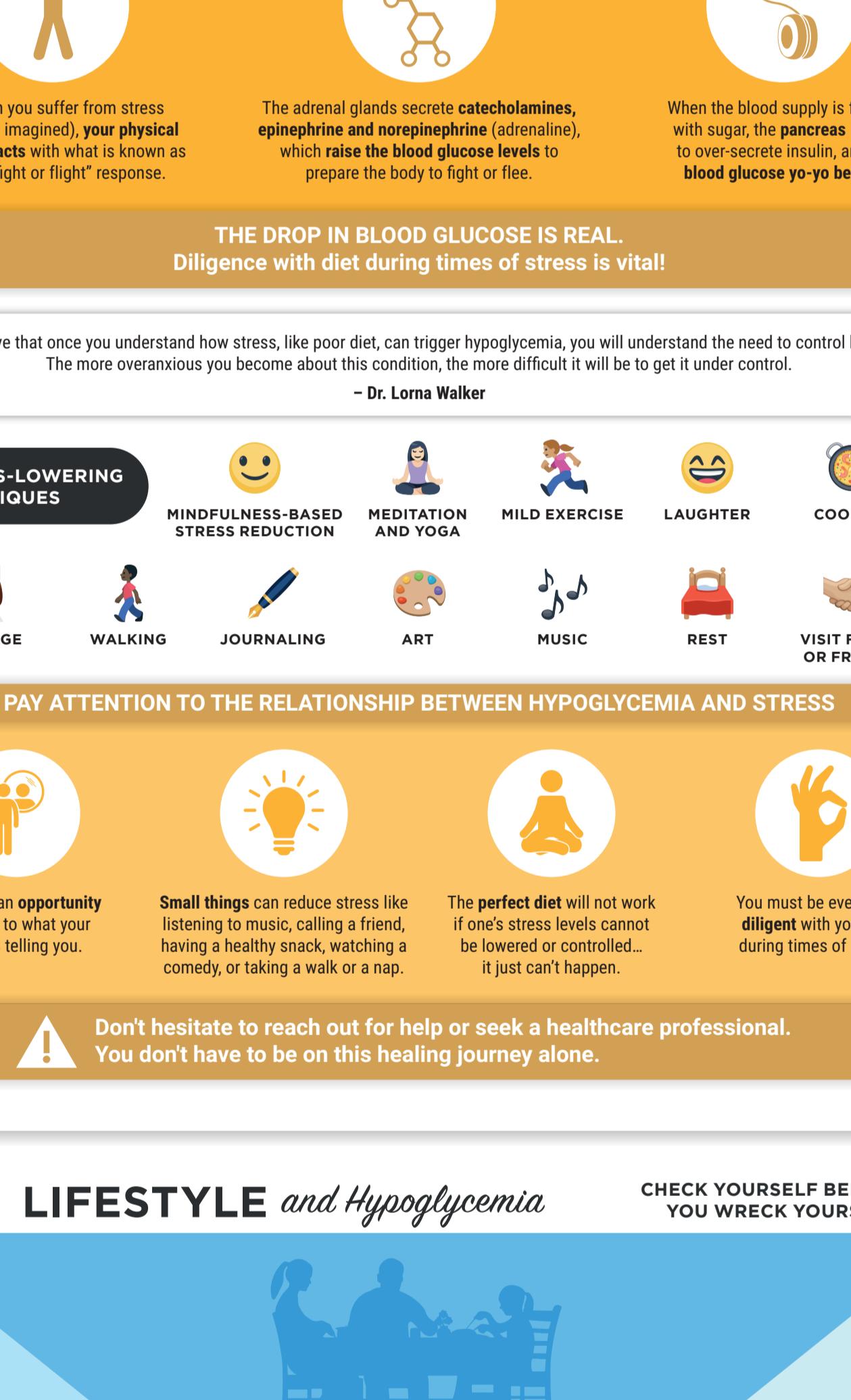


WHAT IS HYPOGLYCEMIA?

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



FOUR KEY CAUSES OF HYPOGLYCEMIA

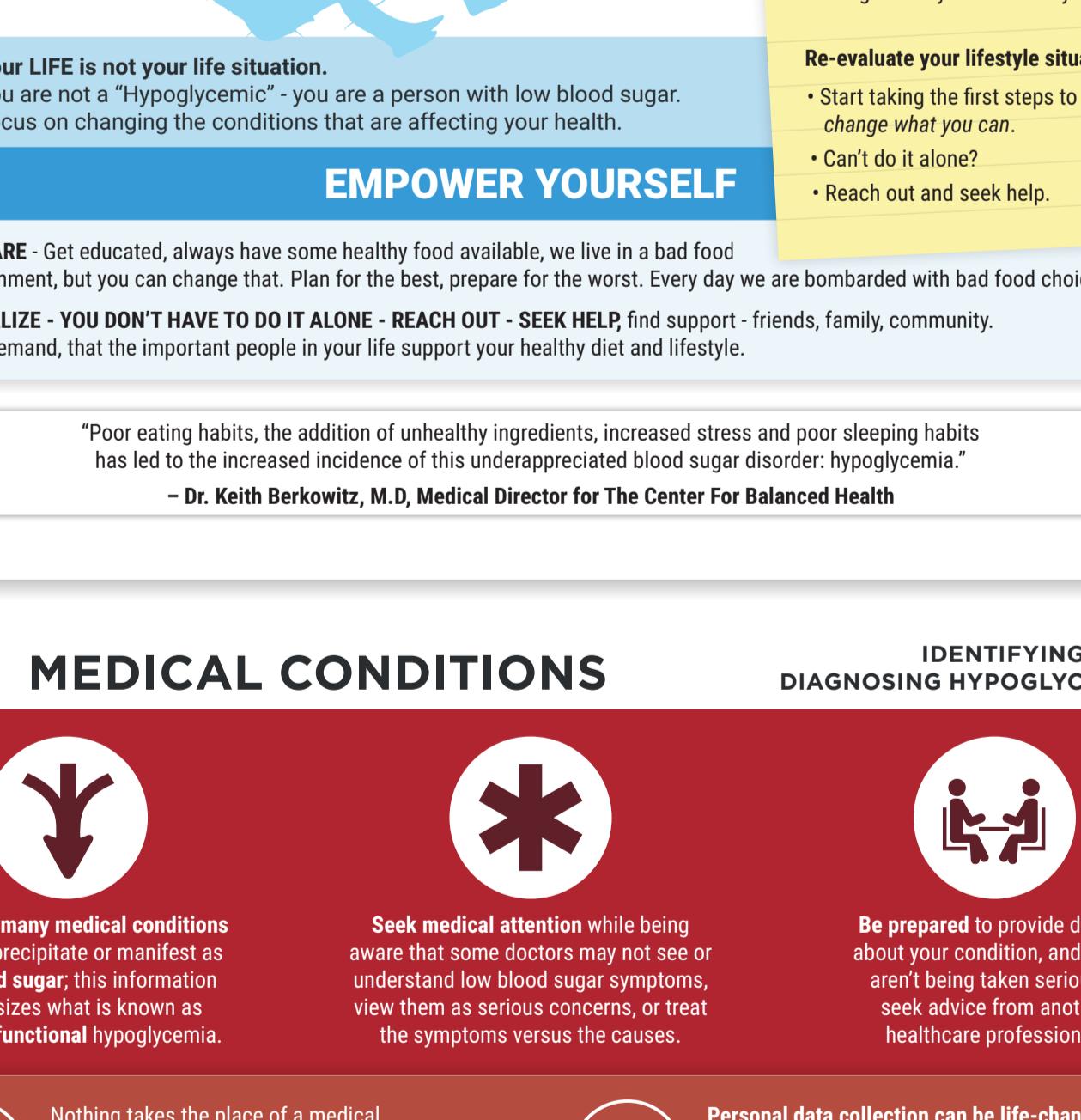


SYMPTOMS OF HYPOGLYCEMIA

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.



THIS INFOGRAPHIC FOCUSES ON

THE CHRONIC (day-to-day roller-coaster experience) VS the ACUTE EXPERIENCE of Low Blood Sugar



"Poor eating habits, the addition of unhealthy ingredients, increased stress and poor sleeping habits has led to the increased incidence of this underappreciated blood sugar disorder: hypoglycemia."

– Dr. Keith Berkowitz, M.D., Medical Director for The Center For Balanced Health

This infographic was made possible thanks to a generous donation from Connie Bennett, author of *Sugar Shock* and *Beyond Sugar Shock*.

I never would have gone 20 years sugar-free without the tremendous support from the amazing HSF and Roberta Ruggiero.

For constant and generous support, our deepest appreciation to the HSF family, friends, sponsors, board of directors, advisors, and partners.

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Senior Editors and Producers: Roberta Ruggiero, HSF Founder and President, and Wolfram Alderson, HSF CEO.

Infographic created by RazionaleFantasia.com

RESOURCES Visit www.hypoglycemia.org/info for more information and special offers

 Among the Best Lay Medical Books in Public Libraries.. A simple, accessible explanation of what it is, and how to cope with it. American Library Association

 AN EVERYDAY GUIDE TO LOW BLOOD SUGAR TOO OFTEN MISUNDERSTOOD AND MISDIAGNOSED

 ROBERTA RUGGIERO President and Founder of The Hypoglycemia Support Foundation, Inc.

IF HYPOGLYCEMIA (LOW BLOOD SUGAR) IS AFFECTING YOU, DO NOT HESITATE TO SEEK PROFESSIONAL MEDICAL ADVICE AND/OR TREATMENT.

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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.

 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 adequately train 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.

 THE DROP IN BLOOD GLUCOSE IS REAL. Diligence with diet during times of stress is vital!

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

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.

 REST

 Stress is an opportunity to listen to what your body is telling you.

 Small things can reduce stress like listening to music, calling a friend, having a healthy snack, watching a comedy, or taking a walk or a nap.

 The perfect diet will not work if one's stress levels cannot be lowered or controlled... it just can't happen.

 You must be even more diligent with your diet during times of stress.

 PREPARE - Get educated, always have some healthy food available, we live in a bad food environment, but you can change that. Plan for the best, prepare for the worst. Every day we are bombarded with bad food choices.

 SOCIALIZE - YOU DON'T HAVE TO DO IT ALONE - REACH OUT - SEEK HELP, find support - friends, family, community. Ask, demand, that the important people in your life support your healthy diet and lifestyle.

 PAY ATTENTION TO THE RELATIONSHIP BETWEEN HYPOGLYCEMIA AND STRESS

 STRESS-LOWERING TECHNIQUES

 MINDFULNESS-BASED STRESS REDUCTION

 MEDITATION AND YOGA

 MILD EXERCISE

 LAUGHTER

 COOKING

 REST

 VISIT FAMILY OR FRIENDS

 EMPOWER YOURSELF

 STRESS and Hypoglycemia

 STRESS CAN ADVERSELY AFFECT YOUR BLOOD SUGAR HEALTH

 THE DROP IN BLOOD GLUCOSE IS REAL. Diligence with diet during times of stress is vital!

 I believe that once you understand how stress, like poor diet, can trigger hypoglycemia, you will understand the need to control both. The more overanxious you become about this condition, the more difficult it will be to get it under control.

– Dr. Lorna Walker

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