

DO YOU OR ANY OF YOUR FAMILY AND FRIENDS EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS?

1. SUGAR OR SWEET CRAVINGS

2. TIREDNESS OR EXHAUSTION

3. TENDANCY TO GAIN WEIGHT

4. MOODINESS & IRRITABILITY

5. COLD FINGERS OR TOES

6. ANXIETY OR DEPRESSION

7. DIZZINESS OR FAINT FEELINGS

8. HEART PALPITATIONS

If so you may be one of the estimated 1 million people in Australia who unknowingly suffer from Hypoglycemia, a major precursor to Type 2 Diabetes.

Not to worry help is at hand, simply visit our website: [www.hypoglycemia.asn.au](http://www.hypoglycemia.asn.au)



**THE HYPOGLYCEMIC HEALTH ASSOCIATION** is a not for profit ,voluntary organisation, that provides support and education, to those who suffer from Hypoglycemia. It also works to prevent the onset of Type 2 Diabetes.

Three newsletters are sent out to all the members, prior to the three meetings held each year. Each meeting has a guest speaker, whose topic will include, various aspects of Hypoglycemia.

These meetings are free to all members, however a voluntary donation is always acceptable. Donations are also tax deductible.

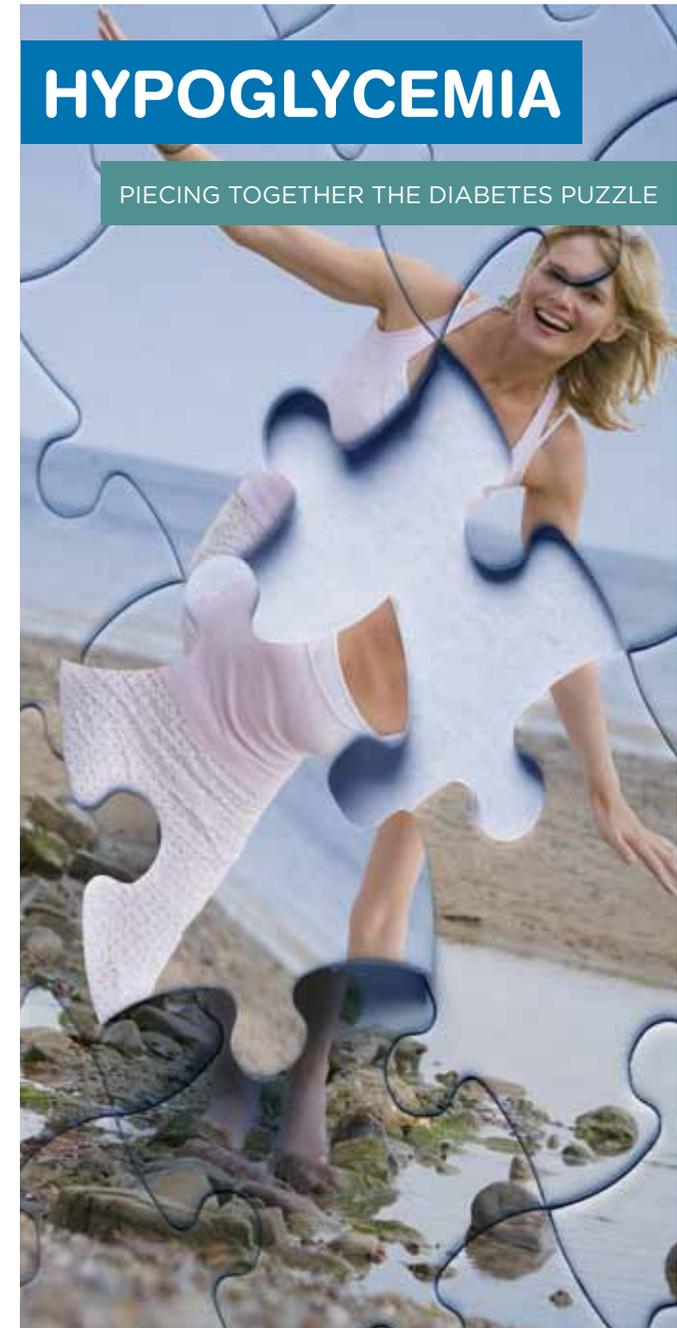
For more details please visit our very informative website [www.hypoglycemia.asn.au](http://www.hypoglycemia.asn.au) or for a more personal approach contact us by writing to:

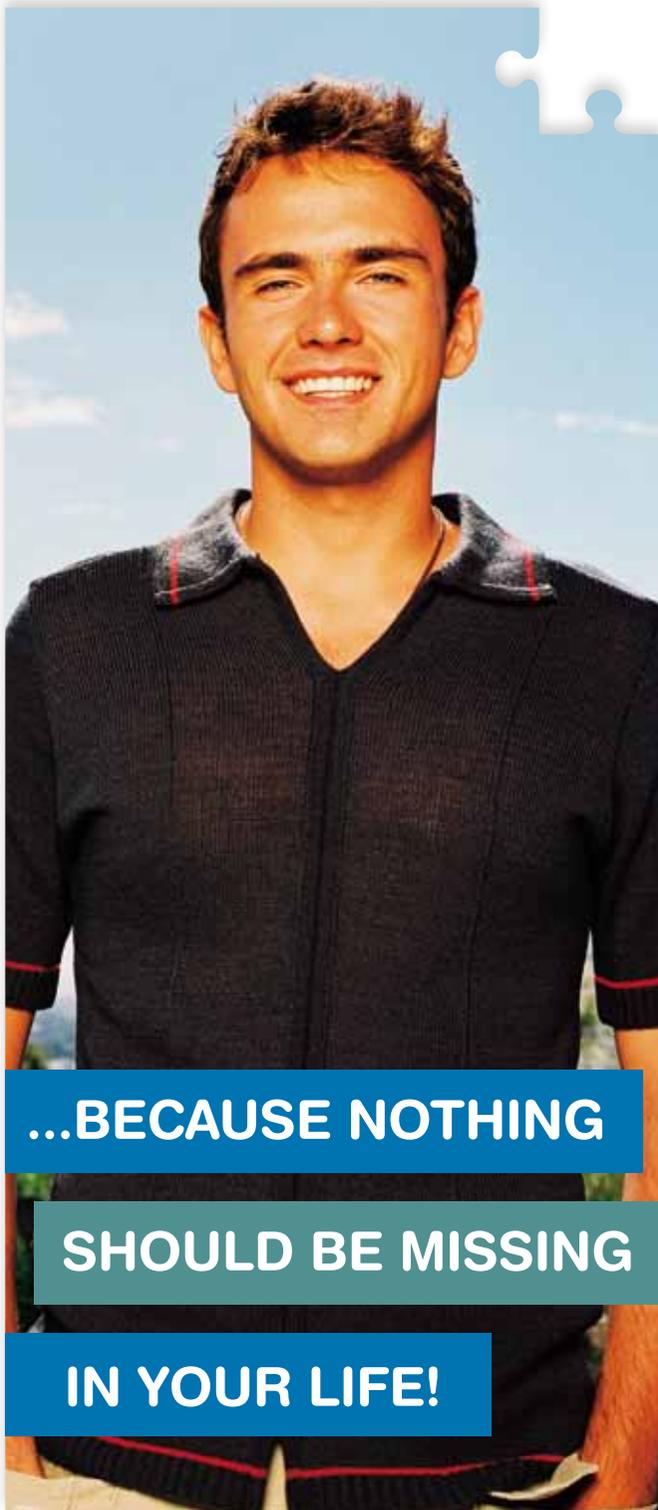
**The Hypoglycemic Health Association**  
PO Box 830, Kogarah, NSW 1485



# HYPOGLYCEMIA

PIECING TOGETHER THE DIABETES PUZZLE





...BECAUSE NOTHING

SHOULD BE MISSING

IN YOUR LIFE!

Hypoglycemia is a low blood sugar condition caused by too much insulin, (a hormone essential to our digestive process), which is produced by the pancreas. Excessive production of insulin occurs, particularly when refined carbohydrates, including all sugar by-products and white flour are consumed.

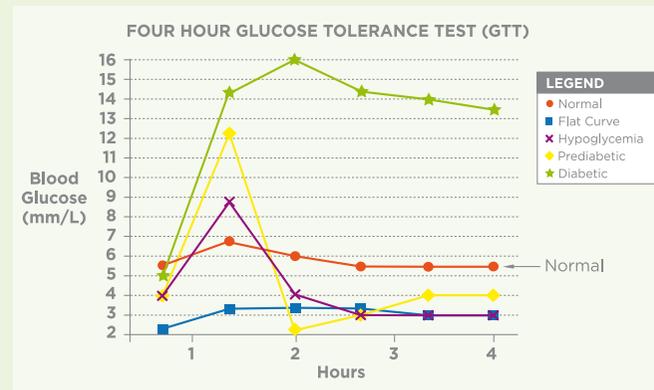
Too much insulin secretion robs glucose from areas such as the brain, resulting in numerous symptoms, some of which are mentioned throughout this brochure.

If Hypoglycemia is not treated, or goes undetected, the pancreas eventually becomes lazy and therefore produces little or no insulin, resulting in the onset of diabetes.

### WE'LL HELP YOU PIECE IT ALL TOGETHER

All is not lost as the method of testing is very straight forward. The only true way to test is by undergoing a four hour glucose tolerance test, with half hourly readings. Those suffering from Hypoglycemia show an upward spike in their sugar levels at the 1½ hour mark and a downward drop at the 2½ hour mark. This is not to be confused with the 2 hour glucose tolerance test used for detecting diabetes. Diabetic's blood sugar levels spike within the 2 hour period.

Unfortunately, many doctors in Australia fail to recognise Hypoglycemia and are reluctant to do the four hour test. Our website has a list of nutritional doctors who are prepared to do the longer method of precision testing.



### A SIMPLE PLAN IS ALL YOU NEED

There is no medical cure for Hypoglycemia. However, to control it and prevent Type 2 Diabetes, it is very important to follow a Hypoglycemic diet. This can be achieved by having a small meal, approximately every 2-3 hours; starting in the morning with a high protein breakfast, a mid morning snack, a protein enriched lunch, a mid afternoon snack, a high protein dinner and a light snack before retiring for the night.

The foods that **MUST** be excluded from the diet at all times, are sugar, honey, molasses, treacle and corn syrup etc. If one must have sweetened foods we recommend Rice Syrup, Stevia or Xylitol.

It is advisable that all simple carbohydrates be excluded at all times as they cause the blood sugar to spike then crash. However if one does consume simple carbohydrates, it is important to consume some protein at the same time, such as a hardboiled egg or a piece of chicken or fish.

Please visit [www.hypoglycemia.asn.au](http://www.hypoglycemia.asn.au) for more details on the Hypoglycemic diet and recipes.

