



Reactive Hypoglycemia: Your 5 Step Recovery Plan

By Allison Francis MAT

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Reactive hypoglycemia can be a devastating illness – the highs and lows of blood sugar swings can make you dizzy, nauseas and prone to severe mood swings. Sometimes you might not know what is causing your reactive hypoglycemia (the processes that regulate your blood sugar are very complex). That doesn't mean it can't be treated – usually, dietary and lifestyle changes are all that's needed to get you on the road to recovery. In the first section of this book, you'll find a discussion of the physiology behind reactive hypoglycemia. This section also contains the causes of the disorder, which are many. The remainder of the book walks you through the five steps you should take to combat your reactive hypoglycemia. In the vast majority of cases, the treatment for all forms of reactive hypoglycemia – whether you have pre-diabetic reactive hypoglycemia or a genetic defect – are exactly the same. That treatment consists of a fairly radical lifestyle overhaul. You'll need to look at your diet, stress levels, and other factors. It's not as easy as saying “eat six small meals a day”, but it's an easy program to stick to if you take small steps. The key is to make small changes in your life over time. The freedom that comes without being chained to an emergency can of soda is worth the effort of overhauling your daily habits. You can think of the five step program – which starts with a diagnosis – as a way to break your food addictions.

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