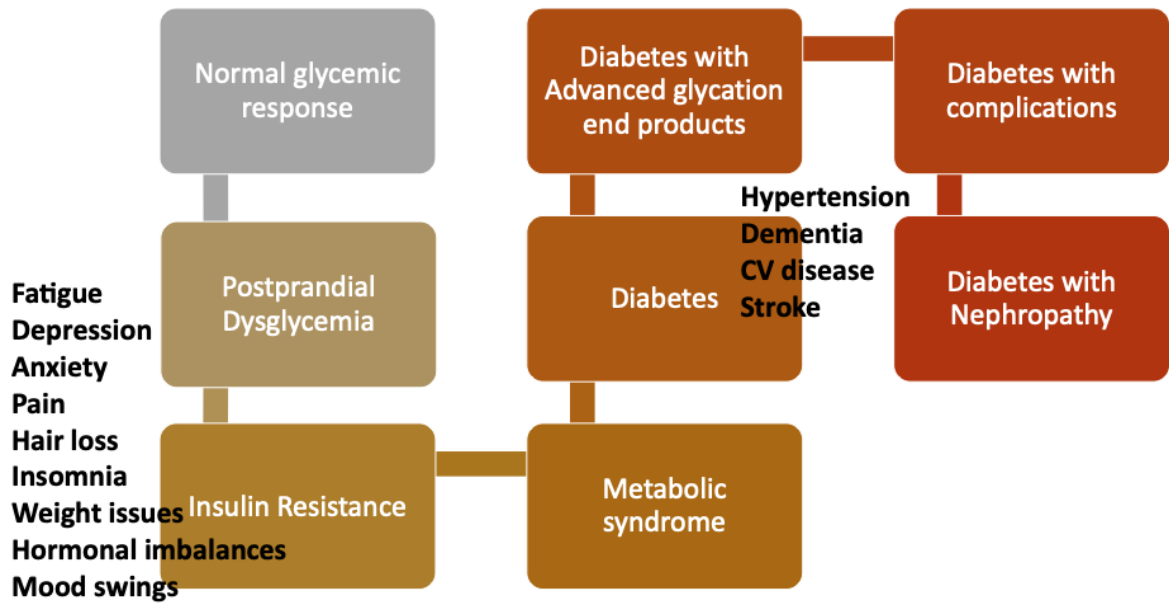


# Dysglycemia: Blood Sugar Imbalances



9/4/21

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## **Normal Glucose Response**

- ❖ Consistent general feeling of well-being is positive
- ❖ Wake up with energy and feel rested
- ❖ Wake up with an appetite
- ❖ Hunger between meals but no sugar cravings
- ❖ No change in function between meals
- ❖ No fatigue or change in energy after meals
- ❖ No effect on function if meal is missed
- ❖ Sleep through the night

**Question to ask: "Do you experience any change in energy or function after a meal?"**

## **Functional Hypoglycemia**

- ❖ Wake up with difficulty
- ❖ No appetite in the morning
- ❖ Or nausea in the morning
- ❖ Consume caffeine or sugar for breakfast
- ❖ Crave sweets thru the day
- ❖ Reduced function between meals but increase in energy right after a meal
- ❖ Hair loss/thinning
- ❖ Bouts of mental fatigue and/or mood swings
- ❖ Irritability, shakiness, headaches or feeling of anxiety if go too long without food - is relieved by eating
- ❖ Difficulty staying asleep/wake thru night

Clinically: Fasting glucose less than 80; LDH 140 or less; A1C 4.8 or less

**Priority: Stabilize blood sugars throughout the day; eat 5-6 small meals**

**Priority: Focus on fiber, healthy fats and proteins; minimize sugars**

## **Insulin Resistance/Met Syn**

- ❖ Wake up not feeling rested or recovered
- ❖ Eat high sugar/high starch breakfast
- ❖ Sugar cravings all day
- ❖ Fatigue after meals; crash after lunch
- ❖ Frequent urination/up at night to urinate
- ❖ Hair loss/thinning
- ❖ Chronic inflammation
- ❖ Difficulty falling asleep/staying asleep
- ❖ Brain fog, change in brain function, harder to focus including after a meal

Clinically: Fasting glucose over 99, Triglycerides over 100, Lipid panel elevated total and LDL with or without low HDL

**Priority: Break the hyperinsulinemia vicious cycles**

**Priority: Increase fiber intake: 1 tablespoon ground flax/chia/psyllium or fiber capsules with each meal**