

Hypoglycemia

Pancreatic malfunction can manifest in one of two ways: diabetes, which is high blood sugar, or hypoglycemia, which is low blood sugar. Though they are completely different, they both stem from the same cause, a malfunction of the pancreas, which is what we have to treat.

Possible Causes and Contributing Factors:

- Diet high in carbohydrates
- Endocrine hypo-function (adrenal, thyroid, pancreas, pituitary)
- Liver/biliary dysfunction
- Low stomach acid

Suggested Dietary Changes:

- Insure three meals a day. Use low carbohydrate vegetables and protein (nuts, seeds, etc.) if between meal snacks are required