



NSIPM & Sano Wellness Center

Hypoglycemia & Insulin Resistance

The most common blood sugar problems encountered are the blood sugar instability conditions of Hypoglycemia and Insulin Resistance.

HYPOGLYCEMIA

This is more a process than a condition. The blood sugar levels do not remain steady, but dip downward too low at times.

Causes include:

- Eating a lot of refined carbs
- Eating too infrequently
- Early stages of adrenal stress or fatigue affecting cortisol and epinephrine output
- Stress, which also affects adrenal function
- Overuse of stimulants like colas and coffee
- Deficiency of B complex vitamins and the minerals required for the Energy Pathway to function properly
- Hypothyroid function
- Other

Symptoms of Hypoglycemia include shakiness, irritability, headache, inability to concentrate – relieved by eating.

INSULIN RESISTANCE

This is also more of a process than a condition. In this case cells become desensitized and resist the entry of insulin. Insulin also becomes less potent.

- Overeating carbs, especially refined carbs
- Zinc deficiency, making insulin less potent
- Chromium and manganese deficiency needed for insulin's transport across cell membranes
- Ingestion of trans fats, making "stupid" cell membranes that do not function properly
- EFA deficiency contributing to cell membrane resistance
- Other deficiencies or toxicities that interfere with insulin or cell membrane functions

Signs and Symptoms Include:

- Increasing levels of insulin in the blood, which is less and less effective at removing sugars and blood fats out of the blood stream.
- Unstable blood sugar levels – ups and downs.

- Sweet cravings, carb cravings and frequent hunger because glycogen and fat stores are not being released between meals due to excess insulin.
- Weight gain, as fat cannot be released from storage.
- Increasing hyperglycemia.
- Increasing levels of triglycerides and cholesterol
- Cardiovascular stress from high insulin and high blood sugar, leading to blood vessel damage and atherosclerosis.
- Blood thickening from high triglycerides.

As insulin resistance increases, it leads to Diabetes Type 2 and/or Syndrome X

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