

Nutricheck



Functional Guide

Sugar Metabolism

Please Note: This *Sugar Metabolism Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

SUGAR METABOLISM

Many people appear to be sensitive to refined and simple sugars in their diets. Consumption of sugars by these people may cause the blood sugar level to rise and fall too rapidly. This condition is called FUNCTIONAL HYPOGLYCAEMIA and often produces symptoms of tiredness, fatigue, mood swings, anxiety, panic symptoms and irritability.

This condition is not a disease in itself, but, usually indicates a disturbance in the sugar control mechanism. This disturbance may be triggered by many factors, such as stress, adrenal exhaustion, food allergy reactions, hormonal imbalance, high sugar intake and impaired digestion.

It should respond to the Optimal Health Diet and to supplements of digestive enzymes. If, however, food sensitivity reactions are apparent or suspected, then the Low-Allergy Diet should be used.

FUNCTIONAL HYPOGLYCAEMIA can be confirmed by a 5-hr Glucose Tolerance Test. Consult your health care practitioner for this test.

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