

glycemia

**yo with my moods
own so fast."**

The symptoms for hypoglycemia are numerous and varied. Listed below are just a few:

- Exhaustion
- Insomnia
- Obesity
- Memory loss
- Feeling of going crazy
- Ringing in ears
- Cold hands, feet
- Moodiness
- Depression

and the list goes on!

One can begin to imagine the complexity of recognizing this condition when the symptoms are

so varied and are often confused with those that may indicate, individually, a host of other ailments.

"My doctor kept treating my symptoms as individual problems and never seemed to want to look at the overall picture," says Karen, "even though I suggested that they may collectively mean some one condition."

Karen might still be suffering undiagnosed today if an act of circumstance had not occurred. "I finally lucked-out," she said. "My doctor had to go out of town, so I saw another doctor, one who was in the know about my condition, it was truly a god-send."

Karen was tested with the GTT (Glucose Tolerance Test) and was found to be Hypoglycemic. She

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finally had some explanation for her many symptoms.

Many people suffer, at one time or another, some of these symptoms, but they usually go away. However, if they change, reappear or persist, as they did in Karen's case, there may be a problem.

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The perception of hypoglycemia as a health problem is difficult for some, in part due to the varying nature of the symptoms. One can suffer from a few symptoms, or most, depending upon the severity of the condition.

If you suspect you have hypoglycemia, see a good nutritionally and biologically oriented doctor.

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Karen found "that after learning of my disorder, I read all I could find about it and was surprised to read of documented cases of doctors who had experienced the same frustrations that I did in trying to discover what was wrong!"

Because there are many variances in the test curves shown in the GTT a doctor, unless specifically trained or at least knowledgeable in this field, can and often do, misread results.

The standard curve recognised is rather narrowly defined so that potential victims are often overlooked. If in doubt seek another opinion.

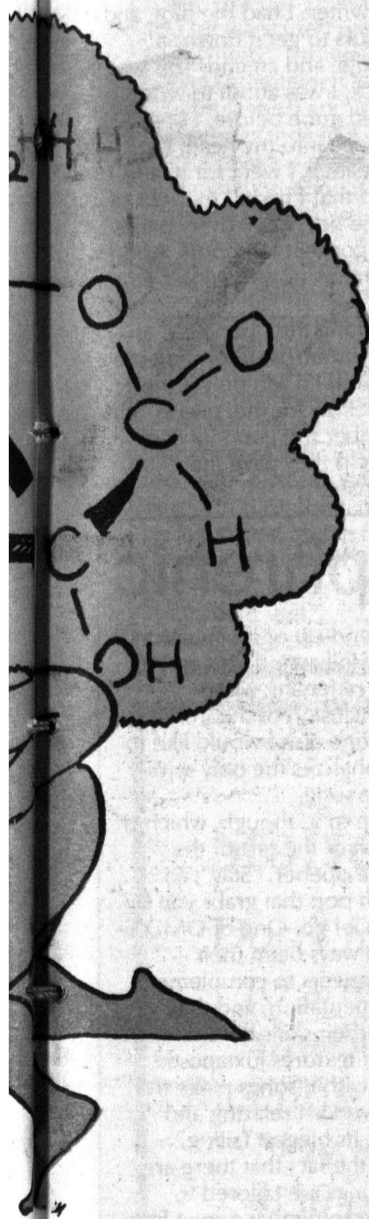
Hypoglycemics are often placed on the age-old high-protein diet, as devised by Dr. Harris in 1924, to control the problem.

Recent studies have proven that excess protein can cause harm. This had led to the development and implementation, by doctors in the know, of a more grain, seed and nut protein based diet used in conjunction with vegetables and fruit.

Karen uses this sort of diet. "I've never been a meat-eater so that it was easy for me to adjust to this diet. It is basic and simple and works wonders for me!"

Balance is the key. The success shown with this diet has indicated that it may not just control the problem but may eventually restore the patient to complete health once again where as the old diet only controlled and is ultimately harmful.

For Karen, "it's like coming out of a Jeckle and Hyde existence. I'm feeling like a sane, whole person again and unless you've suffered from the condition one cannot begin to appreciate how good that really feels! It's great!"



CRASH