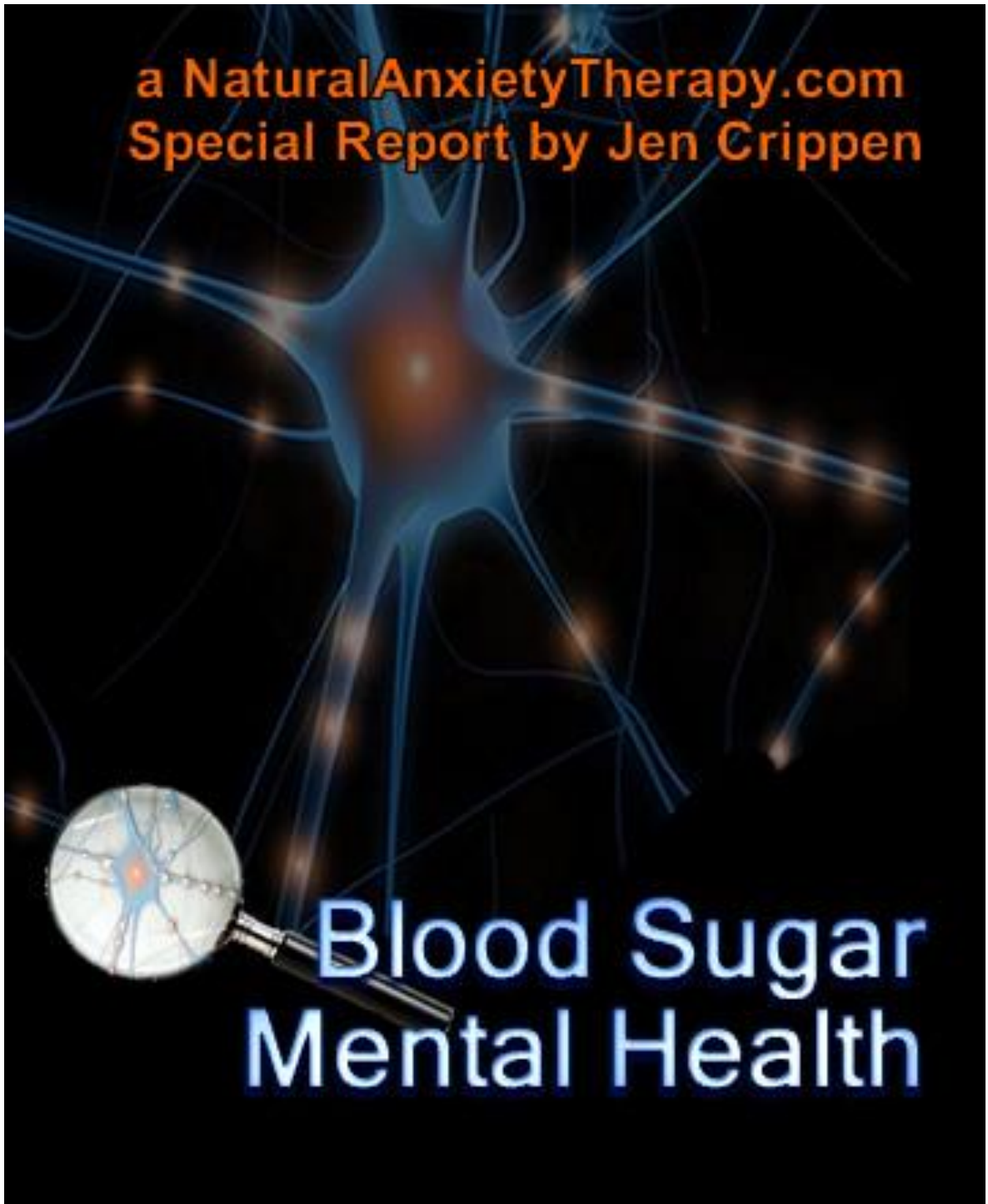


a [NaturalAnxietyTherapy.com](http://NaturalAnxietyTherapy.com)  
Special Report by Jen Crippen



# Blood Sugar Mental Health

<http://www.NaturalAnxietyTherapy.com>

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## **BLOOD SUGAR BALANCE FOR MENTAL WELLNESS**

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## **HYPOGLYCEMIA**

Hypoglycemia is opposite of the famous hyperglycemia aka: diabetes. Hypoglycemia symptoms typically show up when the blood sugar falls below 60 mmol/L.

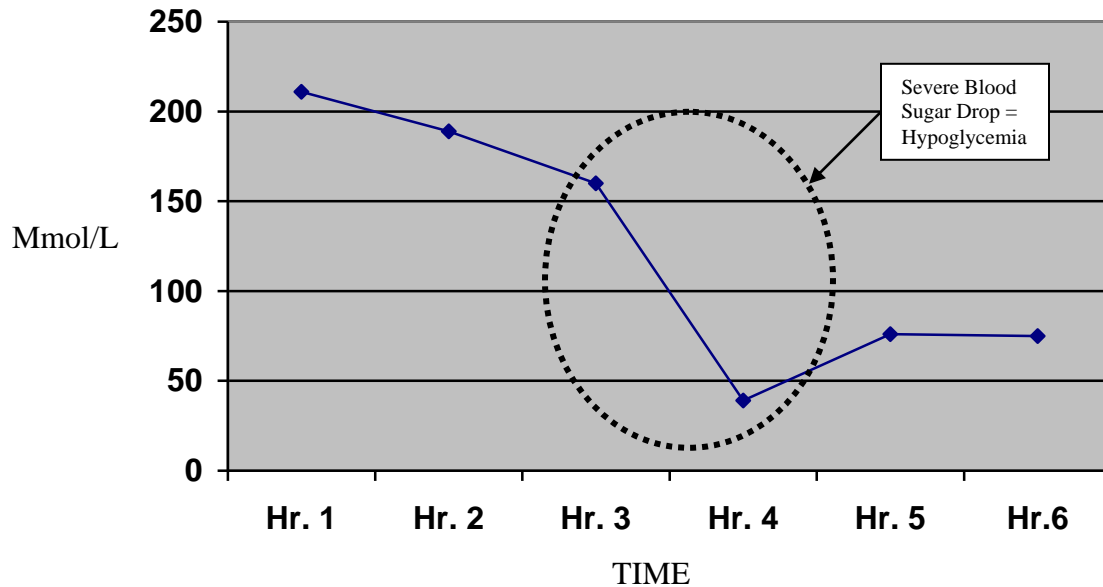
My experience is when my blood sugar falls that low I'm in serious, serious trouble. Often, I will show hypoglycemic symptoms at supposed 'normal' levels. The symptoms for me were the typical shakiness, sweating, nervousness, panic attacks, anxiety, inability to concentrate, irritability, dizziness, jumbled speech and general restlessness.

During research, I found out that my frequent nightmares could be related to my blood sugar plummeting while I sleep! These 'signs' are a response from our nervous system as a result of lowered blood glucose levels. Since my blood sugars have been balanced, I do not experience nightmares or waking at night.

During the peak of "the crash", I was blessed to visit a physician who finally figured out one of the root causes. He has been in practice over 60 years and has seen everything. He listened to my whole sob story and all the whacky symptoms and with his hand scratching his chin he said, "You don't have true anxiety. It doesn't add up. I bet you're a hypoglycemic. I've had patients similar to you that because of their blood sugar, they have wound up in psyche wards and the next day they are perfectly fine. We need to schedule a 6 hour glucose tolerance test as soon as possible."

Hypoglycemia? Could that be the cause of me “cracking”? He emphasized that most doctors just run a 3 hour test, which doesn’t always reveal hypoglycemia because blood sugar levels often crash near or after the fourth hour.

The day of the test was interesting. First was the horrible orange flavored sugar drink, then the waiting. Hour one sugars went to 211. Hour two, dropped to 189. Hour three, another drop to 160. Then, hour four it dropped to.....39! Yeah, definite problem there. Levels did bounce up to 63 at four and a half hours, to 76 at hour five, and 75 at hour six.



I felt like I went through a battle when the test was over, but I was also relieved. Finally, after months of crashing craziness there was an explanation to what was going on with me. I could research hypoglycemia and find out the root causes and do something about it.

Some hypoglycemics do not crash with the standard glucose tolerance test even though they may show all of the symptoms indicative the problem. Besides the glucose tolerance test, another one that may unveil hypoglycemia according to Dr.

Carey Reams is a brix refractometer urine test. This checks all sugar levels which would include those not detectable in the glucose tolerance test.

A few weeks after the glucose tolerance test, I had an appointment with another medical doctor who specializes in hormones. I showed her the test results from the test.

I told her I check my sugars when I feel anxious and the levels are normal; not below 60. She said that any steep drop, even within normal blood sugar range, could produce anxiety. WOW! This makes sense why it is so important to keep blood sugar levels balanced and stable without steep spikes and crashes.

Not only does balancing the blood sugar levels help with weight management (I lost 50 pounds), it was a great factor in vanquishing “the crash” symptoms. It’s normal for any of us to get a little tired, cranky, or shaky when our blood sugars are low. It’s the body’s natural way of saying “Go eat you dummy!” But when someone like me has severe spikes and crashes, it can mean feeling sane or like a lunatic – literally.

Dramatic spikes and crashes consume massive amounts of resources in our bodies – amino acids, minerals, hormones, and vitamins. It isn’t until these resources are completely exhausted that the body screams for attention. Most people are unaware this is going on when they are eating an improper diet full of refined sugars and carbohydrates. In my case it was “the crash” that left me incapacitated.

It must be my stubbornness that kept me from seeing the warning of severe weight gain, sugar craving, irritability, mood swings, and the ever more present anxiety and panic attacks. I felt miserable all the time. Really, my body was saying, “Warning, warning, if you don’t do something now you’re going to crash so bad you won’t be able to function!” Then when it happened I kept hearing my body say, “I told ya so.”

As I researched proper nutritional practices for hypoglycemics, there were many suggestions that didn't make sense. Many of these recommendations were by medical doctors and reputable health sites. These diets recommended eating sugary, high refined carbohydrate snacks throughout the day. Or, diets that were lower in protein and healthy fats with a greater proportion of grains and fruit. This was confusing because of my personal experience. When I ate like that, I was flying high all the time and the yeast in my body was having a field day!

People who have hypoglycemia have trouble regulating glucose. Eating snacks that boost blood sugar all day would be stressful on the adrenals and liver. Intuitively, I knew that was not the way to go.

I kept searching and experimenting how each food I ate impacted my blood sugar levels until I determined which foods created spikes and lows. Journaling how I felt a few hours after eating foods, watching if there was bloating overnight, and checking blood sugar levels with a glucometer was how I did this.

When the glucose tolerance test was done, I already was eating a diet without refined sugars or carbohydrates and I still was experiencing the severe hypoglycemic symptoms. But after the diagnosis I started digging into the nutritional causes of blood sugar imbalance.

There are some very important nutrients that are critical to maintaining normal sugar levels. Not only that, guess what body system is in charge of the whole blood sugar balance thing? It's the endocrine system with the key player being the adrenals. So it's not that simple to say take XYZ pill and you'll be fantastic again! There are specific nutrients that I did find that are very important for balancing blood sugar.

A friend who is an established chiropractor suggested trying 500 micrograms of chromium a day. Chromium is a co-factor of insulin. I have seen research supporting and refuting its ability to help balance blood sugar. All I know is that when I started taking it, the spiking and crashes were greatly reduced. In our regular diet, chromium is not abundant. For some people supplementing seems to be beneficial. For me, it was a huge help.

Some spices have also been found to help with blood sugar regulation, especially cinnamon, nutmeg, coriander, and fennel. Cinnamon and nutmeg were spices I added to about everything! Smoothies, yogurt, kefir, squash always had these spices added to them.

Herbs like gymnema sylvestre, licorice root, dill, and those from the ginseng family have been used historically to regulate blood sugar levels. Nutrients like resveratrol and alpha lipoic acid have also been recommended to patients by health professionals for blood sugar support.

Traditionally, these herbs and spices are known to support blood sugar balance. I figured it wouldn't hurt and it sure made everything taste great. I also used these herbs and spices in medicinal quality essential oils form. (See Sources Section in my ebook [\*Let's Get Physical\*](#))

The big dog in blood sugar regulation is the adrenals. They use the hormone cortisol to regulate blood sugar levels. When levels spike and plummet from eating high sugar and refined foods, cortisol comes to the rescue to balance things out. Over a period of time, the adrenals get taxed and stressed out. This is covered in great detail in the adrenal section of my [\*Let's Get Physical\*](#) ebook.



## Key Points:

- Hypoglycemia symptoms typically show up when the blood sugar falls below 60 mmol/L.
- Signs of hypoglycemia are shakiness, sweating, nervousness, panic attacks, anxiety, inability to concentrate, irritability, dizziness, jumbled speech and general restlessness.
- Any steep drop, even within normal blood sugar range, can produce anxiety, panic attacks, and/or drastic changes in mood.
- It is important to keep blood sugar levels balanced and stable without steep spikes and crashes to stabilize mental health and allow the adrenals to recover.
- Dramatic spikes and crashes consume massive amounts of resources in our bodies – amino acids, minerals, hormones, and vitamins.
- The 6 hour glucose tolerance test is the best choice for detecting hypoglycemia versus a 3 hour test. Many hypoglycemics drop at the fourth hour.
- Another test that may unveil hypoglycemia according to Dr. Carey Reams is a brix refractometer urine test. This checks all sugar levels which would include those not detectable in the glucose tolerance test.
- Besides eating a diet that will balance blood sugars, nutrients that are deficient may need to be supplemented to support the body's regulation of blood sugar levels.

## **GOOD CARBOHYDRATES**

### **SAFE SWEETENERS**

Hypoglycemic, adrenal fatigued, and candida overgrowth people have to find a way to sweeten foods in ways that won't weaken our bodies further. We have taste buds especially sensing sweet flavors for a reason!

My weight fluctuated my whole life. Although I dieted, it was impossible to eliminate sweet foods and drink for long periods of time. The cravings started and I'd fall off the wagon. It's just not realistic to eliminate all things sweet.

Personally, I am not a fan of artificial sweeteners such as aspartame (phenylalanine - Nutrasweet, Equal), Acesulfame K (Sunette, Sweet One), saccharin (Sweet 'N Low), sucralose (Splenda). I avoid them at all costs because of the research on the negative health affects they can have.

Some artificial sweeteners are also made from the amino acid phenylalanine that can create severe health effects like seizures and multiple sclerosis symptoms in some people. Plus, the after taste of these is simply awful.

Healthier alternatives are agave nectar, stevia, xylitol, chicory sugar, yacon, and lakanto. It takes some experimentation to learn how to convert recipes and use these replacements. Cookbooks can be found too.

Agave nectar (*agave tequiliana*) is a good substitute if used extremely sparingly. It is liquid, so the wetness factor must be considered when converting recipes. Substitute 2/3 to 3/4 C of agave for 1 C of sugar.

When I was at my lowest point, I could not use agave. It is pure fructose and even though the glycemic level is low, it can affect blood sugar levels by desensitizing insulin receptors. Agave spikes and crashes my insulin levels if used too frequently. Plus some of the yeast symptoms appeared again.

I would not encourage people dealing with severe hypoglycemia, candida, or adrenal fatigue to use agave until their bodies are much stronger for some time. I could not use agave for at least six months after my body was strong because it gave me blood sugar spikes and some candida symptoms. Even now I use agave very sparingly and always couple it with high fat desserts like cheesecake, coconut flour recipes, or ice cream. Agave is purely a treat and should not be consumed every day. It is SO delicious and a little goes a long way.

Another popular non-synthetic sweetener is stevia. Many people have tried stevia and they don't like it. If recipe substitutions are converted properly, stevia is a wonderful sweetener. A tiny, tiny bit goes a long way. For example, a cup of tea may only need one drop to sweeten it.

When purchasing stevia, use an extract that has not been refined (See Sources Section in my ebook [Let's Get Physical](#)) or use the ground up leaves that have not been bleached; the mineral content is higher and it tastes better. However, for baking purposes I will often use the white so my coconut bread or tapioca pudding doesn't have an unappealing green shade to it.

The chart below was taken from [The Stevia Cookbook](#) by Ray Sahelian and Donna Gates. Both individuals are extremely experienced in nutrition and natural health. This chart is a guide to get started until you get their book.

With each recipe you will have to play with the amounts to get the sweetness level to the way you want. Because agave is such a wet ingredient, I will often add a dash of stevia to kick it up to the next sweetness level. Then more agave does not need to be added, which will result in a soggy recipe and possible blood sugar issues.

The stevia powder referred to in this chart is the pure form, or the liquid made from the pure powder.

Sugar amount	Equivalent Stevia powdered extract	Equivalent Stevia liquid concentrate
1 cup	1 teaspoon	1 teaspoon
1 tablespoon	1/4 teaspoon	6 to 9 drops
1 teaspoon	A pinch to 1/16 teaspoon	2 to 4 drops

Some people complain about the aftertaste of stevia. My experience is this happens when too much or poor quality stevia is used. Bleached stevia is more likely to give an aftertaste. Every brand tastes different. Some brands over others are more likely to have an aftertaste too. So start playing with it conservatively and have fun!

## **FIBER**

Fiber is an important part of regulating blood sugar. It slows down the sugar burn therefore helping to keep levels regulated. Besides that, it is important for healthy bowel function and there is research that suggests fiber may protect against certain cancers and heart disease. Just searching “fiber cancer heart disease research” on the web will give more information than one knows what to do with.

Consuming fiber gives the effect of a tonifying workout for the muscles in the intestines. This improves the mechanical component of digestion and elimination. Fiber also helps absorb toxins and metabolic wastes so they can be eliminated, kind of like a sponge sopping up and getting rid of unwanted nasties in our bowel.

When we look at nutritional information on food labels, the fiber content will be classified under the carbohydrate section. These aren't carbohydrates our body uses for energy like sugar and starches.

There are two types of fiber, soluble and insoluble. Soluble fiber dissolves in water, insoluble doesn't. Neither is digested by the body. The American Dietetic Association recommends women consume 21 to 25 grams of fiber a day. For men it is 30 to 38 grams per day.

In my personal experience, to start consuming that much fiber a day would give my bowels a little too much excitement. The best practice is to gradually work up to that amount.

Fiber helps you feel full and reduces cravings tremendously! This is perfect for when one is coming off a sugar or carbohydrate addiction. Fiber makes the transition to a new, healthier diet a little easier.

Vegetables are high in fiber, especially the green leafy ones. Leave the skins on whenever possible. Not peeling vegetables like carrots, sweet potatoes, and zucchini leaves greater levels of fiber and nutrients intact. Just be sure to wash away any residual dirt or pesticides by scrubbing them thoroughly with a non-chemical based cleaner. This also disinfects food without chemicals from any nasty pathogens we've seen in the news in recent years.

Grains are also high in fiber. Because of gluten and grain issues, I cannot do them without negative health repercussions. If a person does not have gluten or grain reactions, choosing whole and unprocessed ingredients is essential. The best way to know if they are causing a reaction is through food allergy testing. This is mentioned in my ebook [\*Let's Get Physical\*](#).

Nuts and seeds also have significant levels of fiber. The best choice is raw nuts and seeds because they contain higher nutrient levels, especially when sprouted. Sprouting is simple, there is an outline written up on [my blog](#) on how to do it.

Sprinkling a teaspoon or so of ground flax seeds in a smoothie or on top of salad adds fiber as well as healthy fats. Buying fresh flax seeds and grinding them yourself ensures the freshest flavor and also preserves the essential fatty acids. They are so simple to grind, I just use a coffee grinder.

My favorite fruits for getting soluble and insoluble fiber are apples and strawberries. Sweet potatoes with the skin are great and so are beans. Sometimes my blood sugar levels have a hard time with beans; too many carbohydrates. Maybe once a week or so I eat them loaded with protein from meats and raw cheeses as well as vegetables for additional fiber.

Another unsuspecting source for extremely high levels of fiber is coconut flour. It is considered hypo-allergenic; people don't have allergic responses. It is also delicious!

Those of us who are looking for grain free flour alternatives are no longer deprived of cakes, breads, and cookies! It's important to use coconut flour converted recipes; it cannot be substituted for flour without modification.

Coconut flour is 58% fiber, that's 14 grams per ¼ cup! Improve your digestion while eating delicious baked goods. Some of my favorite recipes are available at <http://www.naturalanxietytherapy.com>. Another fantastic source for cooking with coconut flour is Bruce Fife's *[Cooking with Coconut Flour](#)* book.

Fiber supplements can also be taken. For some people it is important to stay away from anything that could have gluten like wheat or oat bran. There is a whole section about food allergies and intolerances in my special report *[Food Allergies & Nutritional Recovery](#)*.

Besides eating veggies, another favorite fiber source is rice bran because it tastes good and has all the wonderful benefits fiber is known for. When doing a digestive cleanse, I prefer to use products with various fibers like guar gum, flax seeds, and psyllium husks (For products see Sources Section: Bowel Issues in my ebook *[Let's Get Physical](#)*).

## Key Points:

- Hypoglycemic, adrenal fatigued, and candida overgrowth people have to find a way to sweeten foods in ways that won't weaken our bodies further.
- Artificial sweeteners such as aspartame (phenylalanine - Nutrasweet, Equal), Acesulfame K (Sunette, Sweet One), saccharin (Sweet 'N Low), sucralose (Splenda) can have negative health affects and aren't the highest choice for sugar substitution.
- Healthier sweet alternatives are agave nectar, stevia, xylitol, chicory sugar, yacon, and lakanto.
- Agave is pure fructose and even though the glycemic level is low, it can affect blood sugar levels by desensitizing insulin receptors. It should be used very sparingly.
- Stevia is a great choice for sweetening food and drink. To avoid aftertaste, use sparingly and choose high quality brands.
- Fiber is an important part of regulating blood sugar. It slows down the sugar burn therefore helping to keep levels regulated.
- The fiber content will be classified under the carbohydrate section on nutritional labels. These aren't carbohydrates our body uses for energy like sugar and starches.
- There are two types of fiber, soluble and insoluble. Soluble fiber dissolves in water, insoluble doesn't. Neither is digested by the body and passes right through.
- The best place to get fiber is through our diet. Fruits, vegetables, nuts, seeds, and even coconut flour are great choices.
- Coconut flour is a great replacement for gluten sensitive people in baked good recipes. The conversion can be tricky, so it is best to use recipes especially designed for the use of coconut flour.



## **GOOD FATS**

### **EFA'S**

Essential Fatty Acids have been health super stars in recent years. Health experts tout taking flax, fish, krill, primrose, nut, and various seed oils that contain omega 3, 6, and 9 fatty acids. But why?

Well, without essential fatty acids every body system suffers. From brain function to heart health and everything in between requires these fats. Every part of our body is composed somewhat of fats.

In the last few decades, the media and many health professionals have been encouraging “low fat” and “fat free” diets, yet people keep getting fatter and fatter. Mainstream diets have become deficient in good fats. More so, our diets are most deficient in omega 3 fatty acids, not the 6 and 9. Our bodies need these fats for fuel and as building blocks, especially our central nervous system.

Those of us cooking with nut and seed oils are getting plenty of omega 6 and 9 oils. It's the omega 3's that most of us are very deficient in. Very high levels of omega 3's are found in krill, cod liver and flax seed oils.

Krill oil is the highest in omega 3's. Personally, I prefer fish oil because it also has significant levels of vitamin D which has its own section in my [\*Let's Get Physical\*](#) ebook. I take about 3 grams a day as my doctor recommended. (See General Anxious Body Rebuilding in the Sources Section of my ebook [\*Let's Get Physical\*](#))

Grass fed meat, poultry, and eggs are other sources one can get omega 3's. These animal products are healthier for us and the flavor is much better than those fed by grain only.

Cold water fish can be great sources of omega 3 fats. Unfortunately, many species have been [contaminated with mercury](#) and should not be eaten regularly. My favorite fish for omega 3's is wild caught salmon.

Like many people, I take omega fats for blood sugar stabilization and for mental well-being. There is so much research supporting these properties that it would be too much to list here. My experience is that I feel more uplifted and mentally clear on the omega 3's.

## **COCONUT OIL**

Another great fat I absolutely love working with is coconut oil. Dr. Mary Enig and Sally Fallon wrote the book [Eat Fat, Loose Fat](#). This is where my coconut oil craze began. The authors talk about the bad rap coconut oil has received, like making you fat and clogging your arteries. In reality the complete opposite is true.

What is most interesting is how it has been known to correct thyroid problems, kill candida, and balance blood sugar. Many, many people claim they have lost weight on it because of its ability to support proper metabolism.

Dr. Bruce Fife of the [Coconut Research Center](#) recommends a therapeutic dose of four tablespoons a day. So I started introducing it slowly by adding it to everything from smoothies to cooking oils.

Coconut oil is an excellent medium, high heat cooking oil. In baking recipes it can replace butter and Crisco. I went coconut crazy, even rubbing it on my skin and sometimes ate it off the spoon! It was as if once my body got a taste of it, I couldn't get enough. My body must have been so happy to get this good fat. After a few months the cravings subsided and now it is used in everything. It's suitable for cooking scrambled eggs, stir fry veggies, and fish.

It was strange eating such a rich oil and not gaining, but actually losing weight. Because of the "fat is evil" brainwashing, eating this kind of fat can be a brain bender. But when the inner coldness, candida symptoms, and pounds started to fade – you'll start believing.

When choosing a coconut oil, find a very high quality and fresh source. I've tried some that tasted like rancid motor oil; very gross. Make sure it's bright white and smells of fresh coconut. Old or improperly processed coconut may have a yellow tinge. Turn over the jar and look at the bottom, you can see any discoloration that way.

Coconut oil is interesting. It is solid under 76° F. So if you live in cold climate, during the winters it will be solid and summer it will be liquid. Or, during a hot summer day your coconut oil is liquid, then you turn on the air conditioning and a few hours later it's solid. Totally normal.

When recipes call for liquid vegetable oils, simply melt coconut oil to get the correct volume. Heating it in a pan with low heat works well. You can also run the jar under hot water or set it on a warm stove. Be sure not to melt the plastic!

### Key Points:

- Mainstream diets have become deficient in good fats. More so, our diets are most deficient in omega 3 fatty acids, not the 6 and 9.
- Our bodies need these fats for fuel and as building blocks, especially our central nervous system.
- People cooking with nut and seed oils are getting plenty of omega 6 and 9 oils. It's the omega 3's that most of us are very deficient in.
- Great sources of omega 3' fats are krill, cod liver and flax seed oils.
- Food sources for omega 3's are grass fed meat, poultry, and eggs as well as cold water fish.
- Like many people, I take omega fats for blood sugar stabilization and for mental well-being.
- Coconut oil has been known to correct thyroid problems, kill candida, and balance blood sugar.
- When buying coconut oil, make sure it's bright white and smells of fresh coconut. Old or improperly processed coconut oil may have a yellow tinge.

## **FOOD COMBINING**

There is a very specific way I like to combine carbohydrates with fats and proteins. I like to ensure there are always more grams of protein and/or fat than carbohydrate grams in a meal. It seems to work very well for balancing my blood sugar levels. People with a grain allergy need to get carbohydrates from different places like low glycemic fruits and vegetables.

Most vegetables are low in sugars except the starchy ones like beets, parsnips, carrots, peas, sweet potatoes, and squash. Because of their high sugar and starch content, use them sparingly in dishes with a lot of meats, nuts, and cheese.

Cooking and serving starchy vegetables with a substantial amount of butter or coconut oil keeps the carbohydrates burning even and slow, instead of spiking and plummeting.

Using the same principle, I love to combine fruits like apples with nut butters, raspberries in clotted cream, blueberries in whole milk yogurt, or cherries in kefir. My brain had to be retrained because of the past “fat makes you fat” brainwashing.

As mentioned in the candida section of my ebook [\*Let's Get Physical\*](#), it is important to eat balanced portions of starchy vegetables to meats. The combination of meats and non-starchy vegetables needs to be a larger portion than the starchy vegetable.

When looking at a dinner plate, the starch (rice, potato, and yam) portion should not be larger than the protein and non-starchy vegetable. Think of when a

restaurant serves you a meal, it is always meat, veggies, and a massive serving of starch. This is not good eating for blood sugar balance.

Non-starchy vegetables are those in the green leafy family (spinach, lettuce, and collards), zucchini, onions, peppers, celery, etc. They are high fiber, low starch vegetables and are great to mix with proteins such as meats, poultry, nuts, and beans.

Because in the morning my sugars would often be low, I would drink a few ounces of a nutrient dense juice. (See [Natural Anxiety Therapy Special Report: Lycium Barbarum aka Ningxia Wolfberry](#)) It balances blood sugar levels without a dramatic spike and crash because its glycemic index is 10.6 versus table sugar which is 83. It's also very high in chromium, trace minerals, amino acids, and polysaccharides. Many diabetic friends have been able to reduce the use of their insulin due to this juice. For me, it means getting a kick start of a lot of good nutrients early in the morning that takes my shaky legs away.

Knowing the glycemic index of foods is important for people suffering with hypoglycemia, diabetes, anxiety, and adrenal fatigue because it measures how fast carbohydrates impact blood sugar levels.

Some foods rank very high on the glycemic index, which would not be desirable for people with adrenal or blood sugar concerns. These foods are a 70 or higher on the index. Medium impact foods are between 56 and 69 and the low glycemic index foods are 55 and under.

My goal is to primarily eat foods that are 55 or below and minimize foods that are medium impact. If you would like to know more about the glycemic index you can search for research done by Kaye Foster-Powell, Susanna HA Holt, and Janette C Brand-Miller that was published as [“International Table of Glycemic Index and Glycemic Load: 2002”](#).

If you choose to eat a low glycemic diet, you may not only enjoy your spare tire shrinking but improved cardiovascular health and a reduced chance of getting cancer.

To stop the blood sugar roller coaster, eat every few hours. Missing meals and not having snacks in intervals longer than 3 hours is detrimental to blood sugar levels and puts more stress on the adrenals. I never leave the house without snacks in my bag so if my blood sugar starts to crash I have something quick to grab.

Having snacks on hand lessens the temptation to stop for unhealthy fast foods. I knew when my blood sugar levels were low because I'd start to get irritable, shaky, or have difficulty concentrating. Easy snacks to take on the road are apples, nuts, Ningxia wolfberries, and protein shakes. These are great if irritability, shakiness, and foggy thinking set in.

The glycemic friendly juice mentioned earlier come in travel packs that are great to keep on hand if a lift is needed - *FAST*. It was very important not to eat or drink refined sugars if I bottomed out (shakiness, sweating, nervousness) because it would further stress the adrenals.

It is not unusual for someone with weak adrenals to get anxious and panicky a few hours after consuming refined sugars. Even though it's tempting, say "no" to candy bars and soda if blood sugars drop too low. Get sugar levels up with a low glycemic carbohydrate source like apples or berries and add the long term fuel like nuts or protein shake for balance until a proper meal can be eaten.

One last suggestion, about an hour before going to bed is to enjoy a protein smoothie. (See Sources Section in my ebook [\*Let's Get Physical\*](#) for the Super Smoothie Recipe). This seems to help keep blood sugar levels steady overnight.

For years I always had bad dreams and nightmares. I thought my subconscious was getting the best of me! Then I found out nightmares could be a result of plummeting blood sugar levels during sleep. Since eating a high protein snack like kefir with berries or my magic smoothie about an hour before bed, sleep disturbances have stopped.

If you suspect you are a hypoglycemic based on my story, please find a doctor to do the appropriate 6 hour glucose tolerance test or the brix refractometer test. However, there are people that have not indicated to be a true hypoglycemic according to the diagnostic testing. They have all the signs and they respond well by following a program similar to the one I created for myself. When asked, I tell them, “Hey, eating for blood sugar balance and supporting your body nutritionally won’t hurt. If you feel better, your anxiety is gone, and you’re losing weight.....keep on doing it!”



## Key Points:

- It is important to always have a larger portion combined of meats and non-starchy vegetables versus starchy vegetables.
- Non-starchy vegetables are those in the green leafy family (spinach, lettuce, and collards), zucchini, onions, peppers, celery, etc. They are high fiber, low starch vegetables and are great to mix with proteins such as meats, poultry, nuts, and beans.
- A great goal is to eat primarily foods that are 55 or below on the glycemic index and minimal foods that are medium and high impact.
- Eat protein and vegetable snacks every few hours to keep blood sugar levels stable.
- Always have snacks with you when traveling outside the home to avoid temptation of fast foods.
- Balancing blood sugars may result in losing excess weight and improving overall health.
- Get sugar levels up with a low glycemic carbohydrate source like apples or berries and add the long term fuel like nuts or protein shake for balance until a proper meal can be eaten.
- Sleep disturbances may disappear when blood sugar levels have been balanced.

## **LIVER CARE**

The liver is very connected to hypoglycemia since it is responsible for the manufacturing, storage, and release of glucose in the blood. The liver is the transformation station in the body. It converts amino acids, hormones, sugars, toxins, vitamins, and cholesterol into the materials needed as our body demands.

When the liver's function is compromised, we will see issues like hypoglycemia, hormone imbalance, digestive disturbances, toxin build up, obesity, high blood pressure, high cholesterol, skin problems, and fatigue. These just name a few, but almost every bodily function is tied in with the liver.

Our liver gets very stressed from the modern day lifestyle. Processed foods, pollution, chemicals, alcohol, sugar, prescription as well as over-the-counter drugs, over-eating, and malnutrition are just naming a few everyday stressors.

Because the liver is the main defense against stressors, it greatly benefits from regular cleansing and building. Just like we change the oil and filters in our car, routine maintenance of the liver should be done the same way.

My liver was stressed because of the hypoglycemia, hormone imbalance, skin rashes, candida, and overweight issues I was experiencing for years prior to and during "the crash". One of my tests indicated high liver enzymes.

The liver stress probably began long ago with normal environmental factors. In addition, consuming a diet high in carbohydrates and void in liver flourishing nutrients added further stress. Plus, years earlier I had taken quite a bit of prescription and over-the-counter drugs. The liver doesn't like those either.

There are foods that are particularly beneficial for the liver like apples, beets, onions, garlic, lemons, carrots, cruciferous vegetables (cabbage, broccoli, Brussels sprouts, cauliflower), greens (kale, spinach, collards), and many herbs and spices. Because of the yeast and blood sugar issues, beets had to be eliminated for a while due to their sugar content. However, they are one of the best liver foods.

One of my favorite things to do is drink a tea cup hot water with fresh squeezed lemon first thing in the morning. This gets the stomach juices flowing and gently detoxifies the liver.

Another thing one can do is enjoy a mild liver detoxification tea. They are readily available and usually contain herbs like dandelion, burdock, milk thistle, licorice root, and Oregon grape root.

Once aware how important the liver is for good health, I started a cleansing and building program. Finding out the liver is a key player with blood sugar and hormone health led me to believe the liver should have support on a daily basis.

From personal experience I can share that it is important to detoxify the liver slowly, it is not a marathon! It didn't get in its current condition overnight and it won't get cleaned up overnight either.

Many health food stores claim to have products that cleanse the liver in just a few days or a week. This may help your liver a little; however, long term cleansing should be gentle and over a course of time. It's best to start slow and grow in intensity, then backing off and starting again. A liver program should be done for a minimum of 90 days with periods of various intensities.

The body cannot handle hard core deep cleansing for long periods of time. Also, if an intense deep cleanse is done without proper pre-detoxification work, the

toxins can be stirred up and relocated throughout the body. The goal is to get the toxins freed up, then out; not stirred up, and reabsorbed again in the intestines. Unfortunately, improper cleansing methods are recommended to people all the time.

Improper detoxification can lead to experiences like skin outbreaks, headaches, disturbed bowel, and nausea. Or worse, the toxins may just get stirred up and relocated in the body without being eliminated. So, if you do decide to cleanse, follow a slow but effective regimen so the body is not taxed by the process.

My regimen consists of a Phase I that is what I call “decongesting”; composed of liver loving foods and nutrients. Then there is Phase II which is the “hard core” deep cleansing. (See Sources Section in my ebook [\*Let's Get Physical\*](#) and [Loving Your Liver](#) bonus audio download.)

Caring for the liver is an important part of the hypoglycemia and adrenal recovery program. It is best to continue to do simple liver support daily through nutrition. Use digestive enzymes with meals to reduce stress on the liver as well as avoiding fried or high sugar foods. The amazing thing about the liver is that it is resilient when it is properly rebuilt.

## Key Points:

- The liver is very connected to hypoglycemia since it is responsible for the manufacturing, storage, and release of glucose in the blood.
- The liver is the transformation station in the body. It converts amino acids, hormones, sugars, toxins, vitamins, and cholesterol into the materials needed as our body demands.
- Our liver gets very stressed from the modern day lifestyle.
- Because the liver is the main defense against stressors, it greatly benefits from regular cleansing and building.
- There are many foods that naturally support healthy liver function.
- Cleansing and decongesting the liver with slow, gentle methods may be a great way to improve liver health.
- Caring for the liver is an important part of the hypoglycemia and adrenal recovery program.

## **IN CONCLUSION...**

Blood sugar swings are one of the most overlooked causes of mental disturbances; especially panic attacks, anxiety, and mania. A person can go from calm and relaxed to full blown panic in minutes from a severe blood sugar drop. Based on my story, if you believe you might be experiencing blood sugar imbalances, please seek a qualified health professional to diagnose you.

Remember, not all hypoglycemics can be diagnosed through a 6 hour glucose tolerance test. Not all blood sugar drops that cause anxiety and panic attacks are in ranges under 60. My blood sugar would drop from 200 to 110 very quickly and I would get anxiety. It perplexed me because I would test and it would say 110; which is normal. Little did I know that the rapid drops were causing anxiety problems.

Chronic blood sugar highs and lows are extremely stressful on the adrenals. The adrenals are major contributors to our feeling of mental peace. Over time they become stressed and can no longer function properly, often resulting in anxiety and panic attacks.

After following the program I am sharing with you here, I have been fortunate to receive test results from my doctor saying that blood tests show there is no indication of chronic blood sugar highs or lows. This means I'm maintaining a healthy balance simply through nutritional supplementation and dietary choices.

Are you already dealing with anxiety?

Experience Jen Crippen's work at her blog:

<http://www.NaturalAnxietyTherapy.com>

De-stress your life, feel sane again, and be entertained with many complimentary audio, video, tele-seminars, and written downloads. Doing it all *naturally*....

Without solicitation, this is what people have to say about Jen Crippen:

*"The call was absolutely terrific. You need to give a formula to reduce hand cramping after writing so much during your calls. Great, great job. Thank you for all the information."* - Karen D., IL

*"I'm loving the anxiety tips!"* – Patricia C., IL

*"Thanks so much for meeting with me and talking with me. Overall, I feel so free from sugar cravings!"* – Annie L., IL

*"Thank you so much for your continued information and support!"* - Kelby H., IL

*"You are an amazing communicator. You are definitely one of my very favorite presenters! Thank you for all you have taught me on your conference calls. I really appreciated all the specifics you packed into this call."* - Mrs. BJ Rylander, USA

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