

There ain't no cure for the Sugar time blues

I'm an addict. I am addicted to a pure white crystalline powder. Most of the time I can control it. However, if some is slipped into my food or a drink it sets me off. I need more. I'll go cruising for a fix. I can't stop myself. Before I know it, I will have consumed donuts, or chocolate or something with SUGAR in it. You see, like many others, I am a Sugar Addict due to the fact I am a Recovering (former) Hypoglycemic. Hypoglycemia is the medical term for low blood sugar. Low blood sugar is caused by too many simple sugars in the diet.

To explain properly we have to review a bit of biochemistry. (Please don't get Scared and run away from scary words like biochemistry, it's really quite fun. Stay Tuned and see for yourself.) First off there are two "general" types of sugars: 'simple and complex. Simple sugars are things like table sugar, honey, molasses, corn syrup, etc. They arrange their molecules like pearls on a bead necklace, only it's a short necklace just several beads long.

Complex sugars (also called complex carbohydrates or starch) are foods such as Breads, cereals, potatoes, rice, etc. Their molecules are also arranged like a bead Necklace only a much longer one. This longer bead necklace is very important to The way our body absorbs sugar. The complex sugars only give up the sugar Molecules (or pearl) on the end of the bead necklace, allowing its sugar molecules to Be absorbed slowly over several hours time. When you use a simple sugar, such As the stuff in a restaurant sugar bowl, it is absorbed right from the intestinal tract Into the blood. "KA-POW." All at once.

Insulin is made by our pancreas in order That our tissues can absorb sugar for energy. Normally we have a steady trickle of simple sugar being made from the more complex starches. In response the pancreas will release insulin in a nice, controlled fashion and our blood sugar remains Stable. However, when we junk out, and eat candy, cake, and other simple sugars, The pancreas is put under undue stress and will release a flood of insulin to drive down our blood sugar level'. If our blood sugar is driven down below normal levels,

The result is the symptoms of hypoglycemia that may include fatigue, weakness, swollen feet, tightness in the chest, heart palpitations, migraines, nervous habits, mental disturbances (a transient depression or mental fog), hyperactivity (especially in kids), and insomnia.

A diagnosis of hypoglycemia is simple to make with modern lab work and any Naturopathic Physician is trained to perform and interpret the test results showing your blood sugar value before and after your pancreas has had a sugar challenge. The test is called the Glucose Tolerance Test. A proper diagnosis is very necessary to assure that other serious illnesses are not presenting the same danger signs.

There are no high-tech drugs or surgery that can treat hypoglycemia, (this may be Why a few old school M.D.s still refuse to admit its existence), it can only be treated naturally through diet, vitamins, minerals, glandulars and avoiding the "deadly" white sugar. The good news is YOU DON'T NEED TO BE SICK.

Hypoglycemia is manageable by natural means. Sugar creates other problems. It contains no vitamins or minerals or fiber to our body. Actually, it robs "B" vitamins from us. It tastes good so it is often added to process devitalized foods we otherwise would pass over for something nutritious.

The average American is now eating about 150 pounds of stuff per year. Most of it is hidden in our foods. For example, the table sugar (sucrose) content of some common foods are: Jell-O (82.6%), Coffee-Mate (65.4%), Hershey Bar (51.4%), Shake and Bake Barbeque (50.9%), Wishbone Russian Dressing (30.2%), Heinz Ketchup (28.9%), Cool Whip (21.4%), and Coca Cola has the equivalent of 9 teaspoons per can!

The way to protect yourself is to read the labels on what you buy. The largest ingredients are listed first. Try to buy less processed food. We all need more raw Vegetables, fruits and whole grains. Buy foods that will spoil and eat them before they do. And for the holidays or parties put out a plate of exotic fruit to compete with Aunt Martha's fruitcake. Your holiday season will be much merrier without low blood sugar. Happy Holidays!

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