



What is Hypoglycemia?

Our bodies require glucose as a main energy source. Pumping through the bloodstream, glucose supplies the body's trillion cells with energy. Just as a car starts to putter out as gas runs out, the body reacts with a number of unpleasant symptoms when glucose levels become low.

Hypoglycemia is the medical term used to describe **low blood sugar levels and the symptoms that follow**. Rather than an actual disease itself, **Hypoglycemia is a syndrome** which is indicative of another health problem, and while it is most commonly associated with diabetes, there are a number of other conditions that can result in low blood sugar levels.

Diagnosing Hypoglycemia

Hypoglycemia needs to be tested while symptoms are present. While some people experience **hypoglycemia symptoms** during their initial doctor's consultation, many people have to make an appointment at a later date after a period of fasting (a few hours or more depending on the severity of your symptoms).

Your physician can then do a blood test to determine if you have **abnormally low blood sugar**. If this is found to be true, your doctor may also recommend further tests to determine what underlying condition could be responsible for the **hypoglycemia symptoms**. Your doctor will also check that your symptoms disappear when your glucose levels are increased.

What are the Symptoms of Hypoglycemia?

When blood sugar levels drop, the body releases extra adrenaline into the bloodstream to help increase glucose levels. This is the body's initial attempt to protect against the severe effects of hypoglycemia, and the result is the initial milder hypoglycemic symptoms. When the brain becomes starved of energy supplying glucose, more severe brain symptoms can arise which, if left untreated, can be serious. **Hypoglycemia symptoms** generally resolve once glucose levels have been restored to normal.

- pale complexion
- sweaty
- extreme hunger
- shakiness
- anxiety
- heart palpitations
- headache

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- blurred or double vision
- fatigue and weakness
- confusion
- seizures and loss of consciousness (coma) in rare serious cases

What Causes Hypoglycemia?

Hypoglycemia is most commonly caused by diabetes, although other conditions may also result in decreased blood sugar levels.

Conditions that Can Cause Hypoglycemia

- Side effects of certain medications
- Excessive alcohol
- Certain cancers
- Anorexia
- Diarrhea
- Serious illnesses such as kidney failure, liver disease or heart problems
- Insulinoma
- Hereditary fructose intolerance
- Hormonal deficiencies
- Early stages of pregnancy
- Prolonged fasting
- Long periods of strenuous exercise

Help for Hypoglycemia

Treatment of hypoglycemia usually involves taking necessary short-term steps to increase your blood glucose level back into the normal range, and taking the necessary steps to identify the appropriate treatment.

The short-term **treatment of hypoglycemia** generally includes the intake of sugar or glucose tablets. If symptoms have progressed to a more serious level you may need intravenous glucose or an injection of glucagon.

Natural Remedies for Diabetes

Because **hypoglycemia** is a symptom rather than a disease, it is important to tackle the underlying cause. **For many people, hypoglycemia is directly related to diabetes** or another insulin-related condition. When this is the case, some commonly recommended herbs are *Gymnema sylvestre*, *Galega officinalis* and Bilberry.

These are a few herbs that have proven successful in the **control and treatment of hypoglycemia**, while the mineral Chromium Picolinate has been proven to improve the effectiveness of insulin. Along with the correct lifestyle changes, **herbal remedies and dietary recommendations** can reduce or eliminate the need for prescription medication and can also aid in preventing tissue and organ damage associated with uncontrolled blood sugar levels.

Tips for Coping with Hypoglycemia

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Keep meal times regular and don't skip meals, especially if you are on any glucose lowering medication.
- Keep fit and keep up with the regular exercise, but make sure to snack on something before hand.
- Make provisions for "just in case situations" or the times you know you may not be able to eat at your usual time by taking a snack or meal along with you.
- Avoid intake of simple sugars where you can. These cause a sharp and sudden **increase in your blood sugar levels**, followed by an equally sharp and sudden decrease which can result in [hypoglycemia](#). Rather focus on adequate regular intake of complex carbohydrates which will provide a more steady supply of energy.
- Get advice from a dietician or your health care practitioner about any diet modifications you need to make to keep your sugar levels steady.
- Keep a record of when you get [hypoglycemia](#) and the events that precede it - then adapt your lifestyle accordingly and take the necessary steps to rectify it.
- Be prepared and always treat at the first sign of **low blood sugar** as soon as it arises so that you can avoid serious situations.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques,

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aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take



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Insulate Plus: Natural remedy for healthy blood sugar levels.

Insulate Plus is a 100% natural, non-addictive herbal remedy formulated by our team of natural health experts. Insulate Plus has been used for many years to safely **support pancreatic health** and **promote systemic balance** in the endocrine and circulatory systems.

In combination with a healthy lifestyle and diet which excludes excess sugar, unhealthy fats, stimulants, artificial preservatives and colorants, Insulate Plus **supports the healthy functioning of the Islets of Langerhans in the pancreas** (responsible for insulin production). Insulate Plus can be used consistently, without compromising health or serious side effects.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

[Learn more about Insulate Plus](#)

Diabetonic: Helps maintain stable, normal sugar levels and acts as a tonic for the liver and pancreas.

Triple Complex Diabetonic is a natural approach to the maintenance of healthy blood sugar levels for well rounded systemic health. Triple Complex Diabetonic is a combination of three, cellular-supporting tissue salts selected for their tonic effect on the blood system and **pancreas**.

This combination of tissue salt **remedies** can be used regularly to naturally maintain **blood sugar within the healthy limits** in a general capacity to **promote systemic balance in the circulatory system, pancreas and liver**, as well as in conjunction with other natural remedies to maintain therapeutic effectiveness. Due to their unique formula, natural remedies such as Triple Complex Diabetonic to support healthy blood sugar levels are safe to take with other prescription medications.

Tissue Salts, also called cell salts or biochemic salts, are composed of minerals which occur naturally at a cellular level in our bodies and all organic matter on earth, such as plants, rocks and soil.

There have been twelve essential tissue salts identified as important components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet **vital role in maintaining cellular health** in the organs and systems of the body.

Making sure that all the cells of capillary walls, veins and arteries are supported also means that the bio-availability of all supplements, remedies and **even nutrients in your diet is also enhanced** as they are absorbed into the

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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bloodstream, thereby maximizing all your health efforts.

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, **they are safe to use for all ages** (from infancy to old age) – as well as during pregnancy!

[Learn more about Diabetonic](#)

Read the testimonials for these quality products [here!](#)



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