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What Causes Poor Blood Sugar Control?

In a nutshell – bad dietary choices! In some people the blood sugar levels are not stable because of poor dietary choices. Nutritional deficiencies can contribute to poor blood sugar control. Our bodies were designed to eat a balanced whole-food diet and when this is the case, the sugar part of the meal is released slowly over a period of a few hours delivering a sustained level of fuel for the body; when we eat healthy foods, we also have the nutrients in our meals to help us manage our blood sugar control efficiently. When we eat too many too many refined carbohydrate and sugars or meals that are not nutritionally balanced we upset the body's delicate blood sugar control system. This causes the sugar to be released too quickly into the system resulting in a quick rise in blood sugar. Often the body over compensates by releasing too much insulin which causes the blood sugar levels to plummet and this can be when symptoms are at their worst because the body does not have enough available sugar to produce energy to function efficiently and can result in various symptoms. It will also result in the body producing cravings for a fast sugar fix – that is more refined sugar and carbohydrates and in this way we can set up a vicious cycle of swinging blood sugar levels which can cause various unpleasant symptoms.

Nutrient deficiencies, lack of fibre in the diet, insulin resistance and stress can contribute to poor blood sugar control. Insulin resistance is the condition where we have enough insulin in our bodies, but we cannot use it efficiently. Lack of exercise and weight gain are the main contributory causes of Insulin resistance which pre-disposes to Diabetes.

It is important we take steps to support our bodies in managing good blood sugar control to reduce our risk of Diabetes. If we constantly over eat sugar and refined carbohydrates, the continued effect of the body having to compensate for this puts a strain upon the pancreas, the organ that produces insulin and this could increase the risk of developing Type II Diabetes in later life.

The Effects of Poor Blood Sugar Control

The body's cells need a constant supply of fuel (glucose). It is very important for all the body's cells to function efficiently, that the blood sugar remains level. Abnormal blood-sugar levels will cause energy levels to plummet, they will also lead to sugar cravings and irregular eating habits.

Symptoms that may be associated with poor blood sugar control:

1. Food Addiction Effects

Constant hunger
Midnight snacking
Food cravings - especially for sugary or carbohydrate foods
Need caffeine, nicotine or alcohol
Over eating and weight gain (particularly abdominal fat)

2. Nervous System effects

Headaches and migraine
Mood swings
Palpitations
Panic
Anxiety
Depression
Sleeping Problems
Nightmares and vivid dreams
Tension

Forgetfulness
Poor concentration
Nervousness
Constant worrying
Irritability

3. Systemic Effects

All symptoms worse first thing in the morning
Tiredness and lethargy
Dizziness, fainting
Drowsiness
Energy dips - especially mid afternoon
Muscle and Joint stiffness
Erratic Symptoms, no reason

4. Hormonal Effects

PMT
Menopausal Problems
Allergies - high histamine

5. Digestive Effects

Nausea
Indigestion and cramps
Inability to eat breakfast



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What can predispose you to have Poor Blood Sugar Control?

- High Consumption of sugar, honey, maple syrup, molasses, dried fruit and other concentrated sweets
- High prevalence of junk foods in the diet
- Low levels of complex carbohydrates in the diet
- Low levels of protein in the diet
- High alcohol intake
- Smoking
- High caffeine consumption (Coffee, Tea, Coca Cola etc..)
- High levels of stress
- Irregular eating times / meals
- Frequent depleting or over exerting exercise
- Adrenal Fatigue

How can you Test the Blood Sugar Levels?

Often in mild cases it possible to see that poor blood sugar is a problem from your symptoms.

If you have any serious concerns about your health, including your blood sugar levels, you should always seek the advice of your family Doctor.

If your Doctor is concerned about your blood sugar levels he / she may order some blood tests. The most common test is the Fasting Blood Sugar Levels which measures the level of the sugar in the blood before you have eaten anything in the morning. In addition you can have a Glucose Tolerance Test which measures your body's response to ingesting a specific amount of glucose.

How can you improve your Blood Sugar Control?

In many cases simple changes to the diet and modification of eating patterns can significantly help to improve blood sugar control. In some people it may also be necessary to address relevant nutritional deficiencies as well.