

Ask Leyla: Hypoglycemia



Q: I found out that I have hypoglycemia. I understand this means low blood sugar. What does this mean in regard to my eating sweets?

A: Low blood sugar, better known as hypoglycemia, is generally caused by diet. (Alcohol, caffeine and some medications may cause low blood sugar, too.) Whether it's too many sweets or too many starches you're consuming, the rapid rise in blood sugar causes the pancreas to secrete insulin in an effort to bring blood sugar back down to normal.



But because there is such a spike in blood sugar, likely a result of eating this way most of your life, the pancreas produces too much insulin thereby causing a blood sugar crash—*hypoglycemia*.

The remedy is to reduce or even eliminate sweets and starchy carbohydrates such as bread, rice, pasta, potatoes, etc. Also, these carbs should not be eaten alone but in combination with protein and fats to temper the absorption of the carbohydrates.

The objective is to stabilize blood sugar by eating healthy proteins and fats at every meal.

To your health!