

Hypoglycemia

DESCRIPTION

An abnormally low blood sugar level.

SIGNS/SYMPTOMS

Common symptoms may include anxiety, hunger, palpitations, dizziness, light-headedness, shakiness, weakness, and/or profuse sweating. In prolonged or severe cases, amnesia, confusion, headache, and impaired vision may be observed as a result of the brain being deprived of glucose.

ETIOLOGY

The causes of hypoglycemia are varied. It may occur due to:

- Too much insulin either by overdose of exogenous insulin without adequate glucose intake or over-secretion of insulin by the pancreas (usually in the case of a tumor)
- Low glucagon production, which inhibits the body's ability to elevate glucose levels in the blood
- Low adrenaline, noradrenalin, and cortisol, as with adrenal exhaustion
- Poor dietary choices (high sugar foods and high glycemic index foods) and/or irregular eating habits

RATIONALE

Due to the complexity of its etiology, it is important to determine the cause(s) in order for dietary adjustment and enzyme supplementation to be optimally effective. The basic approach will be to control excess high glycemic index foods that exacerbate the insulin secretion and create low blood sugar. Additionally, endocrine support to help supplement the gluconeogenic hormones will be important.

PROTOCOL (for Hypoglycemia)

| Option I | | |
|--|----------|--------------------------|
| Product | Dose | Frequency |
| TPP Digest | 2 caps | With every meal or snack |
| TPP Protease | 2 caps | 4xday between meals |
| TPP Probiotic | 2 caps | At bedtime |
| Option II | | |
| Product | Dose | Frequency |
| DigestZyme | 3-5 caps | With every meal or snack |
| PureZyme | 5 caps | 4xday between meals |
| Plantadophilus | 3 caps | At bedtime |
| Support products may be added as needed | | |
| Product | Dose | Frequency |
| BalanceZyme Plus | 2 caps | 3xday between meals |
| MasterZyme | 1 cap | 3xday between meals |
| TPP Adrenal Complex | 1 cap | 1-2xday with food |
| TPP Liver Detox | 1-2 caps | 2xday after meals |

NUTRITION

*The above suggestions are intended as a basic guideline. It is always important to address the patient's diet, exercise, and lifestyle on an individual basis and according to body type. Support products may be added as needed based on the patient's condition. Enzyme therapy can and often should be used in conjunction with other therapies.

REFERENCES

- "Nutrient Acquisition - The Foundation of Wellness"
(*Dr. M's Science Notes*, volume 1)
- "Proteolytic Enzymes - Applications and Benefits"
(*Dr. M's Science Notes*, volume 3)
- "Probiotics - The Friendly Bacteria"
(*Dr. M's Science Notes*, volume 5)

*This statement has not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. These protocols are intended for health care professional use only.