

# Blood Sugar Management, Addiction, Fatigue, Hypoglycemia and Weight Loss

## A Clinical Nutritionists Perspective

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It's A Lifestyle.... Not a Diet!!!™

Most of us have very active and varied lifestyles. By attempting to eat to control blood sugar and slow down the aging process one cant eat and entertain without food restrictions, control cravings and even help with addictions.

## Blood Sugar Management, Addiction and Hypoglycemia

“Clients are amazed when they finally realize that the more you try to diet, the harder it is to lose weight or control cravings and fatigue”, says Christopher Fuzy MS..R.D., one of the Nutritionists and Founder of Lifestyle Nutrition.

Hypoglycemia literally means "low blood sugar" and is often mistaken for a disease when it is actually a symptom. Ingested carbohydrates (sugars and starches) trigger a release of the hormone insulin from the pancreas. Insulin helps the body turn sugars into energy and stored fats. In some people, the amount of insulin released is too high for the amount of carbohydrates ingested, resulting in too much sugar being burned up too quickly. A net loss of blood sugar results. In hypoglycemia attacks, there is too much insulin and not enough blood sugar, causing fatigue, cravings, weakness, irritability, moodiness and depression.

Hypoglycemia may be better described as carbohydrate intolerance: the body is unable to absorb certain carbohydrate loads effectively without adverse consequences. Different people react differently to ingested sugars and starches, with some individuals having a higher tolerance level than others.

**Although predisposition to hypoglycemia may be an inherited condition and is most often due to dietary factors, it can also be found in people with such disorders as schizophrenia, alcoholism, drug addiction, juvenile delinquency, hyperactivity, diabetes, and obesity.**

### SYMPTOMS

The symptoms of hypoglycemia include:

**Fatigue, dizziness, shakiness, and faintness  
Irritability and depression**

**Weakness or cramps in feet or legs**  
**Numbness or tingling in the hands, feet, or face**  
 **ringing in the ears**  
**Swollen feet or legs**  
**Tightness in chest**  
**Frequent heart pounding or palpitations**  
**Anxiety, nightmares, and panic attacks**  
**Night sweats**  
**Constant hunger**  
**Headaches and migraines**  
**Impaired memory and concentration**  
**Blurring of vision**

Functional hypoglycemia may be that symptoms are subtle, episodic, and difficult to diagnose. Patients may have a low but acceptable blood sugar level that does not drop until the last hours of a prolonged test. Glucose tolerance tests often miss the lowest blood sugar levels that had triggered acute symptoms. Severe regular attacks of hypoglycemia may have diabetes as the underlying cause. If symptoms persist, see your doctor.

Trying to eat healthy sometimes means counting calories but this does not **guarantee you're blood sugar will be balanced throughout the day**, which is one of the key elements for a healthy metabolism controlling serotonin and dopamine some of the neuro- transmitters in your brain. Exercise also produces endorphins that have a calming affect. The combined effect of a low glycemic diet (does not produce large elevations in blood sugar) with exercise often helps with cravings and addiction.

Balancing your blood sugar is one of the keys to reducing appetite, cravings, and body fat. **Blood sugar management** will increase your energy level and psychological well being, says Mr. Fuzy.

“By concentrating on blood sugar, not calorie counting, and **understanding the different digestion and absorption times of foods**, you can now balance your own nutritional program at home, in restaurants or even when traveling

Long Term Lifestyle Changes – No More Dieting!!!

One of the keys to good nutritional compliance is not to promote food restrictions; all foods can be eaten when balanced properly. All people are different and require different foods depending on their lifestyle, beliefs, culture, and level of understanding of nutrition.

One of the keys to good nutritional compliance is to like and enjoy, your nutritional program. By understanding a little of the science behind nutrition, this will give you the ability to have endless variety, flexibility so you can develop eating habits that compliment you and your lifestyle. As a result of understanding **what** you need to do and **why you need to it**, you will be empowered, and your nutritional program will be a positive uplifting experience, one that should nourish your body and spirit.

**Blood Sugar, Lean Muscle & Metabolism**

Remember, **increases in lean muscle mass through proper diet and exercise, will help raise your metabolic rate**, which will help you lose weight at complete rest and while working out.

Since such a large portion of your daily calories (approximately 75-80% of total calories) are expended at complete rest it should become apparent that the need to fuel your metabolism, and increase lean muscle mass, should be your primary goal of your nutrition program. Again, 75-80%% of your ability to lose weight happens at complete rest, so it is very important to either preserve, or promote lean mass, which increases metabolism and promotes weight loss.

Remember, chronic yo - yo dieting (weight cycling – repeated cycles of weight loss and regain) is often healthier than the risk factors before weight loss and regain. The researchers specifically mention physical conditions such as heart disease and certain cancers, reduced metabolic rate and psychological factors like depression, anxiety, anger, low self-esteem, and social isolation.

Many people go most of the day not eating, not eating balanced, or eating too much food late in the day. In all 3 cases blood sugar levels are not optimized and instead of just burning body fat, like we all want to believe, we are burning muscle protein and converting protein to sugar for energy. Many times clients find out they are not overeating; their proportions of carbohydrate, protein, and fat percentages are not maximized for their, age, metabolism, activity level, sex...etc. This leads to the problems with hunger, cravings, and decreased metabolism....

The Goal:

#1 Try to eat at least every 3 to 4 hours, or there's the problem of low blood sugar, hunger, appetite, cravings, irritability, moodiness, and **LOSS OF LEAN MUSCLE**.

#2 Try to combine a lean protein with a high fiber carbohydrate at meals and snacks. The goal is to produce a slow release of energy that will last 3 to 4 hours.

#3 Concentrate on foods to decrease cancer and heart disease, and lose weight by accident, as a result of following an anti-aging blood sugar management program!

#4 Consider having your metabolic rate measured and a custom nutritional program designed for you based on your lifestyle.

**Christopher Fuzy M.S, R.D, L.D/N is the President of Lifestyle Nutrition, has offices in Fort Lauderdale, & Boca Raton. He has practiced Nutrition Counseling for 20 years, has a Masters Degree, in Sports Nutrition & Clinical Dietetics. Before going into private practice 1 years ago Chris was the Chief Clinical Dietitian at Plantation General Hospital. Chris also has set up over 700 Nutrition Programs with physicians & spas nationwide. For a complimentary consultation please call 954-561-0166 or 800-699-8106 [www.AboutMydiet.com](http://www.AboutMydiet.com) [www.PhysicianWellnessProgram.com](http://www.PhysicianWellnessProgram.com)  
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