

# Ara Wiseman Nutrition & Healing

[www.arawiseman.com](http://www.arawiseman.com)

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## Hypoglycemia and Addictions

Symptoms of hypoglycemia usually begin about three hours after a meal and include:

- Nervousness which can be exacerbated from too much caffeine
- Headaches which can also be a sign of dehydration
- Irritability and sudden mood swings; as levels of glucose in the brain fluctuate, so do moods
- Faintness, dizziness, tremors and cold sweats
- Confusion
- Nightmares or sleep walking are both signs of low levels of B6, which gets destroyed metabolizing sugars
- Exhaustion and excessive fatigue
- Craving sweets
- Depression
- Paranoia which can be experienced from the result of altered brain chemistry
- Anxiety and worrying
- Night sweats; can be an indication of exhausted adrenals due to the constant demands for emergency adrenalin needed to raise falling blood sugar levels. It can also be caused by hormonal changes
- Noticeable lift after one alcoholic drink as alcohol acts faster than other sugars to reach the brain
- Anti social behavior
- Blowing things out of proportion
- Difficulty getting up in the morning; this can be due to malnutrition or low thyroid

## Recommendations

- Eat smaller meals and snacks more frequently, every 2 1/2 -3 hours
- Include at least 25 grams of fiber per day in your diet, fiber stabilizes blood sugar, lowers cholesterol, bulks up your stool and keeps you feeling full and satisfied.  
\*When increasing fiber make sure to increase water consumption
- Use ground flaxseeds, milled chia, hemp seeds, sesame seeds, and pumpkin seeds for fiber.
- Start incorporating beans into your meals such as; lentils, mung beans, adzuki beans, chickpeas, lima beans, kidney beans.
- Strict avoidance of all sugars and refined foods ~ replace with whole grains and fresh vegetables

- Use quinoa, buckwheat, brown or wild rice, millet
- Drink fresh vegetable juices
- Squeeze lemon juice in your water. Drink lots of filtered water
- Have a smoothie daily with Vega smoothie infusion made from alkalizing hemp protein
- Avoid caffeine, alcohol, tobacco which cause fluctuations in blood sugar
- Increase the healthy fats; ground flaxseeds, hempseeds, flaxseed oil (flaxseed oil is heat, light and oxygen sensitive and turns to a rancid fat when heated, so only use in salads or smoothies), nut butters, seed butters, hummus, avocado, coconut oil, raw nuts and seeds
- Add some chlorophyll or wheat grass to your water – to help with alkalization. Chlorophyll contains magnesium, which is relaxing
- Bitter melon can be added to salads and has anti-diabetic properties
- Add fenugreek and cinnamon to spice your food, has anti-diabetic properties
- Bilberry leaf tea is a folk treatment for diabetes
- Onions and garlic; onions can lower blood sugar levels and garlic has anti-viral and anti-bacterial properties
- Sesame seed milk actually helps to curb the sweet addiction as it is high in calcium
- Add Brewers yeast to smoothies ~ contains B-complex vitamins and chromium. The B-complex vitamins in brewer's yeast include B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B9 (folic acid), and H (biotin). These vitamins help break down carbohydrates, fats, and proteins, which provide the body with energy, supports the nervous system and helps maintain the muscles used for digestion
- Use hemp protein or brown rice protein in smoothies
- Exercise
- Deep breathing and meditation
- Support the adrenals with Rhodiola or Schizandra

## Supplement recommendations

### **Chromium:**

This mineral is essential for sugar metabolism; its primary role is to activate enzymes involved in the metabolism of glucose and the synthesis of proteins. Eating refined sugars forces a twenty percent increase in the loss of chromium from your body, depleting the stores needed to control abnormal glucose fluctuations. This mineral is required for insulin production and blood sugar regulation. It is a component of GTF (glucose tolerance factor) promoting the action of insulin, allowing glucose into the cell. It is useful in cases of hypoglycemia or unstable blood sugar levels.

Food sources: brewers yeast, whole grains, legumes, beans, raw onions, romaine lettuce and ripe tomatoes.

**Magnesium:** Magnesium is needed for more than 300 biochemical reactions in the body. Strengthens muscles and nerve tissues. Activates many enzymes, especially in carbohydrate metabolism. Keeps heart rhythms steady, supports a healthy immune system, and keeps bones strong. Magnesium helps to regulate blood sugar levels, promotes normal blood pressure and is known to be involved in energy metabolism and

protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. It's also helpful for shaky hands, inability to relax, muscle and eye twitches and cardiac arrhythmia.

Food sources: Dark leafy green vegetables (contain chlorophyll), parsley, dried fruits, potatoes, sesame seeds, alfalfa, kelp, wheat germ, almonds, cashews, brazil nuts, pecans, molasses (black strap) brewers yeast, millet, buckwheat, figs, avocados, bananas, apples, peaches, lima beans and black-eyed peas.

**Vitamin C:** Acts as an antioxidant. One of its important functions is the manufacture of collagen, the main protein substance in the human body. Vitamin C is helpful against stress. The adrenal glands use large amounts for hormone production and supplies of vitamin C can become severely depleted as a result of the overproduction of adrenalin needed to help with blood sugar irregularities. Vitamin C plays a role in wound healing and acts as a natural antihistamine. It also aids in the formation of liver bile and helps to fight viruses and to detoxify alcohol and other substances.

Dietary sources: colorful fruits and vegetables, broccoli, kale, Brussels sprouts, red peppers, strawberries, citrus fruits, tomatoes, parsley and potatoes.

**Pantothenic Acid:** B5 is considered the "anti stress" vitamin. It is important for optimal functioning of the adrenal hormones because of its central role in adrenal function and cellular metabolism. It's important for healthy skin, premature aging and wrinkles, your nervous system, the synthesis of cholesterol, fatty acids and steroids. Replacing lost pantothenic acid will help repair any damage done by blood sugar irregularities and will restore your natural buffer against stress.

Dietary sources: Brewers yeast, whole grains, legumes, sweet potatoes, broccoli, cauliflower, oranges, strawberries, fish and poultry.

**Niacin (B3):** This vitamin is essential in providing energy for cell tissue growth. It plays an important role, along with thiamin and riboflavin, in carbohydrate metabolism, which makes this vitamin essential for the regulation of blood sugar. It also aids in the metabolism of proteins and fats. It helps lower blood cholesterol and improves circulation, aids in the activity of the nervous system and contributes to the maintenance of healthy skin, mucous membranes, and digestive system tissues. It is needed in order for heavy drinkers to convert acetaldehyde to acetate and for tryptophan to be converted to serotonin. It also helps stimulate HCL production. However, high doses may affect a damaged liver, please consult your health care provider.

Dietary sources: Brewers yeast, whole grains, wheat germ, nuts, sunflower seeds, potatoes, green vegetables, almonds, rhubarb, whole barley, rice bran, fish, poultry and raw crimini mushrooms.