



## *Your Monthly Update*

*Dear Colleague*

Welcome to the May 2013 newsletter from Pure Bio Ltd.

### **Did you know:**

A recent study in the Netherlands found that statins negate the benefits of fish oil. Those subjects taking statins showed no additional benefits in also taking omega 3 fish oils. Meanwhile, those taking supplements containing EPA, DHA and alpha-linolenic acid – but no statins – were 54% less likely to suffer another heart attack (*European Heart Journal, Geleijnse JM, Giltay EJ et al.*)

Don't forget our website on [www.purebio.co.uk](http://www.purebio.co.uk). We always welcome feedback and suggestions.

## **Hypoglycaemia**

Protocol Summary

<b>Ranking</b>	<b>Nutritional Supplements</b>	<b>Botanical Medicine</b>
<b>Primary</b>	<a href="#">Chromium</a>	
<b>Secondary</b>		<a href="#">Bilberry</a>
<b>Other</b>	<a href="#">Copper</a> <a href="#">Glucomannan</a> <a href="#">Magnesium</a> <a href="#">Manganese</a> <a href="#">Vitamin B3</a> <a href="#">Vitamin B6</a> <a href="#">Vitamin C</a> <a href="#">Vitamin E</a> <a href="#">Zinc</a>	

**Primary** – Reliable and relatively consistent scientific data showing a substantial health benefit.

**Secondary** – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.

**Other** – An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.

## Definition

Hypoglycaemia is the medical term used to describe **low blood sugar levels** and the symptoms that follow. Rather than an actual disease itself, hypoglycaemia is a **syndrome** which is indicative of another health problem, and while it is most commonly associated with diabetes, there are a number of other conditions that can result in low blood sugar levels.

## Causes

- Diabetes
- Side effects of certain medications
- Excessive alcohol
- Certain cancers
- Anorexia
- Diarrhoea
- Serious illnesses such as kidney failure, liver disease or heart problems
- Insulinoma
- Hereditary fructose intolerance
- Hormonal deficiencies
- Early stages of pregnancy
- Prolonged fasting
- Long periods of strenuous exercise

## Signs and Symptoms

The main symptoms associated with hypoglycaemia are:

- Sweating
- Fatigue
- Feeling dizzy
- Trembling, particularly of the limbs

Symptoms of hypoglycaemia can also include:

- Being pale
- Feeling weak
- Feeling hungry
- A higher heart rate than usual
- Blurred vision
- Temporary loss of consciousness
- Confusion
- Convulsions

- And in extreme cases, coma

## **Lifestyle Modification**

- Regular exercise can help maintain normal blood sugar levels. Simply walking for 30 minutes each day can help to stabilize blood sugar levels.
- Keep meal times regular and don't skip meals. Include healthy snacks so that there is no more than 3 hours between eating.
- Keep a record of when hypoglycaemic attacks occur, and the events that precede them – so that lifestyle can be adapted accordingly and the necessary steps taken to rectify it.

## **Dietary Modification**

- All simple and refined sugars (including white sugar, brown sugar, fructose, corn syrup, chocolates, sweets, cakes, biscuits, ice-cream, jams) should be avoided as these cause massive highs and lows in blood sugar levels and stress the pancreas and adrenal glands.
- Eliminate processed and junk foods, fried foods and salt.
- Alcohol will also cause major swings in blood sugar and should be avoided.
  
- **Choose foods with fibre**
  - People with hypoglycaemia usually improve when they eliminate refined sugars and alcohol from their diet, eat foods high in fibre (such as whole grains, fruits, vegetables, legumes, and nuts), and eat small, frequent meals. Few studies have investigated the effects of these changes, but the research that is available generally supports the observations. Some symptoms of low blood sugar may be related to, or made worse by, food allergies.
  
- **Try a high-protein, low-carb diet**
  - Some people report an improvement in hypoglycaemia episodes when eating a high-protein, low-carbohydrate diet. That observation appears to conflict with research showing that increasing protein intake can impair the body's ability to process sugar, possibly because protein increases insulin levels (insulin reduces blood sugar levels). However, some doctors have seen good results with high-protein, low-carbohydrate diets, particularly among people who do not improve with a high-fibre, high-complex-carbohydrate diet.
  
- **Cut out caffeine**
  - Even modest amounts of caffeine may increase symptoms of hypoglycaemia. For this reason, caffeinated beverages (such as coffee, tea, energy and some fizzy drinks) should be avoided.

## Nutritional Supplement Treatment Options

**[Chromium](#)** - **200 mcg daily**. Research has shown that supplementing with chromium (200 mcg per day) can prevent blood sugar levels from falling excessively in people with hypoglycaemia.

**[Copper](#)** - Copper has been shown to help control blood sugar levels in diabetics. Since there are similarities in the way the body regulates high and low blood sugar levels, these nutrients might be helpful for hypoglycaemia as well, although the amounts needed for that purpose are not known.

**[Glucomannan](#)** – **2.6 – 5.2 g per day**. Glucomannan is a water-soluble dietary fibre that is derived from konjac root (*Amorphophallus konjac*). In a preliminary trial, addition of either 2.6 or 5.2 grams of glucomannan to a meal prevented hypoglycaemia in adults.

**[Magnesium](#)** – **340 mg per day**. Research has shown that supplementing with magnesium (340 mg per day) can prevent blood sugar levels from falling excessively in people with hypoglycaemia.

Other minerals and vitamins that have been found in research to help control blood sugar levels include:

**[Manganese](#)**

**[Vitamin B3](#)**

**[Vitamin B6](#)**

**[Vitamin C](#)**

**[Vitamin E](#)**

**[Zinc](#)**

## Botanical Treatment Options

**[Bilberry](#)** - Bilberry leaves have traditionally been used to control blood sugar levels in people with diabetes. Research shows that all berries help reduce the body's glucose response after eating a high sugar meal. Animal studies suggest bilberry may be effective for managing blood sugar levels.

Other herbs for hypoglycemia include:

- **[Alfalfa](#)**
- **[bitter melon](#)**
- **[black cohosh](#)**
- **[damiana](#)**
- **[dandelion](#)**
- **[ginseng](#)**
- **[gymnema sylvestre](#)**
- **[ho-sho-wu](#)**
- **[licorice](#)**
- **[mullein](#)**
- **[parsley](#)**
- **[saw palmetto](#)**
- **[suma](#)**

➤ [uva ursi](#)

Alfalfa particularly is believed to nourish all of the endocrine glands, especially the pituitary.

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