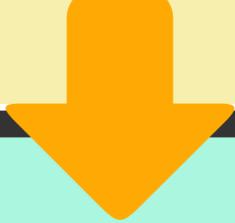


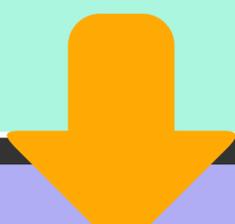
# HYPOGLYCEMIA AND ADRENAL FATIGUE

People with adrenal fatigue almost always have a blood sugar imbalance, of which hypoglycemia is the most common. Let us take a closer look at the connection between adrenal function (or lack thereof) and blood sugar.

When your adrenals are fatigued, their cortisol output is diminished. With lowered blood cortisol, your liver has a more difficult time converting glycogen (stored blood sugar) into glucose (active blood sugar).



During stress, insulin levels are increased. Without adequate cortisol to facilitate the conversion of glycogen, fats and proteins to glucose, this increased demand is difficult or impossible to meet. All this combines to produce low blood sugar.



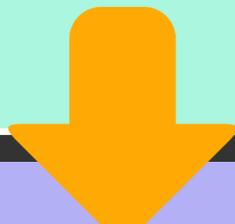
To make matters worse, many with hypoglycemia try to fix the problem by relying on sugary snacks, coffee and soda to keep going. This is a short-lived fix that temporarily increases blood sugar almost immediately, but is followed by a plunge back to even lower blood sugar levels.



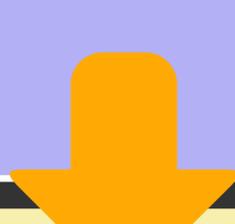
These people are on a constant roller coaster ride, with blood sugar rising and falling after each "fix." This throws not only cortisol and insulin levels into turmoil, but also the nervous system and the entire homeostasis of the body. This further drains already fatigued adrenals.



By the end of the day the person may feel nearly exhausted without having done anything. This creates an energy pattern where the person feels wiped out at different times through the day, which is where they again reach for the caffeine and sugar for a quick fix.



Your brain requires increased energy during times of stress and is especially affected by a lack of glucose. Many of the symptoms of adrenal fatigue, and most of the symptoms of hypoglycemia, are the result of insufficient glucose available to brain tissues.



Hypoglycemia, without proper snack and meal placement, also encourages overeating. Overeating causes rapid weight gain because the increased insulin is circulating in your blood, ready to usher that excess energy (glucose) from the extra food into your fat cells where it can be stored as fat.



Avoid those low blood sugar dips that create a tendency in your body to store energy as fat. This means regular exercise and eating the kinds of meals and foods that control hypoglycemia. It also means not eating those foods and drinks that send your blood glucose levels on a roller coaster ride.