

# Are You on The Blood Sugar/Mood Chemistry Rollercoaster?

The mechanisms of blood sugar and mood chemistry are complicated in the details, but easy to understand in practical terms. Our experience of these physical events is feelings and sensations. If you have a "relationship" with refined carbohydrates (soda, chips, candy, cake, pasta, bread or alcohol) and you experience these feelings, it may be important data.

Below you will find a description of how people can feel when their blood sugar ranges high, normal, low or very low. Nobody experiences all of these feelings; it's a matter of biological individuality which ones you do experience. But they are giving you important feedback about what's going on in your body because how you feel is *data!*

## High Blood Sugar: Diabetic Range

Pre-Diabetic (visiting highs but not staying high) or T-2 diabetic (chronically high) you may feel:

- OK
- Fatigued
- Sluggish

## Normal Blood Sugar: The Range for Normal Brain Function

You may feel:

- Clear
- Calm
- No thoughts of food or stimulants

## Low Blood Sugar: Hypoglycemic Range

You may feel many different kinds of brain symptoms and uncomfortable feelings:

### Mental/Learning

- Poor concentration
- Confusion
- Mental fatigue
- ADD or ADHD

### Mood

- Depressed
- Anxious
- Dissatisfied
- Cranky

### Behavior

- Laziness
- Act on Cravings
- Act on impulses
- Aggressive

### Physical

- "All gone"
- Cravings
- Plunging
- Jittery

## Very Low/Adrenal Stress Hormone Response

You may feel:

- Desperate thoughts
- Survival mode

- Panic
- Anger/rage
- Impatient

- Rage trigger
- Eating disorder
- Bingeing trigger

- Palpitations
- Sweating

## Coma

The very uncomfortable feelings of low and very low sugar indicate how much your body does NOT want to let you go into a coma. They are *data!*

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