

Now I want to share with you about Low Blood Sugar (LBS) / Hypoglycaemia

Simply put, LBS means the cells are starved of fuel i.e. glucose. In high blood sugar (HBS) the cells are overwhelmed with sugar. This is just like the situation of drought (LBS) and floods (HBS). Responding to this, the conditions change within the body as Hypoinsulinism and Hyperglycaemia (HBS) and Hypoglycaemia and Hyperinsulinism (LBS).

Does that help to make the medical jargon any clearer ?

If not, read on ...

Refined sugar is lethal when consumed, because it causes either diabetes, which is HBS with an insufficient amount of insulin to regulate it, or hypoglycemia (LBS) coupled with too much insulin. Dr. Sandler, in his book – Diet Prevents Polio, in essence, talks about how the reduction of sugar, can reduce the incidence of polio. Low blood sugar is brought about by eating sugar, contradictory though it may sound. Eating sugar brings up the blood sugar level for a short time, but then it plunges down far below normal. This makes one uncomfortable, and the urge to have something sweet, starts again. As you reach out for the sugar, the blood sugar shoots up again, to fall much lower later. Low blood sugar is not the only disease related to polio – so is neuroses, fatigue, ulcers, depression etc.