



# Holladay Physical Medicine

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

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## **HYPOGLYCEMIA and REACTIVE HYPOGLYCEMIA**

**Definition:** Hypoglycemia is the condition in which there is an abnormally low level of glucose (sugar) in the blood. Heredity can be a cause, but the disease is most often precipitated by an inadequate diet. This is referred to as functional hypoglycemia (FH). Symptoms of FH have a direct relationship to the time and type of meal that was last eaten. A hypoglycemic may display any or all of the following symptoms: fatigue, dizziness, headache and irritability if meals are missed, depression, anxiety, cravings for sweets, confusion, night sweats, weakness in legs, swollen feet, tightness in chest, constant hunger, pain in various parts of the body (especially the eyes), nervous habits, mental disturbances, insomnia.

Hypoglycemia mimics many diseases. Related disorders include allergies, asthma, hay fever, indigestion, obesity, nutritional deficiencies, malabsorption, colitis, constipation, and impaired memory. Abnormal protein and carbohydrate metabolism and poor adrenal function are part of hypoglycemia. Proper diet is a key factor for the hypoglycemic to maintain proper blood sugar levels.

### RECOMMENDATIONS:

The diet should include vegetables, brown rice, avocados, Jerusalem artichokes, seeds, grains, nuts, yogurt, raw cheese, cottage cheese, and kefir milk.

Remove from the diet sugar, refined and processed foods such as instant rice and potatoes, white flour, soft drinks, alcohol and salt. Avoid sweet fruits and juices such as grape and prune (mix with 50 per cent water if used). Avoid macaroni, noodle gravies, hominy, white rice, yams and corn. Beans and baked potatoes twice a week is permissible.

The hypoglycemic should not go without food. Instead, he should eat six to eight small meals throughout the day. Some hypoglycemics find that eating a small snack before bedtime helps. In addition, the diet should be rotated as food allergies are often linked to hypoglycemia. Food allergies aggravate both conditions, making the symptoms more pronounced.

A high fiber diet will help to stabilize the blood sugar swings. During a low blood sugar reaction, combine fiber with a protein food (i.e., bran or rice crackers with raw cheese or almond butter). Instead of eating applesauce, choose a whole apple. The fiber in the apple will inhibit fluctuations in blood sugar. Add a glass of fruit juice for a rapid rise in the blood sugar. Fiber alone (found in popcorn, oat bran, rice bran, crackers, and guar gum) will slow down a hypoglycemic reaction. Take fiber a half hour before meals to avoid a reaction. Spirulina tablets taken between meals will further stabilize the blood sugar.

### CONSIDERATIONS:

Fasting once a month with a series of lemon juice enemas is beneficial. In order to prevent a low blood sugar reaction while fasting, spirulina or protein powder supplement should be used. After using this, patients start to feel better very quickly. They sleep better and have a sense of well being, and the frequent depression soon becomes a thing of the past.

Caffeine, alcohol and cigarette smoking result in profound swings (i.e., instability) of the blood sugar.

### **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

- Diaplex
- Cataplex B

Drenamin  
Paraplex  
Cataplex GTF

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **HOMEOPATHIC REMEDIES**

### **GENERAL INSTRUCTIONS**

When using homeopathic preparations, take as directed and as soon as the symptoms are gone and you feel very well, stop the use of this product and store it(not less than 6 feet from microwave). Should the symptoms return, follow the instructions for use again. If symptoms do not remit within 4 days, consult your doctor of chiropractic. Homeopathic combinations and liquids intended for sublingual absorption should be preceded with a distilled or filtered mouth rinse and followed by nothing by mouth for 4 minutes.

When using herbal and food supplementation, continue usage for at least three months before attempting to determine or assess the outcome.

Any patient following a nutritional homeopathic or dietary form of treatment should see the doctor at least every 30 days.

By following the prescribed usage excellent clinical results and relief of symptoms have been realized for the indicated condition and related complaints. Following these instructions will help to attain natural health as a gradual process. You may expect some symptomatic relief within a few days but permanent results may come from following this process for at least 6-12 weeks.

**IMPORTANT NOTE:** Homeopathic medication is safe and has no hazardous side effects. You may experience some "proving" on first using this in the form of mild skin or mucosal lining irritations. There is also a toxic release action to this remedy which may give you some unusual temporary symptoms. Do not be alarmed as this is an indication that your body will react to the medication by stimulating your immune system. Should this reaction alarm you or persist, contact your doctor of chiropractic.

## **Specific Combination**

CREOSOTE  
EUPHORBIIUM

### **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

### **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

### **OTHER INFORMATION:**

We offer a wide variety of health information at our web site. [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.