



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **161 - Hypoglycemia (Low blood Sugar)**

- Many of the symptoms of hypoglycemia and emotional disorders are the same, therefore the Hypnotherapist may be confused in cases where hypoglycemia is present.
- If the Hypnotherapist finds that the symptomatic approach is ineffective for no apparent reason, then he should perhaps consider low blood sugar as a possibility.
- Low blood sugar is an insufficient amount of sugar. There is not enough sugar to supply the energy demands of all the cells in the body and organs.
- The tendency to have hypoglycemia can be inherited from either parent, or can develop during pregnancy.
- If the mother has low blood sugar during pregnancy, she will draw on the adrenal glands of the child, causing the child to be prone to develop hypoglycemia.
- Since the body derives its energy from sugar, when deprived of it, the body doesn't function properly. There are a number of reasons for this:
  1. Physical or emotional stress, especially if it is ongoing.
  2. Poor eating habits.
  3. Not enough protein.
  4. Excessive intake of chemicals such as alcohol or drugs.

#### **Some Common symptoms of hypoglycemia are:**

1. Irritability and nervousness
2. Anxiety and depression
3. Decreased ability to cope
4. Chronic fatigue or weakness, especially in the morning



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5. Inability to lose or gain weight
6. Decreased physical suggestibility. The written test may show extreme physical suggestibility, the active test may show very little.
7. Feelings of panic or loss of control
8. Headaches, confusion, or forgetfulness
9. Difficulty concentrating
10. Difficulty controlling temper and emotions
11. Insomnia and nightmares
12. Tremors and cold sweats
13. Heart palpitations
14. Addiction to coffee, alcohol, cigarettes, or drugs
15. Cravings for sweets and pastries
16. Allergies and asthma
17. Dizzy spells, loss of balance, or vertigo
18. convulsions
19. Blurred vision
20. Itching or crawling sensations on the skin
21. Loss of libido
22. Nausea
23. Muscular pains or leg cramping
24. Gastrointestinal distress
25. Phobias



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26. Symptoms of paranoia

27. Nervous breakdown

28. Suicidal ideation

- **These reactions take place usually after:**
  1. Long periods without any food, such as the first thing in the mornings.
  2. After periods without any high protein food.
  3. After the intake of foods with a high sugar content.
- The more extreme reactions come after long periods of suffering with this condition.
- If you suspect hypoglycemia, refer the client to a medical doctor or a hypoglycemia specialist who can administer the five-hour Glucose Tolerance Test.
- Hypoglycemia can usually be controlled by diet.
- Once this condition has stabilized with a healthy pattern of eating, then hypnotherapy can be very useful in removing any fears, phobias, or symptoms they may have acquired as a result of their physical condition.