

Modified Low Carbohydrate Diet Program For Type II Diabetics and Hypoglycemia

Those with low blood sugar or type II diabetes need to be on some form of restricted carbohydrate program most of their lives. They both suffer from a condition called hyperinsulinemia or excess insulin production. In other words, their body produces more insulin for longer periods of time in the presence of almost any carbohydrate food.

The problem with these individuals is that they are either already suffering from low blood sugar as in hypoglycemia and cannot rapidly reduce their carbohydrate intake or they are type II diabetics and are likely taking some form of medication to forcibly either increase insulin production or insulin receptor site function. In either case, rapidly lowering carbohydrate intake, as in our regular program, can be detrimental to these individuals. The following program has been used, with great success, at our research centers, for over 20 years.

We need to lower available carbohydrates for these people at a slow enough rate so that their chemistry may have time to adjust properly, thus preventing low blood sugar attacks.

Protocol:

Try and determine the number of carbohydrates the individual is consuming, on average, at the beginning of the program. If it is under 100 grams per day, begin at the point they are presently at and lower the carbs by 10 to 20 grams per day per week, until they reach between 40 and 50 grams per day.

If they are consuming in excess of 100 grams of carbs per day, as will likely be the case, have them follow this schedule:

Week 1 100 grams of carbs per day

Week 2 80 grams per day

Week 3 60 grams per day

Week 4 40 –50 grams per day, depending on how stable their blood sugar has been. (number of low blood sugar episodes)

Stay at 40 or 50 grams of carbs per day for 3 to 4 weeks, then call my office for follow up and further phase recommendations.

It is imperative that type II diabetics check their blood sugar at least twice per day during this program, as we would expect their blood sugar levels to drop, which is a good thing. When they are consistently below 100, they should contact their doctor to have any medications adjusted downward accordingly.

Also, it is VERY important that all type II diabetics and hypoglycemia sufferers take GlucoCrave EVERY day. This formula not only helps to control cravings, but is the ONLY formula to lower insulin levels AND increase insulin receptor site function at the same time. This formula can make a significant difference in the progress of these individuals.