

Your Details

Name:

Date:

Your Health Goal is:

SYMPTOMS OF BLOOD SUGAR DYSREGULATION

The obvious signs of long term blood sugar dysregulation range from unexplained weight gain, fatigue, lack of concentration, brain fog, inflammatory conditions etc. The list goes on. Check the boxes below if you experience any of these symptoms:

Low blood sugar symptoms

- Increased energy after meals
- Dips in energy
- Craving for sugars, sweets before meals
- Irritability if meals skipped
- Become upset easily
- Need for coffee and sugar for energy
- Becoming light headed if meals are missed
- Eating to relieve fatigue
- Feeling shaky, jittery, or tremulous
- Feeling agitated and nervous
- Poor memory, forgetfulness
- Blurred vision

Symptoms: High Blood Sugar

- Fatigue after meals
- General fatigue
- Constant hunger
- Craving for sweets not relieved by eating them
- Must have sweets after meals
- Difficulty losing weight
- Waist circumference equal to or larger than hip circumference
- Frequent urination
- Increased appetite and thirst
- Migrating aches and pains