

Metabolic Assessment Form Interpretation for Blood Sugar Balance

Category VI – Hypoglycemia

Hypoglycemia refers to a state of low blood sugar, or states in which blood sugar levels spike up and down. Hypoglycemics suffer from fatigue and low energy because they do not supply their bodies with the amount and/or frequency of energy needed to support their metabolic system. Hypoglycemia is usually accompanied by adrenal exhaustion, because the adrenals are called into play when blood sugar levels spike or are low. The adrenals eventually become exhausted and need support. With hypoglycemia, dietary and lifestyle changes need to be made with regards to not skipping breakfast and with choosing to snack on low glycemic foods during the day.

Category VII – Insulin Resistance

Insulin resistance refers to a physiological pattern in which insulin receptor sites no longer respond to insulin. Insulin is a hormone that is secreted by the pancreas when serum glucose levels are elevated after meals. Insulin's job is to stimulate receptor sites which will then transport glucose into the cells. Insulin resistance is caused by diets and physiological changes that cause prolonged and frequent release of insulin. Once insulin is repeatedly exposed to receptor sites, the sites will shut down and become non-responsive. Insulin resistance will then lead to elevations of serum glucose because it cannot be carried into the cell, which leads to alterations in cholesterol and fat metabolism. Insulin resistance places great demands on the beta cells of the pancreas for insulin output, and may eventually lead to diabetes if pancreatic organ reserve becomes depleted.