



How to control your blood sugar for optimal health

Why are so many people overweight, feel tired and sluggish and show signs of premature aging? Why are young people thin, energetic and vibrant, only to become heavy, tired, grumpy and fuzzy as middle-aged adults? The answer is:

Dysglycemia

Dysglycemia means disturbed blood sugar regulation (either too high or too low), which has become epidemic in our culture. Please take the quiz below to see if you're at risk:

1. Do you eat sweets (candy, chocolate, cookies, ice cream, pastries, doughnuts three + times/week?

yes no

2. Do you eat fat-free foods (fat-free muffins, fat-free yoghurt, cookies, fat-free breakfast bars) three + times/week?

yes no

3. Do you eat potato chips, pretzels, breakfast bars, granola or instant breakfast cereals three + times/ week?

yes no

4. Do you eat burgers, hot dogs, fatty luncheon meats, bacon,

sausage, French fries, fried chicken two + times/week?

yes no

5. Do you eat pizza, fast-food Mexican, sandwiches with white bread, white-flour pasta, or snack foods two + times/week?

yes no

6. Do you drink any regular or diet soft drinks?

yes no

7. Do you drink more than 6 oz of fruit juice or eat more than 4 servings of fruit per day?

yes no

8. Do you drink more than 4 glasses of wine or 3 beers per week?

yes no

9. Are you physically inactive or avoid walking/taking stairs/playing sports etc?

yes no

10. Do you have a close relative with heart disease, high blood pressure, adult-onset of diabetes or obesity?

yes no

If you answered yes to more than 3

questions, you are likely at risk for dysglycemia. Disruption of blood sugar regulation affects all human physiology including brain chemistry.

Impaired blood sugar regulation can stress the adrenals, cause hormone imbalances, inflammation, and/or immune issues such as frequent colds/flu or allergies.

For starters, consider reducing or eliminating those foods mentioned in the questionnaire. Additionally, consider using nuts, lots of veggies, meats, fish, unsweetened yoghurt (if dairy is ok). For more detailed meal plans please talk to your OHS practitioner.

Meet Dr. Amanda Keates, chiropractor:

Dr. Amanda has joined OHS and will be providing gentle chiropractic care, trigger point therapy, muscle testing, orthotics, wellness counseling which includes coaching on exercise programs, nutrition and promoting a healthy lifestyle. Her credentials also include a background in exercise science. Amanda comes to us from Lancaster, PA, the heart of the Amish community. We are thrilled to have her with us.

