

Mindful



Health

# Newsletter

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**H**ave you ever felt light headed because you were hungry? Do you suffer from mood swings, heart palpitations, anxiety, weakness in the legs, cravings for sweets, headaches and low energy? Are you often tired around 4 p.m.? If you answered yes to these questions you may be suffering from a blood sugar imbalance.

## WHAT IS HYPOGLYCEMIA?

Millions of Americans unknowingly live with hypoglycemia, or low blood sugar. Hypoglycemia occurs when there is an unusually low level of glucose or sugar in the blood. Oftentimes it is a result of poor dietary habits such as an overindulgence in simple carbohydrates, sugars, alcohol, and caffeine. But it can also be inherited.

## HOW CAN I FIX THIS PROBLEM?

Your diet is key, so:

- Incorporate protein into as many meals as possible during the day.
- Do not eat foods with sugar such as sweets, fruit juices, white products such as white flour and white rice, and soda. Instead sweeten with stevia, xylitol, or vegetable glycerine.
- Eat more fiber such as flax, brown rice, and oatmeal.
- Eat more green beans and maitake mushrooms — both are great for blood sugar imbalances.
- Increase your vegetable consumption.
- Avoid caffeine.
- Exercise regularly and reduce stress as much as possible.
- **THE MOST IMPORTANT POINT OF ALL:** Make sure you eat at least every 4 hours. Ideally 3 meals and two snacks.

Also come to my office to have your thyroid, pancreas and your mineral levels checked because oftentimes problems in these areas can significantly contribute to hypoglycemia.

## RECIPE

### Blueberry Lemon Pecan Scones

*Adapted from Sweeten Your Life the Xylitol Way*

- 1 ½ cup plus 2 tablespoons spelt flour
- 1/4 cup plus 1 teaspoon xylitol
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 4 tablespoons unsalted butter, cut into small pieces
- 1/2 cup plain low-fat yogurt
- 1 ½ teaspoons finely grated lemon zest
- 1/3 cup unsweetened applesauce
- 2/3 cup blueberries, frozen
- 1/4 cup finely chopped pecans

Thoroughly combine flour, xylitol, baking powder, and baking soda. Cut in butter until mixture represents fine crumbs. Stir in pecans, lemon zest, and blueberries. Combine applesauce and yogurt and stir into flour mixture just until dry ingredients are evenly moistened.

Line a baking sheet with parchment paper, and lightly oil the top of the paper. Transfer the dough to the paper. Lightly flour hands and shape the dough into a 7" diameter round. Using a sharp knife that has been floured, cut the round into 8 wedges.

Bake scones in a preheated oven at 350 for 25 minutes or until lightly browned. These scones are best when served immediately after baking.

*Yield: 8 servings*

**Come visit my website at**  
**[www.mindfulhealth.biz](http://www.mindfulhealth.biz)**  
**for more information.**

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 956-7629 for a free consultation or e-mail her at [Nicole@mindfulhealth.biz](mailto:Nicole@mindfulhealth.biz)