

Symptoms that may be due to a volatile blood sugar

Checklist in English

Symptom	Mark with an x if you have experienced it
Shakes	
Anxiety, panic attacks	
Nervousness	
Waking up at night with craving, (up and eating sometimes?)	
Palpitations (rapid heartbeat)	
Sweating	
Heat wave	
Pallid	
Cold freezing	
Wide Pupils Mydriasis)	
Drowsiness, tingling in extremities	
Cravings	
Gurgling sound in stomach	
Nausea/vomiting	
Headache	
Foggy brain, unfocused	
Difficult making decisions	
Worrying	
Sad	
Irritated	
Angry, rage	
Depression	
Tearful	
Daydreaming	
Negativity	
Personality changes	
Paranoia	
Delusions	
Problems coordinating, fumbling, dropping things (sometimes mistaken for intoxication)	
Feeling of being paralyzed	
Weakness in body	
Pins and needles	
Extremely sluggish	
Confused	
Dizziness	

Fainting	
Blackouts	
Double vision , foggy vision, blurred vision	
Stirring glassy appearance	
Speech difficulties, slurred speech	
Short quick breath. (Several of the above symptoms resemble alcohol intoxication due to poor energy supply to the brain)	
Extreme fatigue/lethargy	
Impotence	
Muscle weakness	
Suicidal thoughts	

The following factors can lead to "sugar overload":

Overconsumption of sugar and other carbohydrates.

Inability to break down sugar / carbohydrates (disturbed sugar metabolism).

Common reasons for this are:

1. Too much sugar / carbohydrates and high amounts of food, which causes increased insulin (hyperinsulinemia), which in turn causes a decrease in glucose turnover and eventually insulin resistance.
2. Serious stress and anxiety, increased adrenaline, which inhibits insulin release and causes adrenal fatigue. Note that No. 1 may cause No. 2 and vice versa.
3. Gastric bypass which caused dumping syndrome (for example, palpitations, sweating, cramps due to the food coming too fast to the small intestine).
4. Diabetes type 1 and 2.
5. Infections.
6. Some medicines, such as cortisone, antibiotics and certain blood pressure medications (thiazides, beta blockers)
7. Reduced physical activity.
8. Genetic Sensitivity.
9. Overactive pancreas.

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