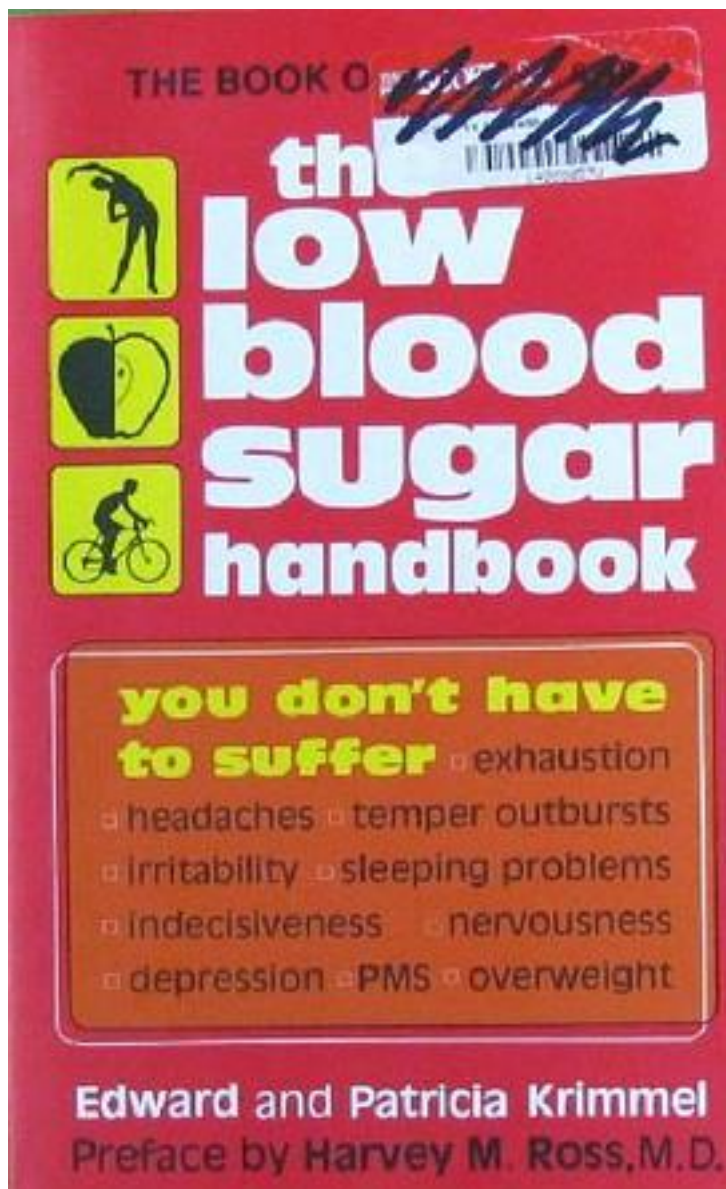


The Low Blood Sugar Handbook



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FOR THOSE WHO SEARCH The program outlined in The Low Blood Sugar Handbook is for you. It is an optimum lifestyle not only for functional hypoglycemics (low blood sugar sufferers), but also for those suffering from premenstrual syndrome (PMS) and everyone else who desires a healthy and productive life. Women who suffer from PMS often have low blood sugar. Once the blood sugar is stabilized, the PMS can be dealt with more effectively. This book is written by low blood sugar sufferers rather than by a medical person since only sufferers have the insight into dealing with the everyday situations of low blood sugar. After working with hundreds of hypoglycemics, Edward and Patricia Krimmel have articulated the things that only sufferers can know. They give the clear, practical and complete advice you need for understanding and dealing with the everyday nitty- gritty of low blood sugar. The chapters of the book deal with such practical matters as being able to identify if you have low blood sugar, what it is, how serious it is and what to do if you have the condition. The four dimensions of the KRIMMEL PROGRAM are: 1. Food ethic 2. Exercise 3. Fun & laughter 4. Sleep, rest & relaxation A fifth dimension is found in chapters 5, 6, 8, and 9. The information is unique to this handbook. Only through the application of the fifth dimension, can the low blood sugar sufferer get total value from the other 4 dimensions. Low blood sugar is a personal affair. Only through personal initiative can it be controlled. There is no medication or "cure all" for it. Only through the proper program and understanding your body chemistry can this condition be controlled. If you're willing to spend enough time And put out enough effort You can solve every problem

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