

What is my body telling me?

Survey: Hypoglycemia Questionnaire (Low Blood Sugar)

Blood sugar imbalance may be related to many other secondary health concerns. Proper assessment and a treatment plan are important to optimize one's health. It is not uncommon for one to be sub-clinically hypoglycemic. This subjective questionnaire will give you a quick summary of symptoms or signs that may be related to your blood sugar regulation and if you have a high likelihood of having hypoglycemia or subclinical hypoglycemia. It is not a substitute for professional medical advice from your health care provider.

In the space provided below please indicate if you experience any of these conditions using the following scale:

Not at all = 0 Mildly = 1 Moderately = 2 Severely = 3

Symptom	Your Score	Symptom	Your Score
My vision gets blurred or double		I eat sweet things or drink caffeinated coffee, tea or cola	
My gums bleed		I have more than 3 cups of coffee, tea or cola a day	
After I fall asleep I wake up and cannot return to sleep		I am very restless	
My muscles feel painful or sore		I feel very sleepy during the day	
I get headaches		I drink alcoholic beverages	
I have allergies or asthma		I cannot work under pressure	
I get cramps in my legs		I find it hard to make decisions	
I have itching or crawling sensations on my skin		I crave sweet foods, candies or drinks	
I sigh or yawn during the day		I feel depressed or overwhelmed	
My stomach or intestines are upset		I constantly worry about things	
If I miss a meal or it is delayed, I notice my heart beat faster		I get confused	
I get angry for no apparent reason		I am on the go most of the time	
I easily get bruised or black and blue marks		I do things quickly	
I have nightmares or bad dreams		I feel anxious or nervous	
I get faint, dizzy, weak spells or cold sweats		I get irritated easily	

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Symptom	Your Score	Symptom	Your Score
I am sleepy after I eat		I get fearful	
I nibble between meals when I am hungry		I am highly emotional	
I get jittery or nervous when I am hungry		I cry easily	
I get very tired or exhausted		I get drowsy especially when I sit down	
I no longer feel tired after I eat		I smoke cigarettes	
I get hungry or feel faint if I do not eat often		I am aware of breathing deeply	
I feel better after my first snack or meal of the day		I feel like I am running on adrenaline	
I drink coffee or tea in the morning to get started		My mind is continually active	
I often forget things		I exercise vigorously more than 5 hours per week	
		I eat a lot yet my weight remains constant	
		I crave carbohydrates such as breads and pastas	

Your score:

Between 40-50 is borderline or sub-clinical hypoglycemia

Between 50-60 is likely

Above 60 is the most likely to indicate a metabolic disorder

Hypoglycemia can lead to insulin resistance and set the stage up for a HUGE host of chronic diseases, including type II diabetes, obesity, adrenal fatigue, and cardiovascular disease. It is best to get your fasting blood sugar assessed and regulated into its "optimal" zone by following the **cardiovascular health solutions sections in the "Top 10 Lab tests and Solutions."**

