

Acc(u)Life

LOW BLOOD SUGAR

To address low blood sugar, you will add the following to your food plan to allow your body to adjust to the change in diet:

Week 1:

- In the morning, have ½ a hard-boiled egg
- Every 4 hours, have a spoonful of honey dissolved in a cup of hot tea or hot water

Week 2:

- In the morning, have ½ a hard-boiled egg
- Every 6 hours, have a spoonful of honey dissolved in a cup of hot tea or hot water

Week 3:

- In the morning only on milk days, have ½ a hard-boiled egg
- Every 8 hours, have a spoonful of honey dissolved in a cup of hot tea or hot water

Week 4:

- Eliminate use of the hard-boiled egg
- As needed, have a spoonful of honey dissolved in a cup of hot tea or hot water

Contact Us if you have any questions or concerns.

NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.