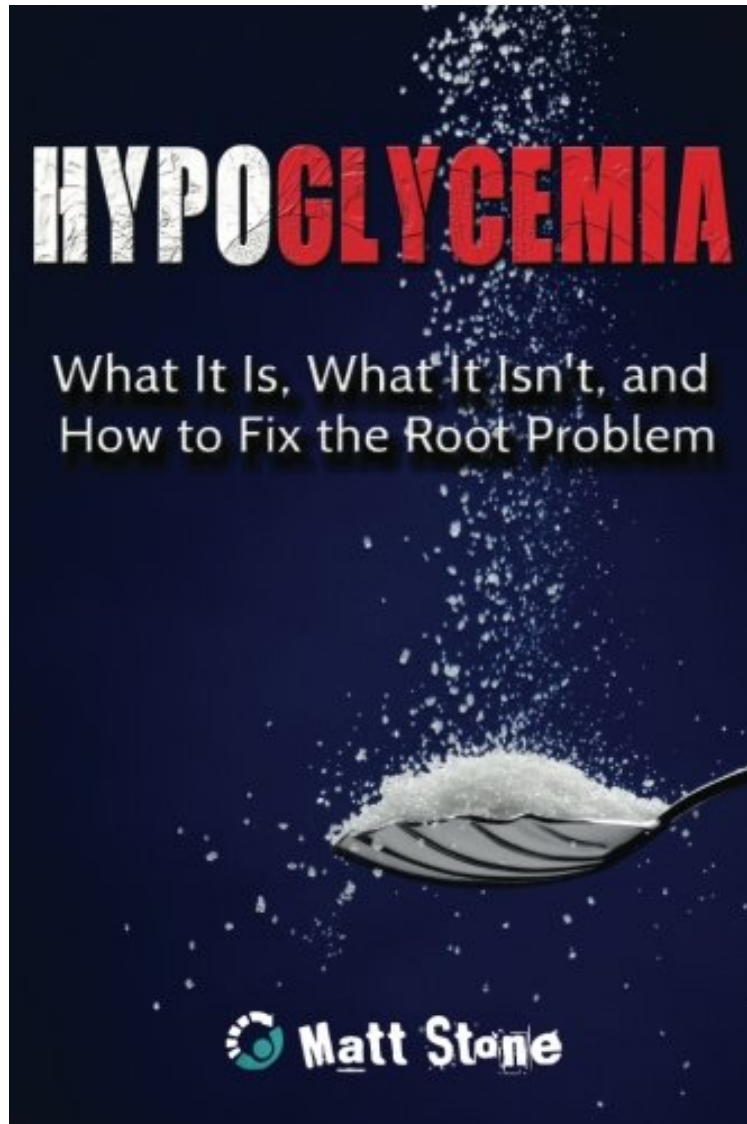


(Free) Hypoglycemia: What It Is, What It Isn't, and How to Fix the Root Problem

Hypoglycemia: What It Is, What It Isn't, and How to Fix the Root Problem

Matt Stone

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Matt Stone : Hypoglycemia: What It Is, What It Isn't, and How to Fix the Root Problem before purchasing it in order to gauge whether or not it would be worth my time, and all praised Hypoglycemia: What It Is, What It Isn't, and How to Fix the Root Problem:

6 of 6 people found the following review helpful. WHO NEEDS STUDIES, I GOT RESULTS! By TrueVisionI was sitting surrounded by various low glycemic books by experts, who spouted off studies, research, etc. supporting their

advice, when Stone's Hypoglycemia offer came in. I tried some of the experts advice and felt like crap. Smoothies for breakfast? My blood sugar would crash and I'd feel like I had been drugged. It took me hours to get my energy up and brain fog cleared. It seemed most of what these experts were saying was the exact opposite of what Stone suggested. I'd consume certain types of food, waiting for hours for it to kick-in and bring me back to life. Stone says, it's okay, grab a pretzel, eat the right candy to get your body from doing further damage. The blood sugar crashing is hurting your body, stop it. What a concept. He said, don't have watery food for breakfast, you are just aiding and abiding a hypoglycemia crash. I have read Stone's other books, and he has a lot of gems of enlightenment. He has done some research, but frankly, I don't care if he doesn't have loads of studies to refer to. I just want results, which I didn't get with the experts. Stone points out that he contradicts himself in solutions to fixing the problem, which is why he probably doesn't want to write a book featuring food menus. But, I think it would be invaluable to his readers to use as a starting point, where they could adjust and experiment. I will confide for the sake of other people desperately trying to find solutions that I have seen two major improvements having read Stone's books. 1) I was urinating every 15 minutes. I almost considered surgery or taking drugs. I learned through Stone, it was the healthy way I was eating as prescribed by an expert! I stopped, followed Stone's advice and in 2 days, problem gone. 2) On low-carb and other diets I went from being regular, to irregular. The "good" fiber seemed to make things worse. Again, I don't like taking things that are unnatural to make things right. By following Stone's advice, I'm not only regular, but having at least three, effortless bowel movements a day. I still have other issues to address, but at least that's two down that I no longer have to worry about. 2 of 2 people found the following review helpful. Interesting hypothesis By J. Knapp I generally think the author is on to something (and probably "on" something). However when he describes how many calories someone should eat, it gets really confusing. As someone who deals with numbers, he has no idea how to describe a formula. But, he's very well read, makes savvy observations, and is very funny. As a person who lost a great deal of weight, and has kept it off for many years, I couldn't understand why I didn't feel better. I was surprised to find that raising my food intake didn't necessarily raise my weight and I have been happier. Since I have sleep apnea, the sleep issue is a real conundrum for me, but it has improved somewhat. As always, thanks to Matt for being so generous with his advise and his Kindle editions. 4 of 4 people found the following review helpful. A really great book with lots of useful tips. By Ralphy I have been to countless doctors because for the last year I have not been able to sleep through the night because of "hypoglycemia". I would have sworn it was hypoglycemia. But when I used a glucometer my sugars were never low. So doctors told me I was having anxiety attacks but I didn't think that was what was happening. Matt's book addresses this and very similar issues. I swear it could have been written directly to me. I, also, have a friend who was having heart palpitations and was using V-8 (which has lots of salt and some potassium) to treat it after doctor's failed to help. It worked like a charm. So I thought maybe I should try that. After reading Matt's book I thought maybe I am low in salt. After stopping drinking a whole bottle of mineral water before bed and adding some extra salt to my diet, I am finally sleeping through the night. You may wonder "Who the heck is Matt Stone and why should I listen to him?" but truly he has done the research and he has listened to people's stories and he really does know a lot. The only negative was that the book seemed slightly unfinished. It ends really abruptly like he was in a hurry to publish it and maybe should have made it longer or more detailed. But overall really a helpful book. I also recommend his 12 Paleo Myths.

Got Hypoglycemia? You feel bad after eating certain foods or going too long without something to snack on? Maybe some headaches, irritability, shakiness, dizziness, cold hands and feet, even some anxiety at times? Well you must have hypoglycemia then. No you don't. Those are indeed some symptoms of true hypoglycemia, but what you're suffering from isn't very likely to be low blood sugar, it is something else, and it's most certainly real and not hypochondria like many doctors might lead you to believe. You also don't need to be eating a high-protein, low-carb diet to prevent the symptoms you may get after eating lots of fast-absorbing carbs or when you've gone too long without food. In fact, eating a diet like that is likely to make the root cause worse over time, even if it gives you relief in the short-term. In *Hypoglycemia: What it Is, What it Isn't, and How to Fix the Root Problem*, bestselling author Matt Stone discusses what's really going on. The truth may surprise you, and you may have to stop using the H word to explain your symptoms. Stone also lays out many effective solutions that have helped thousands worldwide to overcome the obnoxious and at times debilitating symptoms that tend to strike most often mid-morning and in the middle of the night as if a timer is set to it. If you want a true, genuine way to resolve the tendency to "crash" after meals and/or in the middle of the night, no book in print will give you a better set of tools to go about doing just that—all for less than the price of a handful of low-glycemic protein bar.

About the Author "With a high metabolic rate, EVERYTHING works better." Matt Stone is an independent health researcher, #1 bestselling author of more than 15 books, and the founder of 180DegreeHealth, a controversial website that has challenged the status quo on health with a combination of cutting-edge science and radical common sense since 2006. In his most popular books, *Eat for Heat* and the *Diet Recovery* series, Stone lays out explicit instructions for achieving a high metabolic rate, the details of which are Stone's greatest discovery in his decade of intensive

research. With an increase in metabolic rate, thousands of Stone's readers and clients have reported improvements in a vast array of disorders: constipation, hair loss, low libido, acid reflux, insomnia, anxiety, cold hands and feet, frequent urination, allergies, skin conditions, chronic infections, infertility, and countless others, all while eating common, enjoyable, comfort foods to their heart's content. What should you read first? Scroll down the page and get started with *Eat for Heat and Diet Recovery 2*, available as eBooks, paperbacks, and audiobooks narrated by Stone himself.