

# NEUROSIS

OR

# HYPOLYCEMIA

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"Hypoglycemia occurs whenever the input of glucose into the blood stream does not keep pace with the rate of its removal by peripheral tissues. Nervous tissues are exceedingly dependent upon an adequate and continuous supply of glucose for the maintenance of normal function. Consequently, the most dramatic manifestations of hypoglycemia, whatever its cause; are usually neurologic and psychiatric. Hypoglycemic episodes can mimic almost every neurologic and psychiatric disorder: local nerve palsies; hemiplegia; paraplegia; convulsions; visual disturbance; episodes of aphasia; thick speech, or prolonged sleepiness; restlessness; negativism; personality changes; emotional instability; maniacal behavior; coma; catatonia; and acute paranoid delirium can all be observed. Serious and permanent brain damage can result from episodes of hypoglycemia. However, patients often show no permanent deficits despite many hypoglycemia episodes."

(The Principles and Practice of Medicine, 18th Edition, 1972, Appleton-Century-Crofts)

HYPOLYCEMIA mimics almost every neurologic and psychiatric disorder? Yes, and this is of vital importance to YOU! Have you accepted the suggestion or diagnosis that you are "mentally ill", "neurotic", "emotionally unstable" (perhaps schizophrenic)

cause you have come of the symptoms outlined? Unless you have had the benefit of a COMPLETE physical workup, including a 5-hour GLUCOSE TOLERANCE TEST, you have not explored the possibility of HYPOLYCEMIA. Hypoglycemia may be your problem!

Each year, thousands of people are written off as "neurotic", or "emotionally disturbed" when, in fact, they have HYPOLYCEMIA and could be well and not NEUROTIC if their blood sugar problems were properly diagnosed and treated.

## WHAT IS HYPOLYCEMIA ?

Hypoglycemia is a condition in which there is abnormally low blood sugar. It is an indicator that something has gone wrong with the sugar regulating machinery. Admonitions by your family, friends and physician that you should "pull yourself together", or "get a new interest", when in fact, you should be changing your diet and preventing hypoglycemia are destructive suggestions and may prevent you from pursuing proper diagnosis and treatment of your problem. DO NOT ACCEPT SUCH IDEAS! MAKE EVERY EFFORT TO EXPLORE ALL POSSIBILITIES!

Tranquilizers and mood elevators are being prescribed at an alarming rate. (Tranquilizers and mood elevators ARE NOT harmless pills.) (They are potent medications and are not without possible side effects.) Tranquilizers, sedatives, mood elevators, shock treatment, psychoanalysis, all these are being employed without consideration being given to the possibility of HYPOLYCEMIA.

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Let's look at the PHYSICAL symptoms of hypoglycemia...tremors, palpitations, sweating, headache, nervousness, weakness, trembling, marked apprehension and circumoral pallor (paleness around the mouth), numbness, hunger, dilated pupils, pallor and rapid heart rate. NEUROTIC symptoms??? No, symptoms of a PHYSICAL problem, HYPOGLYCEMIA.

### H Y P O G L Y C E M I A -- A new, rare condition???

Despite the suggestion by some "authorities" that hypoglycemia is a RARE condition, the medical texts point out hypoglycemia is a COMMON, FREQUENTLY encountered problem. That it is common would be expected. Studies show that consumption of refined carbohydrates (sugar, flour, pastries, "convenience foods", soft drinks) is at an alarming rate. Government and private agencies confirm that the consumption of refined carbohydrates in the United States is a very important problem...refined carbohydrates are being consumed to excess, at the expense of good, health building food. REFINED CARBOHYDRATES, eaten to excess, cause H Y P O G L Y C E M I A! There is a widespread inference that hypoglycemia is a condition to be disregarded, it is of little interest and little significance. REVIEW THE SYMPTOMS AGAIN! ARE THESE OF LITTLE INTEREST AND LITTLE SIGNIFICANCE?

### B O D Y and M I N D

Mental health problems account for a staggering proportion of incapacitating illness. Mind and body are not separate. They do not function, one without the other. Hypoglycemia has its most significant effect on the brain (mind). Hypoglycemia is a "physical" condition. If you have a history of "spells of anxiety", continuous fatigue, depression, unexplained fears, weak spells, rapid heart rate, SEEK MEDICAL ADVICE. DO NOT ACCEPT A QUICK DIAGNOSIS THAT YOU ARE NEUROTIC OR MENTALLY ILL!

Stress can bring on attacks of hypoglycemia. Eating properly can prevent hypoglycemia and can provide better "resistance" to stress, from whatever source.

### W H A T . I S N E U R O S I S ?

Neurosis is any emotional disturbance due to unresolved, unconscious, conflicts and typically involves anxiety, depression and bodily disturbances. Your "unresolved conflict" may be H Y P O G L Y C E M I A, not a deeply buried "mental" disturbance. Efficiency, inter-personal relationships, learning ability, productivity can all be seriously impaired by hypoglycemia. Correction and control of hypoglycemia by dietary and, if indicated, supportive endocrine (glandular) therapy, can return you, "THE NEUROTIC", to efficient, productive living. What you eat is meant to provide building blocks for health of body and mind. What you eat can make the difference between mental health and mental illness. PROTECT YOUR MENTAL AND PHYSICAL HEALTH. BE CHECKED FOR H Y P O G L Y C E M I A.

For additional information contact:

A D R E N A L M E T A B O L I C R E S E A R C H S O C I E T Y  
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