



# The Low Blood Sugar Handbook: You Don't Have to Suffer

By Patricia Krimmel, Edward Krimmel

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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.

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### **Editorial Review**

#### **Review**

A number of books have been written on low blood sugar but none as complete or up to date as The Low Blood Sugar Handbook. Edward Krimmel, the sufferer in this case, searched and discovered the root of his distressing symptoms. Patricia, his wife, a registered nurse, was "copilot" during his struggle to gain health and normalcy. Together they have developed what they call the Krimmel Program, which includes, diet, exercise, fun and laughter, and proper sleep and rest. Suggestions are also given on "choosing the right doctor," in view of Krimmel's sad experiences with the medical professionals.

This book provides a comprehensive guide for people suffering with low blood sugar and there are menus and schedules for eating plus a few recipes. There are numerous individuals who will benefit from the helpful ideas and information which this book contains. -- *Provident Bookstores Newsletter, September 1989*

#### **From the Author**

This edition is a result of new and improved concepts developed from talking with thousands of low blood sugar sufferers who have bought our books over the years. We wish to extend our appreciation to all those who have shared with us how their lives have improved by following the Krimmel Program in the handbook.

No longer do hypoglycemics have to be held hostage because they can't find out what is causing their problems. Through reading and studying they are discovering that what they put into their bodies can cause their lives to be disrupted and erratic or calm and controllable. The word has gotten out that the proper food is often much more beneficial to our bodies than medications. Even women with premenstrual syndrome often have trouble with hypoglycemia, states Dr. Ronald Norris, M.D., faculty member of Tufts University School of Medicine, Boston, Mass.

Throughout history, headaches, depression, alcoholism and sleep problems have been considered as being caused by something other than a body chemistry imbalance. Until recent years the alcoholic was considered to have a character flaw. Today's research is finding that the 11 million alcoholics, the 36 million depressed persons, the over 100 million suffering with headaches and the 50 odd million with sleep problems are often suffering with a body chemistry problem, which can be improved and sometimes even corrected by taking in the proper foods and their bodies being cared for with tender loving care (exercise, rest and relaxation, and fun and laughter).

Only recently is low blood sugar being recognized as the shadow behind many commonly known problems-many experts working with alcoholics believe the majority, if not all, alcoholics have low blood sugar; a great number of patients with mental conditions have improved immensely after being diagnosed and treated for low blood sugar; several institutions which work with juvenile offenders have tested them for low blood sugar and found a high percentage have the condition.

Aggressive behavior is another area where hypoglycemia shows up. Probably the most dramatic example of this is represented in the studies by Ralph Bolton, an ethnographer. He studied the Qolla, an Andean subculture near Peru, who have a culture with considerable violence and aggression. This is the direct opposite of what their moral code demands, which is charity, compassion and cooperation with all men. So why are they aggressive and violent? Mr. Bolton found a high rate, 55%, of the men he tested had hypoglycemia. Eleven of the 13 most aggressive men in the group had hypoglycemia. Dare we chance to

think that hypoglycemia may be a contributing factor to the high incidence of crime and social problems in the United States?

The primary reason this book has been written is that I am a hypoglycemic (Low Blood Sugar sufferer) and my wife and I are anxious to share the many insights we have gained from living with the condition over the years. Although there are fine books written about hypoglycemia, to our knowledge this is the first to be written by a hypoglycemic. Our book is not so much about hypoglycemia as it is about the everyday nitty-gritty of living with the condition. We tell you the things you should and can do to end your suffering.

The insights we discuss in this book have been developed over years of personal experience. We have tested and retested the methods, not only on me but on other people we have helped to understand and regulate their own hypoglycemia.

On a scale of 1-10 for hypoglycemia severity, with 10 being the most severe, I would rate myself a 8-9. Before my hypoglycemia was regulated I regularly experienced approximately 40 of the common symptoms of the condition. Now that I am regulated by following the program we have worked out and outlined in this book, I would rate myself a 1 because of the infrequent occurrence of a few of the listed symptoms. Most times these few symptoms occur, it is because I am only human and eat something that tastes good to my tongue but isn't good for my body chemistry. It's the old battle of pain and pleasure that all hypoglycemics eventually have to face and deal with. At least now I know why I have the various symptoms and how to deal with them. Having these insights has given me the opportunity to enjoy a very beautiful life. We hope the insights will afford you a better life too.

The program outlined in this book is an optimum lifestyle for not only hypoglycemics, but for everyone who desires a healthy and productive life. Naturally it's called the Krimmel Program.

Had it not been for books on hypoglycemia we would still be wandering and staggering through the orthodox medical maze, looking for an answer to the many symptoms I was displaying. Only through the books did I learn what was really wrong with me. Now that I have a free mind and a healthy spirit, my wife and I are able to make our contribution to the social fabric which helped us.

Because of the many people we met who told us about their low blood sugar condition and difficulties in getting suitable information, we decided to put our ideas on paper so we could help people more effectively. So here it is, your personal handbook, the means by which you can readily establish whether or not you are hypoglycemic and the specifics of what to do and what not to do. If you find yourself using the material in our book on a day to day basis, then we have done our job well. We made a special effort to use a level of language that would be complementary to the subject and at the same time be folksy and easily understood by the lay individual. It is very important that your family and friends read this book so they will be able to understand hypoglycemia and how it affects all of you. Then they can be supportive and helpful.

God bless, and we love you too. Ed & Pat Krimmel

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PREFACE By Harvey M. Ross, M. D.

Dr. Ross is a Diplomate of the American Board of Psychiatry & Neurology practicing in Los Angeles, California. A founding member and past president of the Academy of Orthomolecular Psychiatry; on the Board of Trustees, The Huxley Institute for Bio-social Research. He is author of Fighting Depression and co-author of Hypoglycemia: The Disease Your Doctor Won't Treat, The Executive Success Diet and The Mood Control Diet.

The time it takes to diagnose a broken leg may be measured in minutes or hours. The time it takes to diagnose hypoglycemia from first symptoms to final diagnosis is usually measured in months and years. Considering the severity of emotional and physical symptoms experienced by those with hypoglycemia, and the time it takes to make the proper diagnosis, the enormity of the problem in terms of waste may be appreciated. Wasted years, unfulfilled goals, impossible interpersonal relationships, lack of professional attainments are but part of the price paid by those with undiagnosed hypoglycemia. The remainder of payment in terms of misery is made by those who are close to the person with hypoglycemia; the family; the friends. They too suffer.

Hypoglycemia is a cause of misery which can be eliminated. An informed public, and informed medical community is all that is needed to treat this condition successfully. The first step taken by most people is to seek medical help. When medical help is not found or when the wrong attitude or wrong answers are given, the search soon ends and individuals begin to rely on themselves.

The Krimmels have provided an excellent guide to those who find they must treat themselves, as well as to those who wish to find and work with a physician. A close adherence to the program which they outline will result in improvement in most cases of nonorganically caused hypoglycemia.

All the ills of man are not related to hypoglycemia. But there is an unfortunate group of individuals who suffer from fatigue, depressions, irritability, confusion and some physical symptoms who are told year after year by their physicians, "All your tests are normal; there isn't anything wrong with you." Between the covers of this book this group may find the important answers which are necessary for a healthy and productive life.

## **Users Review**

### **From reader reviews:**

#### **Mark Logan:**

A lot of people always spent their free time to vacation or maybe go to the outside with them household or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a reserve. The book The Low Blood Sugar Handbook: You Don't Have to Suffer it doesn't matter what good to read. There are a lot of those who recommended this book. These were enjoying reading this book. In case you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to cover but this book has high quality.

#### **Luciana Findley:**

The Low Blood Sugar Handbook: You Don't Have to Suffer can be one of your basic books that are good idea. We all recommend that straight away because this reserve has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into joy arrangement in writing The Low Blood Sugar Handbook: You Don't Have to Suffer however doesn't forget the main position, giving the reader the hottest along with based confirm resource details that maybe you can be one among it. This great information can drawn you into completely new stage of crucial thinking.

**Frederick Palazzo:**

This The Low Blood Sugar Handbook: You Don't Have to Suffer is great guide for you because the content that is certainly full of information for you who all always deal with world and have to make decision every minute. This specific book reveal it details accurately using great coordinate word or we can point out no rambling sentences inside. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but difficult core information with beautiful delivering sentences. Having The Low Blood Sugar Handbook: You Don't Have to Suffer in your hand like having the world in your arm, facts in it is not ridiculous just one. We can say that no book that offer you world with ten or fifteen tiny right but this book already do that. So , this can be good reading book. Hello Mr. and Mrs. occupied do you still doubt this?

**Bradley Cox:**

What is your hobby? Have you heard in which question when you got pupils? We believe that that issue was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person similar to reading or as examining become their hobby. You need to understand that reading is very important and book as to be the issue. Book is important thing to include you knowledge, except your own teacher or lecturer. You will find good news or update in relation to something by book. Many kinds of books that can you choose to use be your object. One of them is this The Low Blood Sugar Handbook: You Don't Have to Suffer.

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