

# LOW BLOOD SUGAR:

**A Doctor's Guide To  
Its Effective Control**

**BY J. FRANK HURDLE, M.D.**

Learning to control blood sugar levels in your body is the key to full health, vigor, and mental development. You can learn this control easily. It isn't too late to start even if you aren't in the "prime" of life, and even if you may be in poor physical shape at the moment.

# Low Blood Sugar A Doctors Guide To Its Effective Control

**Hazel Courteney**



## **Low Blood Sugar A Doctors Guide To Its Effective Control:**

**A Physician's Handbook on Orthomolecular Medicine** Roger J. Williams, Dwight K. Kalita, 2016-01-22 A Physician's Handbook on Orthomolecular Medicine is a collection of articles that covers the advancement in the field of orthomolecular medicine. The title presents papers that discuss the methodology and technology involved in the adjustment of the natural chemical constituents of our bodies along with related concerns. The book aims to further promote orthomolecular medicine by discussing its effectiveness and efficiency as a form of medical treatment. The coverage of the text includes orthomolecular medicine's application in treating mental disorders and regulating disease. The book will be of great use to students, researchers, and practitioners of health sciences.

**Love Your Skeletons** Teresa Griffith, 2011-03-08 Skeleton. Anything from your past that you are ashamed of, you feel embarrassed about, you avoid talking about, or that causes you to feel guilty, fearful, or hurt when you remember it. Discover ways to overcome fear and handle overwhelming emotions. Create a strategy for dealing with nosy people. Find relief and experience great joy as you learn to love your skeletons and put them in the closet for good. Please note: There is also an ebook version of this book available.

**Low Blood Sugar** J. Frank Hurdle, 1978

**Complete Guide to Prescription & Nonprescription Drugs 2018-2019** H. Winter Griffith, 2017-11-07 The classic guide to all major prescription and nonprescription drugs featuring revised up-to-date FDA information and an A-Z list of illnesses for easy reference. Includes coverage of dosage and length of time before a drug takes effect, side effects, special precautions, interactions with other food and drugs, standards for use by different age groups, and more.

**National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1974 First multi-year cumulation covers six years 1965-70.

**Kidney Disease Guide** Cassian Pereira, AI, 2025-03-14 Kidney Disease Guide provides a comprehensive overview of kidney health, disease origins, and care options, empowering readers to make informed decisions. This book emphasizes proactive knowledge as crucial for managing kidney health. Did you know kidneys regulate blood pressure, remove waste, and produce hormones? Understanding these functions highlights the kidney's vital role in overall well-being. The book begins by explaining kidney anatomy and physiology before exploring various kidney diseases like chronic kidney disease (CKD) and kidney stones. It then examines treatment options from diet to dialysis. The approach is accessible, avoiding excessive jargon. The book progresses logically, culminating in practical advice on lifestyle adjustments and navigating healthcare, making it valuable for anyone seeking to understand and manage kidney health.

**Low Blood Sugar** J. Frank Hurdle, 1971

**Dr. Bob Arnot's Guide to Turning Back the Clock** Bob Arnot, 2009-11-11 In his bestselling Guide to Turning Back the Clock, Dr. Bob Arnot showed men everywhere how to look younger, feel younger, be younger. Now in his new book, he reveals the secrets of permanent weight loss for both men and women and gives us a breakthrough eating plan for the twenty-first century. Drawing on up-to-the-minute research in many disciplines, Arnot demonstrates that foods act like drugs on the body; some invariably promote weight gain and make us feel

terrible others almost guarantee weight loss and make us feel terrific Armed with these findings Arnot shows step by step how anyone can discover new energy shed unwanted pounds and never suffer from hunger pangs simply by eating the right foods in the right combinations Complete with the most potent food charts ever assembled a complete arsenal of foods to promote weight control plus fat loss accelerators fat ripping exercises tips on dining in restaurants and much more Dr Bob Arnot's Perfect Weight Control for Men and Women is the ultimate guide for everyone who wants to feel great lose weight and look great

**Complete Guide to Prescription and Nonprescription Drugs 2015** H. Winter Griffith, 2014-11-04 The 2015 edition of the most accessible comprehensive and affordable guide to prescription and nonprescription drugs The classic guide to all major prescription and nonprescription drugs featuring revised up to date FDA information and an A Z list of illnesses for easy reference Includes coverage of dosage and length of time before drug takes effect side effects special precautions interactions with other food and drugs standards for use by different age groups and more

*A Country Doctor's Common Sense Health Manual* J. Frank Hurdle, 1975

**American Medical Association Guide to Living with Diabetes** Boyd E. Metzger, M.D., 2009-05-18 More Than 3 Million American Medical Association Books Sold From America's Most Trusted Health Authority the Ultimate Guide to Understanding Preventing and Managing Type 2 Diabetes Millions of Americans have type 2 diabetes and millions more are at risk of developing the disease The good news is that it is both preventable and treatable In the American Medical Association Guide to Living with Diabetes you'll learn everything you need to know to prevent type 2 diabetes take control of it if you already have it and reduce your risk of life threatening complications This book provides clear easy to understand explanations of what type 2 diabetes is what causes it and how to determine if you are at risk You'll find a detailed easy to follow program for preventing diabetes by eating a healthy diet exercising regularly and reaching and maintaining a healthy weight If you are living with diabetes this invaluable guide offers in depth explanations of the recommended lifestyle changes that can help you manage the disease stressing the importance of rigorous testing and control of your blood sugar to avoid complications You will learn about the available medications for treating diabetes and about alternative and complementary therapies The book also includes sections on gestational diabetes and the increasing threat that type 2 diabetes poses to at risk children By following the recommendations and guidelines in the American Medical Association Guide to Living with Diabetes you can reduce or eliminate the symptoms avoid or minimize the risk of serious complications and become more physically fit energetic and alert In fact there's no reason you can't be healthier than you've ever been

**Doctor Hurdle's Program to Retain Youthfulness** J. Frank Hurdle, 1972

**Worst Pills, Best Pills** Sid M. Wolfe, 2005-01-04 A consumer's guide to frequently prescribed medications offers information on dangerous drugs hundreds of safer alternative medications the two hundred most commonly prescribed pills and new drugs on the market

**Dr. Bernstein's Diabetes Solution** Richard K. Bernstein, 2011-11-01 Originally published in 1997 DR BERNSTEIN'S DIABETES SOLUTION is a unique resource that covers both adult and childhood onset diabetes explains step

by step how to normalize blood sugar levels and prevent or reverse complications and offers detailed guidelines for establishing a treatment plan Readers will find fifty gourmet recipes in addition to a comprehensive discussion of diet obesity and new drugs to curb carbohydrate craving and overeating Now in its fourth edition the book presents up to the minute information on insulin resistance blood testing devices measuring blood sugar new types of insulin gastroparesis and other issues as well as updated diet guidelines DR BERNSTEIN S DIABETES SOLUTION is the one book every diabetic must own

**The New Nuts Among the Berries** Ronald M. Deutsch,1977 With humor and style Ronald Deutsch tells the story of food faddists in America all the nutty people who have exploited our desire for better health and our limited understanding of nutrition A total revision of the 1961 Nuts Among the Berries that sold 3 million copies Back cover **Wellness** Cris Popenoe,1977 500 Most Important Health Tips Hazel Courteney,2011-01-12 Packed with the latest cutting edge alternative research 500 of the Most Important Health Tips You ll Ever Need has become the UK s leading A Z alternative healthcare manual on avoiding and treating a huge range of health problems In this fully updated edition award winning health journalist Hazel Courteney reveals myriad ways to take more responsibility for our individual health Covering conditions from arthritis to angina cancer to cramps liver problems to low blood sugar this latest version also includes thousands of little known facts plus remedies dietary advice and helpful hints on how to prevent heal and where to find more help for over 250 ailments even rarer ones such as electrical pollution and autoimmune diseases such as lupus which are on the increase Discover too which are the best supplements and super foods such as pomegranates and tomatoes and how they can help you Updated with the latest scientific evidence on how to improve and maintain your health day by day this one stop easy to read reference book is the only guide you ll need to prevent and heal most health problems the alternative way

**Health Guides Demand** Charlotte Clark,AI,2025-02-19 Health Guides Demand tackles the overwhelming world of health and fitness advice by empowering readers to critically evaluate information related to nutrition and exercise With rising interest in wellness and informed health decisions the book navigates the evolution of health guides from simple instructions to complex scientific compendiums One intriguing fact explored is how dietary guidelines have shifted significantly over time and the book emphasizes understanding the scientific principles behind fitness and nutrition The book s unique value lies in its approach to empowering readers to become informed consumers of health information It progresses by first introducing core concepts of fitness and nutrition science then analyzes specific areas of high interest like weight management and culminates in a practical guide for evaluating health information By providing a framework for critical thinking the book helps readers personalize health recommendations based on their unique circumstances and separate supported claims from unsubstantiated hype *The New Harvard Guide to Women's Health* Karen J. Carlson,Stephanie A. Eisenstat,Terra Diane Ziporyn,2004-04-30 With complete information on women s health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers

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Pattern where the crown is a band of same sized points, knit from the top of the points down. Frozen inspired Elsa hat pattern by Heidi Arjes Feb 22, 2015 — This is a hat inspired by Elsa from the Disney movie Frozen. This hat will definitely delight the little Elsa fans in your life! Crochet Beanie Free Pattern, Elsa Beanie Work up this crochet beanie free pattern in just one and a half hours. The easy textured stitch is perfect for beginner crocheters. Every Princesses DREAM | Frozen Crochet Elsa Hat - YouTube A Soldier's Story A Soldier's Story is a 1984 American mystery drama film directed and produced by Norman Jewison, adapted by Charles Fuller from his Pulitzer Prize-winning A ... A Soldier's Story (1984) Alone, far from home, and far from justice, he has three days to learn the truth about a murder...and the truth is a story you won't forget. A Soldier's Story Captured and convicted of various crimes against the State, he spent much of the 1970s in prison, escaping twice. After each escape, he went underground and ... A Soldier's Play The story takes place at the United States Army's Fort Neal, Louisiana, in 1944 during the time when the military was racially segregated. In the opening scene, ... A Soldier's Story A black Army investigator (Howard E. Rollins Jr.) travels to a remote military base in the heart of the Louisiana backwoods to look into the mysterious murder ... Watch A Soldier's Story | Prime Video When a sergeant of an all-black unit in Louisiana during WWII is murdered, an Army lawyer investigates if the crime was an act of extreme white bigotry or ... A Soldier's Story - Denzel Washington Set in WW2, set in African-American troop training facilities, then a murder. Twist and turns solving the mystery. A Soldier's Story - Full Cast & Crew A black soldier is murdered on a racially divided military base in 1940s Louisiana. An officer is brought in to investigate and discovers that anyone on the ... A Soldier's Story (1984) - Turner Classic Movies During World War II, an African-American officer investigates a murder that may have been racially motivated.