



The Reactive Hypoglycemia Bootcamp: Combat your reactive hypoglycemia in one month!

Sue Keen

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When I was first diagnosed with reactive hypoglycemia in 2011, trying to figure out what to eat (and what not to eat) seemed like an insurmountable task. My blood sugar lows and highs seemed completely unmanageable. After only a couple of weeks of eating a seafood-based diet, I started to notice that not only were my reactive hypoglycemia symptoms staying away, but I actually had a lot more energy. Three years later and I am symptom free. This book gives you an option for combating your reactive hypoglycemia. It's an Island's style diet rich in fish-based proteins, complex carbs, dairy and other blood-sugar friendly foods. It's the diet that I follow today. You'll find more than just Islands cooking here though – there are dishes from all corners of the globe to suit everyone's taste buds. What you won't find in this book are sugar, processed foods or anything else that will spike your blood sugar. What you will find are delicious recipes made from simple ingredients. and a simple plan to giving your reactive hypoglycemia the boot!

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