

What can go wrong?

Eating simple/refined carbohydrates causes blood glucose levels to spike, and triggers a rapid release of insulin from the pancreas. When these simple sugars are eaten repeatedly, the body begins to over-react. The pancreas produces more insulin than is needed, causing blood sugar levels to drop below normal (reactive hypoglycaemia). This can lead to many symptoms, including fatigue, light-headedness, headache, mental dullness, emotional instability, depression, etc.

After years of “carbo loading”, the pancreas can get “burned out” from trying to meet the excessive demands for insulin. At the same time, the tissues may become resistant to insulin. This is a deadly combination, leading to abnormally high blood glucose levels (hyperglycaemia) that are seen in diabetes.