Problems And Solutions Relating To Hypoglycemia, Mental Fatigue, And Stress Essay, Research Paper

There are many problems and solutions relating to hypoglycemia, mental fatigue, and stress. Each of these conditions can effect how the body?s systems work. They all can be controlled or avoided by following certain routines.

Hypoglycemia happens when you have a low blood glucose level. Some of the causes may be due to the fact, people forget to eat or also when they participate in physical activity. This can cause hunger, shakiness, nervousness, dizziness, nausea, and disorientation. There are several guidelines to follow in order to control hypoglycemia. You should try to eat five or six small meals or snacks a day on a routine basis. The meals or snacks should have some amount of protein in them. Protein slows the digestion process and allows glucose levels to increase more gradually. If you were to eat large amounts of carbohydrates without any protein the glucose levels will rise rapidly. This in turn causes a high insulin response, which in some people makes blood sugars drop quickly. Also, try to drink at least four cups of water a day and limit your caffeine intake.

When mentally fatigued you?re feeling tired and unable to be productive. This may be caused by the changes in brain biochemistry. If you eat a high carbohydrate meal, it will encourage production of the neurotransmitter serotonin, which will leave you feeling relaxed and sleepy. The best way to prevent this from happening is to eat smaller meals with a good source of protein, less fat, and little or no carbohydrates. Protein will make you feel more alert by encouraging the production of dopamine and norepinephrine.

Stress can be much more difficult to manage if you don?t have resistance to it. A good way to help treat this is with regular physical activity such as a brisk walk, an hour of gardening, or a game of volleyball on the beach. This will allow you the most effective way to build up stress resistance. Some people like to have a more vigorous exercise for long durations. It has been reported by many exercisers that the use of this type of work out, gives them the feeling of euphoria and states of consciousness. This is very similar to that of what people have said who took drugs such as heroin. This not only helps to inhibit pain but it seems to also have other roles in the brain such as aiding in memory, learning, and registering emotions. Another way to decrease stress is with carbohydrates. If you have a small high-carbohydrate snack before bedtime it can encourage sleep. This will help you feel less stressed and more relaxed.