

## Alternative Medicine Prince George

Alternative Medicine Prince George - The levels of blood glucose refers to sugar or glucose present within the blood. The body maintains a normal range of blood glucose between 3.6 - 5.8 mM and likewise represented as mmol/L which literally translates to millimoles/liter. The range may also be measured as 64.8-104.4 mg/dL. As part of the metabolic homeostasis, the human body strongly regulates blood glucose levels.

Glucose is the body's main source of energy for its cells. As well, blood lipids in the forms of oils and fats are primarily a compact energy store. The bloodstream transports glucose from the intestines or liver to body cells. The hormone insulin makes the glucose available for cell absorption. Insulin is mostly produced within the body by the pancreas.

For human beings, the standard normal blood glucose level is almost 4mM or 4mmol/L or 72 mg/dL, that is in milligrams/decilitre. Throughout the day it is common for the levels of blood glucose to fluctuate. Normally, levels of glucose are lowest in the morning prior to eating breakfast. The reading is referred to usually as "the fasting level." Levels usually increase following meals for a couple of hours. When levels of blood sugar fall outside of the normal range, this can be a sign of a medical condition. When the level is constantly high, it is known as hyperglycemia and conversely, low levels are considered to be hypoglycaemia.

Constant hyperglycemia is the main hallmark of Diabetes mellitus. This is the most prominent sickness associated to failure of blood sugar regulation. Severe stress, trauma, myocardial infarction, illness, stroke or surgical treatment can likewise cause temporarily high blood sugar levels. An initial rise in blood sugar can also take place due to alcohol intake, although afterward it tends to cause levels to decline.

### Health Effects

If blood sugar levels decline very low, hypoglycaemia develops. This is a potentially fatal condition. Symptoms of hypoglycaemia include lethargy, impaired mental functioning, twitching, irritability, shaking, and loss of consciousness, aggressive or paranoid mentality, sweating, and weakness in leg and arm muscles, pale complexion and probably even brain damage. Appetite is suppressed over the short term if levels remain very high. Many of the long-term health conditions linked with diabetes can happen as a result of long-term hyperglycemia. Health issues can comprise heart disease, nerve damage, and kidney and eye damage.

### Low Blood Sugar

To be able to avoid very serious consequences of inadequate glucose, mechanisms which restore adequate levels of glucose post hypoglycaemia must be quick and effective. If not treated, hypoglycaemia may lead to confusion, unsteadiness and in the extreme, coma. It is a lot more dangerous to have very little amounts of glucose in the blood than very much, at least on a temporary basis.

In healthy people, blood glucose-regulating mechanisms are normally quite effectual. Usually, symptomatic hypoglycaemia is found only in diabetics utilizing insulin or pharmacological treatment. The severity and swiftness of hypoglycaemic episodes may vary significantly between people. In severe circumstances, prompt medical help is immediately needed due to the fact that brain damage and damage to tissues and possibly even death could be caused by too low blood-glucose levels.