



# **The Do's & Don'ts of Hypoglycemia: An Everyday Guide to Low Blood Sugar Too Often Misunderstood and Misdiagnosed!**

*Roberta Ruggerio*

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The Do's and Don'ts of Hypoglycemia: An Everyday Guide to Low Blood Sugar is an easy-to-understand title that shows readers how to treat and control hypoglycemia symptoms through simple diet and lifestyle changes. Roberta takes the reader from understanding and recognizing hypoglycemia to the role diet, exercise and vitamin therapy play in the healing process. She then shows the effects hypoglycemia has on our children, the correlation between hypoglycemia and alcoholism, and an extensive chapter where the HSF's medical advisors answer the most frequently asked questions on this subject.

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