

‘NUTRITIONAL TIPS’

‘LOW BLOOD SUGAR’

This is a very simple term about a complex physiological nutritional body balance.

Our ‘Blood Sugar’ is likened to making a cup of boiling hot water and then putting a tea bag into it followed by other nutrients and ingredients. We need adequate tea chemistry to produce the desired content and flavour. In the blood stream, our **‘Circulatory System’**, we require certain personal levels of nutrients, vitamins and minerals in order to function optimally. When we drop below these maintenance levels, our body sends powerful messages to our brains and sensory mechanisms advising us to do something about the deficiencies. Wisely we should waste no time responding!

‘Low Blood Sugar’ is similar to plopping the tea bag into the cup for four to five seconds when we really want more flavour and other ingredients. Inadequate tea chemistry! We needed to leave it in for perhaps thirty or sixty or even one hundred and twenty seconds, depending on our tastes and desires. So we are low on ingredients or perhaps ‘Low On Fuel’ personally! Sucrose is a body fuel. Our bodies operate on various fuels and additives that we **MUST** respect at all times.

The **‘Level Of Sugars In Our Blood Stream’** enables us to do ‘Work’ or ‘Perform’. When we are low on these sugar compounds, glucose, lactose, fructose, sucrose and the like, we run out of energy. This triggers appropriate internal actions and responses. For most people, the early signs of a **‘Low Fuel Tank’** are usually ‘Hunger Pangs’ or more advanced, becoming a little weak or light-headed. Each individual has different personal signals. Some people think poorly when out of fuel! Learn your symptoms and tend to your bodily requirements! Athletes must abide!

The best way to maintain your **‘Nutritional Balance’** is to eat good natural food regularly. The circle of very wise medical practitioners by whom I am surrounded, tell me that too many people eat too few small meals per day! How many of you fail to allow adequate time for a sound breakfast? How many of you eat one big meal at noonish and then snack on junk or hollow foods the rest of the day? Not as many as eat two large meals a day and still do the bad snack thing! How many of your eat late at night and then retire? Do you awaken feeling rested? Know and respect your system.

PERFORMANCE EXCELLENCE

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7