

## Alternative Medicine Kingston

Alternative Medicine Kingston - The levels of blood glucose refers to glucose or sugar existing within the blood. The body maintains a typical range of blood glucose between 3.6 - 5.8 mM and also represented as mmol/L which literally translates to millimoles/liter. The range may even 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. Additionally, blood lipids in the forms of fats and oils are primarily a compact energy store. The bloodstream transports glucose from the intestines or liver to body cells. The hormone insulin makes the glucose accessible for cell absorption. Insulin is mostly produced within the body by the pancreas.

For humans, the standard normal level of blood glucose is practically 4mM or 4mmol/L or 72 mg/dL, that is in milligrams/decilitre. During the day it is common for the levels of blood glucose to fluctuate. Usually, levels of glucose are lowest during the morning before eating breakfast. The reading is referred to often as "the fasting level." Levels typically rise after meals for an hour or two. When blood sugar levels fall outside of the regular range, this can be an indicator of a medical situation. If the level is persistently high, it is called hyperglycemia and conversely, low levels are considered to be hypoglycaemia.

The major hallmark of Diabetes mellitus is constant hyperglycemia. This particular illness is the most prominent of all diseases connected to the failure to regulate blood sugar. Severe stress, trauma, myocardial infarction, sickness, surgery or stroke can likewise lead to temporarily elevated levels of blood sugar. An initial surge in blood sugar can also happen due to drinking alcohol, even though later on it tends to cause levels to decline.

### Health Effects

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

### Low Blood Sugar

To be able to prevent really serious consequences of insufficient glucose, mechanisms that restore satisfactory glucose levels post hypoglycaemia need to be effective and quick. If untreated, hypoglycaemia may result in confusion, unsteadiness and in the extreme, coma. It is much more dangerous to have very little amounts of glucose in the blood than very much, at least on a temporary basis.

The blood glucose-regulating mechanisms in healthy individuals are usually quite effectual. Symptomatic hypoglycaemia is generally found just in those diabetics that make use of pharmacological treatment or insulin. The severity and swiftness of hypoglycaemic episodes can vary greatly between people. In severe instances, prompt medical assistance is immediately needed because brain damage and damage to tissues and probably even death can be caused by too low levels of blood glucose.