

Symptoms of Hypoglycemia

Exhaustion

Depression

Insomnia

Anxiety

Irritability

Headaches

Vertigo

Tremor (internal)

Tachycardia (palpitation of the heart)

Muscle Pain

Backache

Anorexia (poor appetite)

Crying Spells

Phobias (unjustified fears)

Hard to Concentrate

Numbness

Chronic Indigestion

Mental Confusion

Cold Hands or Feet

Blurred Vision

Muscle Cramps

Joint Pain

Anti-Social Behavior

Restlessness

Obesity

Staggering

Abdominal Spasms

Fainting or Blackouts

Convulsions

Suicidal Tendencies

Forgetfulness

Nervousness

Constant Worrying

Ravenous Hunger between Meals

Indecisiveness

Lack of Sex Drive (females)

Impotence (males)

Craving for Sweets

Moodiness

Allergies

Feelings of 'Going Crazy'

Lack of Coordination

Itching

Gaspings for Breath

Smothering Spells

Sighing and Yawning

Unconsciousness

Night Terrors, Nightmares

Dry or Burning Mouth

Ringings in Ears

Breath or Body Odor

Temper Tantrums

Hot Flashes

Noise and Light Sensitivity