

SYMPTOMS OF HYPOGLYCEMIA

- ☹️ Headaches
- ☹️ Fatigue (Lethargy-Feeling tired)
- ☹️ Lack of concentration
- ☹️ Irritability
- ☹️ Mood swings
- ☹️ Lightheadedness
- ☹️ Dizziness
- ☹️ Feeling Shaky
- ☹️ Caffeine cravings
- ☹️ Carbohydrate cravings
- ☹️ Sugar Cravings
- ☹️ HUNGER

When you are feeling these symptoms, your body is already in fat storage mode.