



**UNDERSTANDING THE EFFECTS OF BLOOD SUGAR  
SEROTONIN & BETA-ENDORPHINS:**

<b>OPTIMAL BLOOD SUGAR</b>	<b>LOW BLOOD SUGAR</b>
Energetic	Tired all the time
Tired when appropriate	Tired for no reason
Clear	Confused
Having a good memory	Having trouble remembering
Able to concentrate	Having trouble concentrating
Able to solve problems effectively	Easily frustrated
Easygoing	More irritable than usual
Even-tempered	Getting angry unexpectedly

<b>OPTIMAL LEVEL OF SEROTONIN</b>	<b>LOW LEVEL OF SEROTONIN</b>
Hopeful, optimistic	Depressed
Reflective and thoughtful	Impulsive
Able to concentrate	Having a short attention span
Creative, focused	Blocked, scattered
Able to think things through	Flying off the handle
Able to seek help	Suicidal
Responsive	Reactive
Looking forward to dessert without an emotional charge	Craving sweets
Hungry for a variety of different foods	Craving mostly carbohydrates like bread, pasta and cereal

<b>OPTIMAL LEVEL OF BETA-ENDORPHIN</b>	<b>LOW LEVEL OF BETA-ENDORPHIN</b>
Having high tolerance for pain	Having low pain tolerance
Sensitive, sympathetic	Tearful, reactive
Having high self-esteem	Having low self-esteem
Compassionate	Overwhelmed by other's pain
Connected and in touch	Feeling isolated
Hopeful, optimistic, euphoric	Depressed, hopeless
Taking personal responsibility	Feeling "done to" by others
Having a take-it-or-leave-it attitude toward sweet foods	Craving sugar
Solution-oriented	Emotionally overwhelmed

~The above tables are used with permission from Kathleen DesMaisons, *Potatoes Not Prozac*, pp. 40-42.

Copyright © 2002, by Dr. Janet R. Lang DC