

# **How Low Blood Sugar Can Affect Your Income**

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## Introduction

At first glance, the two may not seem to be connected, but there is a definite correlation between your body/mind's blood sugar system and how much income you generate.

When people come to ProsperityPlace.com, they are often looking for ways to make more money, get out of debt and improve their relationship with money. The last thing they expect to find is information about what to eat. But, what you are eating and how your blood sugar system is functioning can have a direct effect on how much money you are generating.

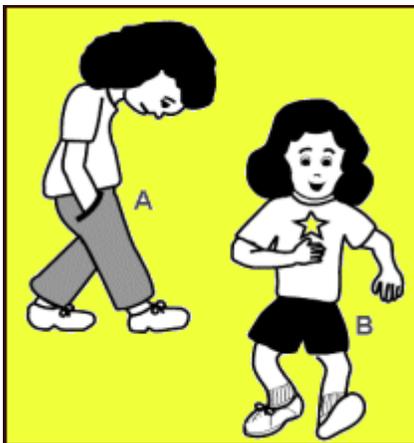
### Look at the Symptoms:

Just look at some of the symptoms of low blood sugar and I think you'll agree that if any of these is present, there can be an effect on earning power:

These are symptoms taken from the Symptom List in *Nourish Yourself for Health & Happiness*: (There's a complete list of symptoms at the end of this report.)

- Tired all of the time
- The "blahs"
- Weakness, dizziness
- Trouble getting started in the morning
- Insomnia
- Fearful – overwhelmed by people or places
- Poor memory
- Can't concentrate
- Cant decide easily
- Can't work under pressure
- Poor self image
- Feelings of hopelessness
- Hostile, aggressive
- Shy, withdrawn
- Unexplained aches or pains
- Highly emotional
- Moody

Let's take a look at how this translates to a visual image.



Take a look at these two figures. Which one would you rather have on your team, A or B? Who do you think would be able to generate more income?

Clearly, B has much more positive, dynamic energy than A. A is probably suffering from many of the symptoms listed above.

If you are interested in generating more financial energy, then it is important to examine the quality of the fuel you are using to power the cells of your body/mind.

Clearly, anyone suffering from the symptoms listed above is not functioning at optimal levels. It's impossible to be as creative and productive as possible when you don't have the energy to function or you just feel miserable all of the time.

I found out that I had a serious case of hypoglycemia in 1973. A few years before I was diagnosed, I was doing fine financially. I was living in Los Angeles and was a talent coordinator on a late-night television show. It was a high-stress job and I lived on junk food, candy bars and soda. I kept a box of sugar cookies in my desk and nibbled on them all day long and carried a big bag of M&Ms around with me. So, my energy was high and I seemed to be doing fine.

But, even though I had a glamorous job and was making a good living, I felt miserable. I was shaky inside, had frequent headaches, was taking 40 mgs. of Valium to get to sleep at night and had a lot of the symptoms on The Symptoms List. It didn't take much for me to feel like crying. At home, I would easily fly into a rage.

Obviously, I couldn't keep that up forever and eventually, I crashed. I couldn't work at all. Everything became much too overwhelming. There was no way, with all of the symptoms that I had that I could continue to earn what I had been earning.

What I'd like to do in this Special Report is to look at your body/mind's energy system and how it works. We'll take a look at how it can malfunction, then look at how this can affect your earning power. I'll also tell you how to raise your income levels by dealing with your low blood sugar.

You get to decide what kind of physical and financial energy you want to generate.

## Your Body/Mind's Energy System

Your body-mind needs certain nutrients in order to function properly including vitamins, minerals, enzymes, amino acids, hormones and water. One of the most important nutrients that it needs is **glucose**, or blood sugar, which is the basic source of fuel for energy for your body-mind. Without glucose, none of the reactions within your cells can take place.

Because all of your cells need glucose to power all of their chemical reactions, when there is not enough glucose, there is not enough energy for your life. Your body-mind will still work, but the reactions in the cells will be incomplete and, as a result, you might feel tired or lethargic or you might notice that certain body-mind functions just are not quite right.

For example, you may not be able to concentrate or make decisions, or your memory may not be sharp because your brain cells are not receiving enough fuel. Or, perhaps, you may feel weak or dizzy or shaky inside.

It might seem logical to say that if your cells need glucose, perhaps you should eat more sugar. Actually, this will provide your body-mind with glucose. That is why, after eating sugar, you feel a spurt of energy as the sugar is used by your cells.

However, as you will see, the long term use of sugar can cause a severe strain on the delicate glands that regulate blood sugar levels and, in the long run, can cause blood sugar levels to fluctuate erratically.

**When this happens, the results can be disastrous.** Because the health of your entire being is determined by the health of your cells, if your cells are not functioning properly, neither can you.

**When cells do not function properly over a long period of time, this can lead to a breakdown in the cellular structure which allows for the invasion of foreign organisms, such as viruses and bacteria, and for the proliferation of mutant cells such as cancer cells.**

Also, because glucose is used in every body-mind process, if there is not enough glucose, the body-mind's self-repair system also cannot function efficiently. It becomes more difficult to resist disease or to repair damages **such as cuts, bruises, or broken bones.**

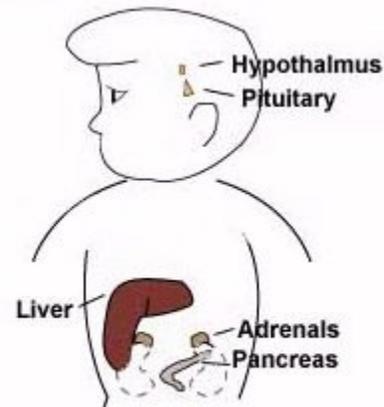
It would be simplistic to say that a malfunctioning blood sugar system is the only cause for discomfort or dis-ease. However, if the blood sugar system is not functioning efficiently, then nothing else can work properly either. Therefore, if, like most people, you

have stressed your blood sugar system, then by focusing on regulating your blood sugar levels, you can help yourself to better health, both physically and emotionally.

### **PARTS OF THE SYSTEM**

First I will describe the different parts of your blood sugar system and how they interact to regulate your body-mind's energy supply. Then, we will look at what can go wrong. I hope this will help you understand why sugar, caffeine, alcohol, refined carbohydrates, and nicotine can have such a devastating effect on your health.

**There are four glands which, along with your liver, regulate blood sugar levels. They are: The hypothalamus, pituitary, pancreas and adrenal glands.**



**The Blood Sugar System**

### **THE HYPOTHALAMUS**

The hypothalamus is a small portion of your brain that acts as the body-mind's laboratory, measuring all of the body-mind's functions on a 24-hour basis. When anything is out of balance, the hypothalamus sends a nerve message to the pituitary gland, signaling the pituitary as to what needs correcting.

### **THE PITUITARY**

Touch the bridge of your nose. Behind this, in your mid-brain, is your pituitary gland. This amazing gland is only about the size of a pea, yet it affects more functions than any other gland. It is called "the master gland" because it helps regulate all of the other glands.

When the hypothalamus sends its nerve message to the pituitary, the pituitary alters this nerve message into a chemical message, i.e. a hormone, which is sent to the gland or organ that can correct the condition that is out of balance.

When blood sugar levels are too high or too low, the hormonal message is sent either to the pancreas or to the adrenal glands.

### **THE PANCREAS**

Put your hand on the center of your abdomen just above your navel. Right about there, towards the back of your abdominal cavity is your pancreas.

The pancreas is shaped like a bunch of grapes on its side. Enzymes which are used in the digestion of proteins, fats, and carbohydrates, as well as insulin, which is used for many metabolic processes, are produced in the pancreas. Scattered throughout the gland and concentrated in its tip, are a group of cells called the Islets of Langerhans. These are the cells that secrete insulin.

Insulin has many functions and one of them is to carry glucose across the cell membrane into the cell where it can be used for fuel. This, in effect, lowers blood sugar levels because the glucose is taken from the blood into the cell.

Whenever there is an excess of glucose in the blood, insulin is secreted and whatever glucose can be utilized is taken into the cells by the insulin. Then, whatever excess glucose remains is converted into glycogen and stored in the liver and muscles. When blood sugar levels fall too low, the glycogen is converted back to glucose and sent into the blood stream. Insulin is used for the glucose to glycogen and glycogen to glucose conversions.

**The cells of your body-mind only need about two teaspoons of glucose at any one time in order to perform all of the body-mind's functions. Imagine how hard the pancreas must work to balance the system when two or three times the amount needed is brought into the blood stream.**

When refined carbohydrates are eaten, sugar is rapidly released into the blood stream and it must be used immediately or stored as glycogen. **A chocolate bar contains about six teaspoons, and a piece of chocolate layer cake about 15 teaspoons of sugar.** Each time foods such as these are eaten, the pancreas is stimulated to produce more insulin.

## **THE ADRENALS**

Place your hands on the small of your back on each side of your spine. Your kidneys are here and perched on top of each kidney is a small gland called the adrenal. The gland is divided into two parts: the outer portion is called the cortex and the inner portion is called the medulla.

The adrenals produce many hormones which affect body-mind functions, such as cortisone, aldosterone, and cortisol, but the hormone that most affects blood sugar levels is adrenaline, which is produced in the adrenal medulla.

Adrenaline is known as the fight or flight hormone because it is secreted whenever there is a stress reaction or whenever negative emotions such as guilt, anger, or worry are experienced. Stress reactions can be either emotional, such as coping with job pressures, or physical, such as pain or injury. Caffeine and nicotine also stimulate adrenaline production.

When adrenaline is secreted, it signals the liver to convert glycogen, the stored form of blood sugar, into glucose, which is then sent into the blood stream, thus raising blood sugar levels.

## **THE LIVER**

Your liver is located on the right side of your body-mind, under your rib cage. It is the largest organ by weight and is responsible for many body-mind processes. The liver acts as a metabolic factory, converting foods into glucose, glucose into glycogen, and

glycogen back to glucose. The liver also filters the blood, produces bile, and causes important changes in many of the substances contained in the blood.

### **A HEALTHY SYSTEM**

When everything in the blood sugar system is working smoothly, there is a steady supply of fuel for the cells. This fuel, glucose, is produced from food sources and from the glycogen which is stored in the liver and muscles.

The hypothalamus monitors the system and when blood sugar levels are too high or too low, a nerve message is sent to the pituitary gland which then sends a hormonal message to either the adrenal glands or the pancreas.

If blood sugar levels are too low, the adrenal glands send out adrenaline which triggers the liver to convert some of its glycogen (stored glucose) into glucose. Then, with the help of insulin from the pancreas, the glucose is taken into the cells where it is used.

If blood sugar levels are too high, the pancreas secretes insulin which carries the excess glucose into the cells where it is used. Whatever glucose can not be used is converted into glycogen and stored in the liver and muscles.

### **THE UPS AND DOWNS**

Blood sugar levels are lowered when glucose that is in the blood stream is taken into the cells and utilized. Any life activity requires glucose, so just being alive uses up the glucose.

Blood sugar levels drop too low when too much insulin is secreted, thus removing too much glucose from the blood stream, or when not enough glycogen is available to replace the glucose that is used.

Blood sugar levels are raised every time you eat and the food is converted into glucose or when the liver releases some of its glycogen and it is converted into glucose. When you eat protein or fats, the blood sugar enters the blood stream at a slow and steady pace because these foods are digested slowly. Carbohydrate foods, on the other hand, are digested more rapidly and the glucose is sent out more quickly.

Fruits, vegetables, grains, and legumes have varying amounts of carbohydrates in different forms. Grapes and watermelon, for example, contain more sucrose (which is like table sugar) than apples or lettuce, and potatoes and beans contain more starch than broccoli or peaches. However, all carbohydrates from whole, natural foods, i.e. complex carbohydrates, are contained in a matrix, such as cellulose, which must be removed before the sugar or starch can be sent out into the blood stream.

On the other hand, refined, processed foods which contain sugar or starch, are converted rapidly into blood sugar. Candy, desserts, ice-cream, sugar and other sugar foods cause a flooding of the blood stream with sugar as it passes right through the wall of the small intestine into the blood stream, dramatically raising blood sugar levels.

Blood sugar levels are also raised every time the body-mind is put on alert or under stress, causing the release of adrenaline. Caffeine and nicotine also stimulate adrenaline production, thus raising blood sugar levels.

### **IT CAN MALFUNCTION**

**Because the body-mind only needs about two teaspoons of glucose at any one time, each time you eat a food that is high in sugar or starch, the body-mind must take dramatic steps to remove the excess sugar. A large supply of insulin is released allowing the sugar to be taken to the cells and used, which is why you get a spurt of energy from high carbohydrate foods.**

It is important to understand that many natural foods, such as rice, beans, and potatoes, that are considered complex carbohydrates contain enough sugar and starch to overburden some blood sugar systems.

If extra sugar come into the body-mind only once a day or on rare occasions, the system could handle the overload without any strain. However, because of the constant onslaught of sugar and high carbohydrate foods that most people consume, the pancreas is overworked and over-sensitized and sends out erratic or insufficient amounts of insulin.

As a result, you might experience ups and downs during the day as blood sugar levels fluctuate erratically. A spurt of energy can be followed by a let-down a few hours later because the pancreas is sending out too much insulin. Or, you may experience fatigue, irritability, weakness, or other symptoms because your cells are not receiving adequate fuel. When your cells do not have enough energy, neither do you.

A malfunction in the liver can also adversely affect blood sugar levels. Such a malfunction can be created when excessive amounts of chemical residues must be filtered from the blood. Excess residues can become lodged in the tissues of the liver, thus interfering with glucose and glycogen production. The offending chemicals can come from foods, drugs, and environmental pollutants.

Your adrenal glands can also become exhausted, thus creating an imbalance in the blood sugar system. As you have seen, adrenaline is sent out every time the body-mind is put on alert and every time a negative emotion is experienced. Because of the nature of our society, adrenaline is constantly being secreted and the average person who has to drive in traffic, work under any kind of pressure, deal with the pressures of family life, and who smokes, drinks coffee, eats refined carbohydrates, and drinks alcohol places his or her glands under a tremendous amount of stress and strain.

When the adrenal glands are overworked, they produce insufficient or erratic amounts of adrenaline and other important hormones. This can cause many disorders including fatigue, nervousness, anxiety, and some "itis" disorders.

## Money Flow

Your financial health is a function of the flow of money through your life. When there is more money flowing in than out, you can create financial stability. If you have more going out than you are bringing in, then you are creating a deficit and cannot feel financially strong.

Prosperity is about having a comfortable flow of energy – physical, emotional, spiritual and financial energy. And it all starts from the inside. Whatever is happening externally in your life is a reflection of what is going on internally, and that includes your money flow.

If you go back to the illustration on page 3, you can clearly see the quality of energy that is being generated by each of the figures. This energy comes from the inside and is generated out into the world.

The ease with which you can generate financial energy and your financial stamina is directly related to the kind of energy you generate physically, emotionally and spiritually. If you push your body/mind to its limits and consistently power it with low-grade fuels, you are going to run out of energy. You will be exhausted physically, emotionally and financially.

If you have a job, there's a good chance that you will make more mistakes and bad decisions. You may find yourself at odds with co-workers because you are easily angered or find it difficult to control your emotions. Your performance reviews will probably suffer.

If you have a business of your own, you may find that you just don't have the energy to do the marketing that you need to do to keep your business going. Or, you may start making bad financial decisions, deciding what is easiest, not necessarily what is best for your business. You may find yourself isolating more and not doing the kind of networking your business requires. Clearly, your income is going to be affected.

No matter how low your energy levels are now, they can improve – rather rapidly. As your physical and emotional energy improves, you will find that it is easier to generate the financial energy you need to live the life you dream of. If other financial issues are present, you will have the strength and energy to deal with them and move on to your next income level.

## Eat Your Way to Prosperity!

Doesn't it make sense that if you are generating healthy physical and emotional energy that it will be easier to create more income? The solution is really quite simple, although I'll admit that implementing the solution takes some will power.

The easy-to-follow Eating Plan in my book *Nourish Yourself for Health & Happiness* has specific instructions as to which foods are best to use to power yourself for prosperity. In this Special Report, I'm going to outline the principles that you need to follow if you want to improve the energy flow through your life.

### **Fresh, Whole Foods**

Figuring out what your body needs is really quite simple. Fresh, colorful foods fruits and vegetables, protein (meat, poultry fish) that is grown without hormones or chemical feeds, occasional whole grains and lots of water are the basics.

What doesn't work is sugar, refined carbohydrates, caffeine, and alcohol. You probably know that already, you just need something motivate you to eat what your body needs.

Here's the dilemma. If you have been eating a lot of junk, then you probably don't have the energy to shop for and prepare the healthy foods that will improve your physical, emotional and financial energy. The food companies like it that way. As long as they can keep you addicted to their sugary, processed foods, you won't have the energy to eat anything else. Their profits increase and your energy decreases. A good deal for them. Not a great deal for you.

And, the junk tastes good. Food companies spend a lot of money putting together just the right amount of sugar, chemicals, refined flour and other junk to titillate even the numbest of taste buds. Plus, they know how much you love the feel of fatty foods going down your gullet, and they give you lots of saturated fats – in huge proportions.

It's pretty difficult to walk away from that. Most people won't. Which is why so few people experience true success in their lifetime. It takes a real act of will to go against the billions of dollars worth of advertising that you are bombarded with every day that is designed to convince you that garbage is good and eating huge portions of junk foods will make you happy.

If you are happy and feel filled with energy, if your body feels comfortable and your mood is usually elevated, if you are making as much money as you want or need and you are still eating junk foods, then you have no reason to change. Nothing I can say will convince you that it is good to prevent diabetes, heart disease and Alzheimers.

However, if you are still eating junk foods, then there's a pretty good chance that you don't feel great and your life is not moving in the direction you would like. If you are uncomfortable enough, then you'll make an effort to change.

Did you know that sugar is more addicting than heroin and harder to give up?

I'm not going to pretend that the path to health is an easy one – unless you get so sick, like I did, that you have to make the change in order to survive. I ate so much junk in my day that even now, thirty years later, I don't dare touch any sugar or carbohydrate foods such as rice, corn, peas or even fresh fruit. I get to eat two small apples a day. Sure, I'd love a peach or two, but even those seemingly healthy foods make me moody and depressed. About 15 years ago, I had a serving of brown rice and within four hours was hopelessly suicidal. You can bet I didn't do that again.

What has to happen, if you are serious about getting healthy physically, emotionally and financially, is that you have to make a decision and a commitment. Your future has to become as important as the pleasure you may feel in the moment when you eat a candy bar.

What's the payoff. I can tell you from experience that the rewards are enormous.

First of all, the discipline you will develop because you have made the decision to take care of yourself will carry over into many areas of your life. You will find that you become more productive and creative and you enjoy your life more.

Because your moods will improve, your life can be filled with joy. The struggle disappears too.

And, most importantly, you will find it easier to earn more without stress.

### **EFT Helps**

If you have spent any time on ProsperityPlace.com, then you have seen the material on Emotional Freedom Techniques (EFT). This easy-to-learn technique can be used to help you withdraw from sugar and other harmful foods. It can also help you deal with the emotional issues that are often behind the need to zone out on sugar and other junk foods.

There are specific instructions for EFT on ProsperityPlace.com at [www.ProspertyPlace.com/eft/](http://www.ProspertyPlace.com/eft/)

### **Here's a Plan**

I don't believe that you can suddenly start eating differently and maintain the change. The most effective change is gradual. So, here's what I suggest.

### 1. Start reading the labels on your food.

Count how many grams of sugar you are eating each day. The amounts are given in the nutritional section of the food labels. An ounce, or two tablespoons, of sugar is 28.4 grams. Remember, you only need two *teaspoons* of blood sugar at any one time. That's 2/3 of a tablespoon. Anything more than that at one time puts a strain on your blood sugar system.

While you are reading the labels on your food, make a rule – if you can't pronounce it, don't eat it. That will eliminate many of the chemicals that are in your food.

Keep in mind that ingredients on the labels are listed in order of the amount that is in the food. The first ingredient has the highest volume. So, if sugar is the first ingredient, then that's what you are eating the most of. But, keep in mind, that food companies can be pretty sneaky. They will include three, four or more kinds of sugar in one food and list each one separately. You might see sugar, dextrose, malt, corn syrup, rice syrup, or other sugars all listed as ingredients. Add them up, and you have a big serving of sugar.

### 2. Start introducing fresh foods.

You don't have to do anything fancy. Salad works fine. (Except don't include iceberg lettuce – it has very few nutrients. Use lettuce that is much greener.) Try munching on carrots.

My free e-book [Nourish Yourself for Health & Happiness](#) has a program for gradually withdrawing from harmful foods and replacing them with health-restoring foods.

### 3. Take some basic, high-quality vitamins.

Check at a health food store for a high-potency vitamin/mineral formula. It will improve your energy. My book *Nourish Yourself* has a basic vitamin program.

### 4. Do EFT on your resistance or to overcome cravings.

Learn the basic EFT routine as outlined on ProsperityPlace.com. You'll find more complete information on Gary Craig's site. He's the founder of EFT. His site is <http://www.emofree.com>.

Here are some setup phrases you can use. (These will make sense once you read the instructions for EFT.)

*Even though I have a strong craving for \_\_\_\_\_ (mention the food), I deeply and completely love and support myself.*

*Even though I would rather eat the garbage than the healthy food, I deeply and completely love and support myself.*

*Even though I'm afraid that I'll never feel good, I deeply and completely love and support myself.*

## THE SYMPTOM LIST

At this point, I would like to suggest that you take a few moments to go over The Symptom List below and place a check mark next to any of the symptoms that apply to you.

- |  |   |
|--|---|
| <input type="checkbox"/> Frequent headaches  | <input type="checkbox"/> Dry scalp, dandruff                            |
| <input type="checkbox"/> Insomnia  | <input type="checkbox"/> Oily hair                                      |
| <input type="checkbox"/> Gnawing hunger, hungry all the time                             | <input type="checkbox"/> Split ends                                     |
| <input type="checkbox"/> Uncontrollable urges to eat                                     | <input type="checkbox"/> Watery, bloodshot eyes                         |
| <input type="checkbox"/> Loss of appetite  | <input type="checkbox"/> Dark circles under eyes                        |
| <input type="checkbox"/> Shaky when hungry   | <input type="checkbox"/> Coated tongue                                  |
| <input type="checkbox"/> Allergies, hay fever  | <input type="checkbox"/> Sores in mouth                                 |
| <input type="checkbox"/> Wake up in the middle of the night,<br>can't fall back to sleep | <input type="checkbox"/> Dry or oily skin                               |
| <input type="checkbox"/> Trouble getting started in the morning                          | <input type="checkbox"/> Blotchy, scaly skin                            |
| <input type="checkbox"/> Tire easily   | <input type="checkbox"/> Whiteheads, pimples, acne                      |
| <input type="checkbox"/> Chronic fatigue, tired all the time                             | <input type="checkbox"/> Splitting nails                                |
| <input type="checkbox"/> The "blahs"   | <input type="checkbox"/> Frequent bruises                               |
| <input type="checkbox"/> Weakness, dizziness   | <input type="checkbox"/> Sores or boils                                 |
| <input type="checkbox"/> Blurred vision  | <input type="checkbox"/> Puffy ankles, swollen legs (edema)             |
| <input type="checkbox"/> Night blindness   | <input type="checkbox"/> Depressed                                      |
| <input type="checkbox"/> Heart beats fast (palpitates)                                   | <input type="checkbox"/> Fearful -- overwhelmed by people or<br>places  |
| <input type="checkbox"/> Frequent urination  | <input type="checkbox"/> Unexplained anxiety                            |
| <input type="checkbox"/> Constipation  | <input type="checkbox"/> Poor memory                                    |
| <input type="checkbox"/> Diarrhea  | <input type="checkbox"/> Can't concentrate                              |
| <input type="checkbox"/> Night sweats  | <input type="checkbox"/> Can't decide easily                            |
| <input type="checkbox"/> Excessive perspiration  | <input type="checkbox"/> Make mountains out of molehills                |
| <input type="checkbox"/> Bad breath  | <input type="checkbox"/> Highly emotional                               |
| <input type="checkbox"/> Body odor   | <input type="checkbox"/> Moody  |
| <input type="checkbox"/> Post nasal drip   | <input type="checkbox"/> Can't work under pressure                      |
| <input type="checkbox"/> Heavy ear wax   | <input type="checkbox"/> Don't like yourself, poor self-image           |
| <input type="checkbox"/> Upset stomach, indigestion,<br>nausea, gas                      | <input type="checkbox"/> Nightmares, confusing dreams                   |
| <input type="checkbox"/> Rashes, eczema  | <input type="checkbox"/> Nervous  |
| <input type="checkbox"/> Hyperactive (can't sit still)                                   | <input type="checkbox"/> Cry easily, feel like crying inside            |
| <input type="checkbox"/> Reduced sex drive   | <input type="checkbox"/> Feelings of hopelessness, suicidal<br>thoughts |
| <input type="checkbox"/> Impotence or frigidity  | <input type="checkbox"/> Fits of anger                                  |
| <input type="checkbox"/> Unexplained aches and pains                                     | <input type="checkbox"/> Irritable before meals                         |
| <input type="checkbox"/> Burning feet, sore feet   | <input type="checkbox"/> Feel like screaming inside                     |
|  | <input type="checkbox"/> Hostile, aggressive                            |
|  | <input type="checkbox"/> Shy, withdrawn                                 |

Do you really want to feel this way? Do you think you can go on indefinitely without making changes and not experience dis-ease?

The choice is up to you:

Vibrant health and financial security or low energy and financial deficit.

## About Joan Sotkin

For years, Joan Sotkin suffered from a long list of physical and emotional discomforts. Sinus headaches, allergies, yeast infections, insomnia, bronchitis, gastrointestinal problems, and hyperactivity plus many discomforts on the Symptom List plagued Joan for many years. And to make matters worse, for 15 years, she suffered from chronic suicidal depression. Doctors called her a hypochondriac and told her to get used to the fact that she would probably never be healthy. They provided her with many prescription drugs to alleviate her discomforts.

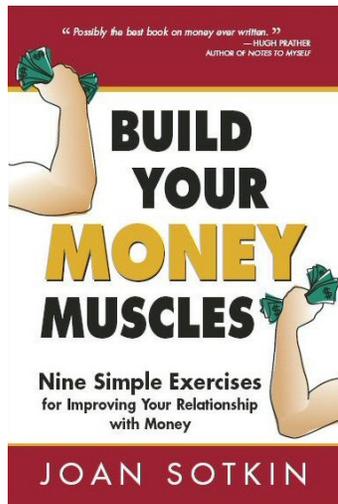
In 1973, Joan happened to see a television documentary about hypoglycemia and knew immediately that this was her problem. A glucose tolerance test that she insisted upon indicated a severe condition—her glucose dropped to 30, a dangerous level. Because her family doctor had little advice to give, she sought out help and found the late Harold W. Harper, M.D., an endocrinologist who had been treating hypoglycemia for many years. Dr. Harper helped Joan work through many of her physical ailments.

With Dr. Harper's guidance, Joan eliminated sugar, alcohol, caffeine, and processed foods, and she has stayed faithful to his suggestions to this day. She has seen, first hand the effects of low-blood sugar on many aspects of a person's life, including financial issues.

Joan is the author of *Build Your Money Muscles: Nine Simple Exercises for Improving Your Relationship with Money and, through her writings and coaching,* has helped many people work through their financial issues. Regulating what they eat often plays a role in what she teaches.

**For more information about regulating your blood sugar levels, download the free ebook, *Nourish Yourself for Health and Happiness* available in the Free Stuff section of [www.ProspertyPlace.com](http://www.ProspertyPlace.com)**

At ProsperityPlace.com, you will find free articles, audios, ebooks, and more. Joan also has a podcast, The Prosperity Show, at <http://www.theprosperityshow.com/>.



**Build Your Money Muscles is Guaranteed to alter the way you deal with money!**

**“Possibly the best book on money ever written.”**  
—Hugh Prather, author of *Morning Notes*, *Shining Through*, and *The Little Book of Letting Go*

**“An extremely valuable book for those who have issues with money. . . . I heartily recommend it.”**  
—Susan Jeffers, PhD, author of *Feel the Fear and Do It Anyway* and *Life is Huge!*

- Understand the influences affecting your current financial situation
- Eliminate internal blocks to a healthy cash flow
- Overcome “financial vagueness syndrome”
- Reverse uncomfortable money feelings and self-defeating behaviors
- Make friends with money
- Create a new financial identity
- Enjoy lasting prosperity

*Build Your Money Muscles* offers a revolutionary approach to financial health and security. Longtime prosperity guide and entrepreneur Joan Sotkin introduces a holistic approach to gaining financial strength and resilience. Includes easy-to-understand techniques for developing healthy money habits and changing the reader’s financial position once and for all.

*“A step-by-step process to shore up your ability to attract and manage money healthfully.”*

—Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women’s Bodies, Women’s Wisdom*

For Information about Build Your Money Muscles  
and Joan’s coaching,  
visit [www.ProspertyPlace.com](http://www.ProspertyPlace.com)