

# Acc(u)Life

## DIABETES

**If you are on medication for diabetes, for the first two weeks of Phase 1 please maintain the blood sugar chart on the back of this page.** You may provide this information to your physician to help them determine when it is an appropriate time to adjust your medication levels.

If your blood sugar level falls below **80** or you feel symptoms of low blood sugar (such as light-headedness, dizziness, blurred vision, nausea) have a spoonful of honey dissolved in a cup of hot tea or hot water. The symptoms should pass within 10 - 20 minutes of drinking the dissolved honey.

**It is important to dissolve the honey, so the is glucose readily available to the body. Please take your blood sugar reading again ½ hour after having the honey.**

If your blood sugar level falls below **70** more than once a day, you should contact your physician immediately to discuss adjusting your medication dosages.

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**



## BLOOD SUGAR TRACKING CHART

<b>Name</b>		<b>Phone #</b>	
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Day	Date	AM Time	Glucose Reading	PM Time	Glucose Reading
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

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