



Reactive Hypoglycemia: Your Guide to Everything Hypoglycemic

A R Garfield MA

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Reactive hypoglycemia, or postprandial hypoglycemia, is a medical term describing recurrent episodes of symptomatic hypoglycemia occurring within 4 hours¹ after a high carbohydrate meal (or oral glucose load) in people who do not have diabetes -- although the term is often used to describe a pre-diabetic condition. It is thought to represent a consequence of excessive insulin release triggered by the carbohydrate meal but continuing past the digestion and disposal of the glucose derived from the meal. If you are suffering from reactive hypoglycemia, this desktop reference is your A to Z guide for a deeper understanding of your condition.

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