

## What are healthy levels of blood glucose while fasting?

There's no simple answer to that. So blood glucose levels should remain normal while fasting. If you start going into longer fasts, then your blood sugar levels can sometimes go up. And the reason for that is that while insulin goes down, other hormones go up. So these hormones are called the counterregulatory hormones, because they actually counter the effect of insulin. So while insulin goes down, these go up. That includes growth hormone, cortisol, and noradrenaline. And they actually have the effect of pushing glucose into your system. So some people as they're fasting, actually notice a slight rise in their blood glucose. Other people, especially when they're going longer, notice that their blood glucose drops slightly below the normal levels. And that's okay too, because, what the body is doing, is it switching over to using ketones, as well as glucose and triglycerides, which is body fat.

So if you think about a period where you just ate, virtually, your entire body is being powered with glucose. As you get further and further away, the body gradually switches over and starts to use fat as a source of energy. And if you're using fat as a source of energy, you don't need as much glucose. So some people notice that their blood glucose levels actually dip slightly below normal. You shouldn't feel symptomatic. You shouldn't feel shaky, or sweaty or anything like that. If you do, that's not normal while fasting. The other thing is that you have to also be very careful if you're taking medications while fasting because that also needs to be adjusted. But generally, the glucose levels should stay normal. Sometimes it goes low, but sometimes even goes high.