

March 14, 2008: **An Important Message from Roberta**

Dear friends,

I have so much to share; I don't know where to begin.

First of all, it has been over a year and a half since the HSF's web site has been updated. Heather Foelsing from The Ad Factory in Houston, who donates her time and energy so generously to keep this web site up-to-date, has waited patiently for my correction or additions. Unfortunately, I was in no shape to work on them. You see, these past eighteen months has been a very difficult time for me. My Mom passed away, my husband was hospitalized, my brother came down with cancer and close friends had life threatening experiences. Then I had major surgery...two total knee replacements that required months of therapy. To top it off, my daughter, Renee, moved to Atlanta. Although it was the best move for her, her husband and my grandson, Cody, it was a major adjustment for me. Now, its fun and exciting planning our trips and the quality time we spend together.

What is incredible about the circle of life is that it does go on, and time does heal! My life altering journey is in the past and, like spring; I am looking forward to new beginnings. I am excited and I can't wait!

**Now to HSF news...**

With support from family and friends, I have managed to keep up with the HSF's daily requirements: answering e-mails, fulfilling book orders, raising funds, writing articles and keeping up with office correspondence. I feel honored and privileged that I have been chosen to do this work and for the past 35 years, have loved every minute of it. However, due to the increasing amount of requests I get for advice, some 500 e-mails a month, it is now impossible to keep up with this demand. With no federal, state or local funding, some changes must occur for the HSF to continue its work.

***Not every e-mail can be answered.*** I am sorry but it is impossible to answer every single e-mail, the requests are just too overwhelming. Please, do not despair. Most of the questions you ask have the answer right there on my web site!! You just have to take a minute and find the answers.

So many of you want to find a physician. Just check out our "links" page and there is a list of foundations/organizations that have referral listings in your area.

Although I will try and answer as many e-mails as I can, please, do not wait or hesitate if your symptoms persist or are severe, you **MUST** see a health care professional and get a proper diagnosis and treatment!

If you need more information and support, check out our link page and I am certain you will find what you need. Visit [www.sugarshock.com](http://www.sugarshock.com) where Connie Bennett's web site offers everything you need, including a daily blog.

Want more medical and technical information? Visit [www.nancyappleton.com](http://www.nancyappleton.com) and check out the incredible work of Dr. Nancy Appleton. The same is true with [www.healthrecovery.com](http://www.healthrecovery.com) and the work of Dr. Joan Larson.

If you're struggling with hypoglycemia and it's compounded by the fact that it has to do with children, diabetes or alcoholism, I strongly suggest you get a copy of my book. The latest edition had a chapter devoted to these three conditions that are rising at alarming rates.

Please be assured that I will continue to bring hypoglycemia to the forefront of medicine where it belongs, and at the same time, hope to help people change their lives for the better.

So, whether through my organization, **The Hypoglycemia Support Foundation, Inc.**, my book, **The Do's and Don'ts of Hypoglycemia: an Everyday Guide to Low Blood Sugar** or my website, [www.hypoglycemia.org](http://www.hypoglycemia.org), my goal is to learn, teach and share every single thing about hypoglycemia...especially how to control it before it controls you!

So, whatever avenue I use, my message is the same - **YOUR SYMPTOMS MAY NOT BE IN YOUR HEAD!** If you suffer from: *severe depression, fatigue, mood swings, mental confusion, headaches, blackouts, heart palpitations, insomnia, irritability, suicidal tendencies, etc.*, you may be a victim of hypoglycemia!

I leave you my dear friends with HOPE. I remember when I was sick with hypoglycemia...from 1960 to 1970. There were very few books out there that were easy to read and comprehend, no support groups, no Worldwide Internet. I literally felt no one understood what I was going through.

Today, you have a huge assortment of books on hypoglycemia; you have support groups on major subjects. Although not just for those suffering from hypoglycemia but I am certain there is a group in your area that you can benefit from. Check out those on diabetes, depression, overeaters anonymous, etc. And then, there is the Internet. A wealth of information is at your fingertips! Start with our web site and read every single page, especially our link page. May you walk away with enough of knowledge and hope to start your healing journey. Education, commitment, application...add a little love and you're a winner!

Blessings to all of you,  
Roberta