

**Why**  
*Missing a Meal*  
**Might Be a Primary Relapse Trigger**  
**for**  
*ALL Addictions!*



- A well-functioning *pre-frontal cortex* is crucial to sobriety.
- For the PFC to be able to create willpower, it needs an adequate supply of glucose.
- Relatively low blood sugar reflects in lower glucose supply to the PFC, thereby lowering willpower, and the ability to say “NO”.
- Low or dropping blood sugar results in a surge of adrenaline and other stress hormones which impair effective signaling in the PFC.
- Executive functioning is thereby impaired, *leading to lack of use of recovery and relapse prevention skills* in response to a relapse trigger.
- A hypoglycemia induced stress response may also stimulate a conditioned response towards use of addictive substances and behaviors

***Eat Protein Every 4 hours to Help Prevent Relapse!***

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