



Dr. Aoife Earls, ND, Examines the Connection Between Blood Sugar and Brain Fog

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Dr. Aoife Earls, ND, a Naturopath in St. Catharines has published a new educational resource examining how changes in blood sugar may relate to concentration, memory, energy, and symptoms commonly described as brain fog.

The new article, "Could Blood Sugar Be Affecting Your Brain Fog in St. Catharines?", examines both low and high blood glucose while addressing common questions surrounding blood sugar spikes, post-meal fatigue, diabetes, carbohydrates, and mental clarity.

Glucose serves as an important energy source for the brain, making blood sugar an understandable area of interest when someone experiences difficulty concentrating or changes in cognitive performance. However, the resource emphasizes that the relationship is more complex than the familiar idea of experiencing a "sugar crash."

One of the areas covered in the guide is hypoglycemia, or low blood sugar. Research has established that sufficiently low glucose may affect cognitive performance, including attention, memory, information processing, and reaction time. The article discusses some of the symptoms that may occur during hypoglycemia while emphasizing that simply feeling tired, hungry, irritable, or unfocused between meals does not establish that a person is experiencing clinically significant low blood sugar.

This distinction is important because terms such as "blood sugar crash" are commonly used to describe a wide range of everyday experiences. The resource encourages readers to avoid diagnosing abnormal glucose levels based on symptoms alone and to seek appropriate assessment when there is reason for concern.

High blood sugar is also examined, particularly in relation to diabetes. Research involving people with diabetes has identified relationships between glucose abnormalities and cognitive function, although individual experiences and contributing mechanisms can vary. The article discusses factors such as hyperglycemia, insulin resistance, vascular health, and other metabolic considerations while cautioning against reducing this complex research to the claim that sugar simply "causes brain fog."

The publication also addresses one of the most common questions surrounding blood sugar and mental clarity: whether glucose spikes after meals are responsible for feeling tired or mentally sluggish.

Blood glucose normally rises after eating foods containing carbohydrates. The size and duration of that response can vary according to factors such as meal composition, metabolic health, insulin sensitivity, physical activity, and individual physiology. While researchers have investigated the relationship between post-meal glucose responses and cognitive performance, the article explains that feeling tired after eating does not automatically demonstrate that a glucose spike is responsible.

Another section addresses carbohydrate restriction. Rather than suggesting that people experiencing brain fog should eliminate carbohydrates, the resource explains that carbohydrates represent a broad category of foods ranging from fruits, vegetables, legumes, and whole grains to highly refined foods and products containing substantial amounts of added sugars.

The article encourages readers to consider overall dietary patterns and individual health needs rather than treating an entire macronutrient category as the cause of cognitive symptoms.

The new blood-sugar resource follows Dr. Earls' previous educational publication examining nutritional deficiencies and brain fog in St. Catharines. That earlier resource looked at vitamin B12, iron, vitamin D, folate, magnesium, and other nutritional considerations while explaining why identifying and correcting an actual deficiency is different from taking supplements simply because someone is experiencing fatigue or

reduced mental clarity.

The latest article extends that discussion by examining how meal composition, nutritional status, dietary habits, physical activity, medications, and metabolic health may intersect with glucose regulation. Together, the resources reinforce the broader message that brain fog can have multiple potential contributors and should not automatically be attributed to a single nutrient, food, or metabolic process.

The blood-sugar guide also discusses when further assessment may be appropriate. Brain fog by itself does not establish that someone has a glucose problem. However, symptoms occurring alongside unusual thirst, frequent urination, unexplained weight changes, recurrent shakiness or sweating, episodes of confusion, persistent fatigue, previously abnormal glucose results, or a personal or family history of diabetes may warrant discussion with an appropriate healthcare professional.

For people seeking naturopathic care for brain fog in St. Catharines, the article outlines how blood sugar may be considered as one component of a broader assessment. Depending on the individual's circumstances, discussions may include the timing of symptoms, eating patterns, energy levels, medications and supplements, sleep quality, physical activity, stress, hormonal health, thyroid function, digestive health, nutritional status, medical history, and previous laboratory results.

Where appropriate and within the naturopathic doctor's scope of practice, laboratory investigations may be considered or collaboration with other healthcare professionals may be recommended.

The resource does not present blood sugar management as a universal solution for brain fog. Instead, it encourages readers to distinguish between established glucose abnormalities and the broad range of symptoms casually described as a "sugar crash."

This latest publication continues Dr. Earls' educational series examining different factors that may be associated with brain fog in St. Catharines residents, including hormonal changes, thyroid health, digestive health, nutritional status, and now blood sugar regulation. The series is intended to provide evidence-informed information while recognizing that persistent cognitive symptoms may have overlapping contributors.

Readers can access the complete article on the website. To learn more or inquire about an appointment, visit www.draoife.com, call (289) 815-1668, or email info@draoife.com.

Dr. Aoife Earls, ND, is a licensed naturopathic doctor practising in St. Catharines, Ontario. She provides

individualized, evidence-informed naturopathic care for a range of health concerns and offers both in-person consultations at her St. Catharines clinic and virtual consultations for residents throughout Ontario.

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For more information about Dr. Aoife Earls, ND, contact the company here: Dr. Aoife Earls, ND
Dr. Aoife Earls, ND (289) 815-1668 info@draoife.com 581 Ontario St, St Catharines, ON L2N 4N8

Dr. Aoife Earls, ND

Dr. Aoife Earls, ND serves as a Naturopath in St. Catharines and in the GTA for over 10 years. As a Naturopathic Doctor, she offers telemedicine and essential in-person consultations.

Website: <https://www.draoife.com/>

Email: info@draoife.com

Phone: (289) 815-1668

