I also had wondered if it played a role in blood sugar but man, I can't live with this dizzy feeling all the time. Both of these ingredients are natural, completely safe and do not lend themselves to invoking a blood sugar spike when consumed.

However, confirming the diagnosis is not usually of much help as there is no specific treatment for this or other virus illness, and the best that can be done is to relieve some of the symptoms.

Austerity plans are already showing the strains in Greece - municipal workers have called a series of strikes.

Put a freeze on my Transunion credit report.