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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Diabetes Herbal Remedy Works Better Than Insulin?

By Doug Smith

It is another case of a home remedy waiting to be discovered. A new study suggests that a traditional Indian diabetes herb treatment lowers blood sugar and insulin levels as well as today's prescription drugs.

39 healthy adults received extracts of the herb *Salacia oblonga* with promising results. Insulin and blood glucose levels were lowered by a maximum of 29 and 23 percent, respectively. These reductions occurred when test subjects received the largest dose of the herb extract (1,000 mg).

"These kinds of reductions are similar to what we might see with prescription oral medications for people with diabetes," said Steve Hertzler, a study co-author and an assistant professor of nutrition at Ohio State University.

Salacia oblonga is an herb native to regions of India and Sri Lanka. Researchers found that it can bind to intestinal enzymes that convert carbohydrates into glucose. If the herb binds to these enzymes before the enzymes can turn carbs into glucose, then less glucose sugar enters the bloodstream. Therefore less insulin is required.

"Lowering blood glucose levels lowers the risk of disease-related complications in people with diabetes," Hertzler said. "Also, poor compliance with diabetes medications often hinders the effectiveness of these drugs. It may be easier to get someone to take an herb with food or in a beverage, as opposed to a pill."

Although this study was performed on healthy adults, the researchers also want to study the effects of the *Salacia oblonga* herb in diabetic patients.

Hertzler also commented that, "A lot of studies show that lowering blood sugar levels reduces the risk for all kinds of diabetes-related complications, such as kidney disease and nerve and eye damage. We want to see if this herb has this kind of effect."

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The herb caused an intestinal gas side effect. Researchers measured hydrogen and methane levels in the breath of study participants for a two–day period following each test. Additionally, participants rated the frequency and intensity of any nausea, cramps, or gas they experienced.

The studies will continue, but the herb is difficult to find in the U.S. Some online suppliers do exist.

This study was conducted by Ohio State University (OSU), and supported by the Ross Products Division of Abbott Laboratories in Columbus. It was reported in a recent issue of the Journal of the American Dietetic Association, and on the OSU website at

<http://researchnews.osu.edu/archive/saloblo.htm>

where the study researchers can be contacted and

the full news release can be found.

A seemingly–obscure herb appears to have the same medicinal properties as some of today's most–researched diabetes medicines. Just imagine what other home remedy treasures are waiting to be uncovered.

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<http://www.superhomeremedies.com>

that teach you how to use

mayonnaise, duct tape, yogurt, soda, mouthwash, peroxide, thread and other common ingredients to cure common but embarrassing medical conditions. Visit

<http://www.SuperHomeRemedies.com>

today.

What is Diabetes?

By Peter Lenkefi

Diabetes is a disorder of metabolism the way our bodies use digested food for growth and energy. Most of the food we eat is broken down into glucose, the form of sugar in the blood. Glucose is the main source of fuel for the body. Diabetes causes glucose to back up in the bloodstream. As more and more glucose remains in the bloodstream blood glucose or blood sugar levels can rise too high.

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There are two major types of diabetes. Consider the following information as it relates to both type 1 diabetes and type 2 diabetes. In type 1 diabetes (also called juvenile-onset diabetes or insulin-dependent diabetes), the body completely stops producing any insulin. Insulin is a hormone that enables the body to use glucose to produce energy. Sufferers of type 1 diabetes must take daily insulin injections in order to survive. Type 1 diabetes usually develops in children or young adults; however, it can occur at any age. Type 2 diabetes (also called adult-onset diabetes or non insulin-dependent diabetes) results when the body doesn't produce enough insulin and/or is unable to use insulin properly. Type 2 diabetes happens when your body either cannot produce enough insulin or does not use the insulin it makes properly. Insulin is a hormone produced by the pancreas. Many of the foods we eat such as bread, potatoes, rice, pasta and fruit are converted into sugar and give us the energy we need to maintain life. Insulin gets the sugar into the cells. Diabetes is a life-long condition. High blood glucose levels over a long period of time can cause blindness, heart disease, kidney problems, and amputations. Good diabetes care and management can prevent or delay the onset of these complications.

To manage your diabetes well, it is very important that you:

Don't smoke

Keep your blood glucose levels in your target range

Keep your cholesterol and other blood fats in your target range

Keep your weight in a healthy range

Keep your blood pressure close to target level

Take your medication as prescribed

For more more information about diabetes please visit

<http://www.diabetes-help.biz>

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