

This Free E-Book is brought to you by Natural-Aging.com.

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

Medicinal Properties of Bitter Melon – Good for Diabetics

By Junji Takano

Medicinal Properties of Bitter Melon – Good for Diabetics

by: **Junji Takano**

Bitter Melon is the English name of *Momordica charantia*, a climbing vine whose leaves and green fruits, although bitter, has been used to fight cancer, diabetes and many infectious diseases. It is also a powerful weapon against HIV/AIDS since some reports claim that bitter melon has substance Q. It is one of the most favorite vegetables among the Chinese and the most popular herbal tea as well.

The fruits and leaves of bitter melon are a good source of minerals and vitamins, such as iron, calcium, phosphorus and Vitamin B. However, it is not known how much nutritional contents can actually be absorbed by the body's digestive system of the plant because some of these substances exist in unabsorbable form.

Does Bitter Melon have Medicinal Properties

Yes. Books and articles about bitter melon states that the extract from the leaves or roots shrinks hemorrhoids. The juice from the leaves is also good to prevent and lessen cough, for fever and against roundworms. Reportedly, it is also used to treat sterility in women and alleviate liver problems. Likewise, bitter melon has some antimicrobial activity and can help infected wounds.

However, none of the medicinal uses of bitter melon has been proven scientifically, although they have not been disproved, either. It's just that it has not been studied enough.

Is it true that bitter melon tea and capsules are effective in lowering blood sugar of diabetics?

There is one case where it is proven that it can lower blood sugar levels from people suffering from Type 2 Diabetes. Results of these scientific studies that determine the effect of drinking of bitter melon extract on blood sugar level of Type 2 Diabetes have consistently shown that bitter melon lowers blood sugar level. The effect on blood sugar is due to momordicin, a substance that is also responsible for its bitter taste.

Medicinal Properties of Bitter Melon – Good for Diabetics

The effect of the bitter melon leaves lowering blood sugar level among diabetics is evident regardless of how it is prepared – boiled then eaten, in the form of tea, capsule or tablet. But diabetics should be cautioned about replacing their proprietary medicines with bitter melon teas, capsules or tablets. So far, studies were done only on a very limited number of human subjects so bitter melon and diabetes cannot be labeled conclusive.

In fact, no large clinical trial has yet been published on the preparation of *Momordica charantia* (bitter melon). The manufacturers of bitter melon teas, capsules and tablets themselves are not claiming healing benefits for their products. They market them only as supplements.

Are they really good substitutes for the anti-diabetic drugs that are available in the market?

Bitter melon should be considered an addition in the treatment of Type 2 Diabetes Mellitus. It could probably reduce the patients intake of antidiabetic drugs. It should not however, be regarded as a stand-alone medicine.

Also, diabetics who want to try bitter melon need not to spend money on the teas, tablets or capsules. They can cultivate or buy the plant from the market and prepare it themselves.

To prepare bitter melon extract, the following steps should be followed: Wash and finely chop the leaves. Add 6 tablespoons of the chopped leaves in 2 glasses of water. Boil it for 15 min. in an uncovered pot. Cool down and strain. Drink 1/3 cup of it 3x a day.

Alternately, bitter melon tops can be steamed and eaten (1/2 cup 2x a day).

Junji Takano is a Japanese health researcher and the inventor of Pyro-Energen, an electrotherapy device made without side effects and helps in eradicating viral diseases.

Visit the site at

Free newsletter subscription:

.

Coffee Benefits – Is Coffee Better Than Tea?

By Jocelyn Meadows

Would you like to have tea or coffee? Just what are the specific coffee benefits? You must have heard this offer of choice a thousand times. Be it guests at your house or while visiting someone or from the airhostess in the flight. The general idea in many countries continues to be that tea and coffee are two beverages which have equal importance. However, this is not 100% true. There is a huge divided

Medicinal Properties of Bitter Melon – Good for Diabetics

lobby on this opinion. Many people opine that tea is definitely more popular than coffee as it has medicinal properties and is good for health. Coffee on the other hand is more popular in the workplace. The debate continues on which is more popular.

There are however, some distinct pros and cons of both beverages. Let's talk about the benefit of tea. As we all know tea was discovered by the Chinese and scientific research has proven that it has very good medicinal properties which can help fight fatigue. Tea is more popular in Asia and Europe where tea drinking is considered to be a proper social function.

Coffee on the other hand gives an instant 'fix' and helps people be alert and ward off sleepiness when at work thanks to the caffeine content in the drink. The health conscience coffee drinker tends to opt for decaffeinated coffee and thus gets the flavour without the caffeine. Coffee is very popular in the United States and is also an international drink which is appreciated the world over. These are the coffee benefits present in every cup!

It is very difficult to determine which beverage garners more votes with a global audience since each drink has its own fiercely loyal fan following.

Jocelyn Meadows drinks coffee every single day of her life. Read her insights for
and check out the

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

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