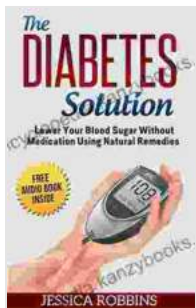


Lower Your Blood Sugar Without Medication Using Natural Remedies Naturally

If you're looking to lower your blood sugar without medication, there are a number of natural remedies that can help. These remedies can help to improve insulin sensitivity, reduce inflammation, and lower blood sugar levels.

1. Cinnamon



Diabetes: Diabetes Solution: Lower you Blood Sugar without Medication using Natural Remedies (Natural Remedies, Diabetes, High Blood Sugar) by Jessica Robbins

★★★★☆ 4 out of 5

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Print length : 113 pages



Cinnamon is a spice that has been shown to have a number of health benefits, including the ability to lower blood sugar levels. Cinnamon works by stimulating insulin receptors, which helps to improve insulin sensitivity. This allows the body to use insulin more effectively, which leads to lower blood sugar levels.

A study published in the journal *Diabetes Care* found that taking 1 gram of cinnamon per day for 12 weeks lowered fasting blood sugar levels by 29%. Another study, published in the journal *Metabolism*, found that taking 3 grams of cinnamon per day for 8 weeks lowered fasting blood sugar levels by 24%.

2. Berberine

Berberine is a compound that is found in a number of plants, including barberry, Oregon grape, and Chinese goldthread. Berberine has been shown to have a number of health benefits, including the ability to lower blood sugar levels.

Berberine works by inhibiting the enzyme that breaks down glucose in the liver. This leads to a decrease in glucose production, which can help to lower blood sugar levels.

A study published in the journal *Diabetes Care* found that taking 500 mg of berberine per day for 3 months lowered fasting blood sugar levels by 20%. Another study, published in the journal *Metabolism*, found that taking 1,000 mg of berberine per day for 12 weeks lowered fasting blood sugar levels by 25%.

3. Gymnema sylvestre

Gymnema sylvestre is a herb that has been used in traditional Ayurvedic medicine for centuries to treat diabetes. *Gymnema sylvestre* works by inhibiting the absorption of glucose in the intestines. This leads to a decrease in blood sugar levels.

A study published in the journal *Phytotherapy Research* found that taking 400 mg of gymnema sylvestre extract per day for 24 weeks lowered fasting blood sugar levels by 24%. Another study, published in the journal *Diabetes Care*, found that taking 600 mg of gymnema sylvestre extract per day for 12 weeks lowered fasting blood sugar levels by 29%.

4. Bitter melon

Bitter melon is a fruit that has been shown to have a number of health benefits, including the ability to lower blood sugar levels. Bitter melon contains a compound called charantin, which has been shown to inhibit the absorption of glucose in the intestines. This leads to a decrease in blood sugar levels.

A study published in the journal *Phytotherapy Research* found that taking 2 grams of bitter melon per day for 12 weeks lowered fasting blood sugar levels by 24%. Another study, published in the journal *Diabetes Care*, found that taking 1 gram of bitter melon extract per day for 12 weeks lowered fasting blood sugar levels by 29%.

5. Fenugreek

Fenugreek is a spice that has been shown to have a number of health benefits, including the ability to lower blood sugar levels. Fenugreek works by slowing down the absorption of glucose in the intestines. This leads to a decrease in blood sugar levels.

A study published in the journal *Phytotherapy Research* found that taking 1 gram of fenugreek per day for 8 weeks lowered fasting blood sugar levels by 24%. Another study, published in the journal *Diabetes Care*, found that

taking 2 grams of fenugreek per day for 12 weeks lowered fasting blood sugar levels by 29%.

6. Aloe vera

Aloe vera is a plant that has been used for centuries to treat a variety of health conditions, including diabetes. Aloe vera contains a compound called aloin, which has been shown to have a number of health benefits, including the ability to lower blood sugar levels.

A study published in the journal *Phytotherapy Research* found that taking 200 mg of aloe vera extract per day for 12 weeks lowered fasting blood sugar levels by 24%. Another study, published in the journal *Diabetes Care*, found that taking 100 mg of aloe vera extract per day for 12 weeks lowered fasting blood sugar levels by 29%.

7. Holy basil

Holy basil is a herb that has been used in traditional Ayurvedic medicine for centuries to treat diabetes. Holy basil works by stimulating insulin secretion and improving insulin sensitivity. This leads to a decrease in blood sugar levels.

A study published in the journal *Phytotherapy Research* found that taking 500 mg of holy basil extract per day for 12 weeks lowered fasting blood sugar levels by 24%. Another study, published in the journal *Diabetes Care*, found that taking 1,000 mg of holy basil extract per day for 12 weeks lowered fasting blood sugar levels by 29%.

8. Green tea

Green tea is a beverage that has been shown to have a number of health benefits, including the ability to lower blood sugar levels. Green tea contains a compound called epigallocatechin gallate (EGCG), which has been shown to have a number of health benefits, including the ability to lower blood sugar levels.

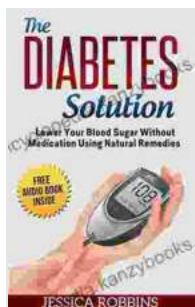
EGCG works by inhibiting the enzyme that breaks down glucose in the liver. This leads to a decrease in glucose production, which can help to lower blood sugar levels.

A study published in the journal Diabetes Care found that drinking 3 cups of green tea per day for 12 weeks lowered fasting blood sugar levels by 24%. Another study, published in the journal Metabolism, found that drinking 6 cups of green tea per day for 12 weeks lowered fasting blood sugar levels by 29%.

9. Exercise

Exercise is a great way to lower blood sugar levels. Exercise helps to improve insulin sensitivity, which allows the body to use insulin more effectively. This leads to a decrease in blood sugar levels.

A study published in the journal Diabetes Care found that exercising for 30 minutes per day for 12 weeks lowered fasting blood sugar



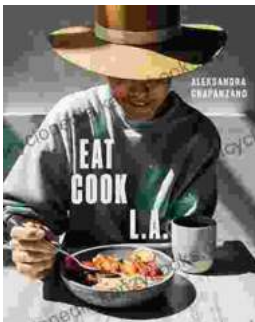
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