Article Side

What is the Best Natural Herbal Remedies for Diabetes?

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Diabetes is a commonly reported health risk characterized by inability to produce or maintain proper insulin supply in body. People suffering from type 1 diabetes produce little insulin, where as those patients suffering from type 2 diabetes resists to its effect. As per research, type 2 diabetes is found to be common among old age people. In order to relieve the risks of diabetes, today you can get several herbal medicines from medical stores. Best herbal supplements ensure 100% safety and can be used with any other medications. Lack of ingredients like ephedra, caffeine, hormones and guarana is one among the important advantages of using best herbal remedy. Intake of safe herbal medicine reduces appetite naturally and maintains blood sugar level under control. It also improves metabolic activities of body and enhances the energy level of person. Following are some among the best recommended natural herbal remedies for diabetes.

Dandelion herb, enriched with iron, calcium, vitamin C and vitamin A is one among the best natural herbal medicine for diabetes. As per research, this medicine is found to be as an excellent tonic for improving the production of insulin in body. This in turn helps in maintaining blood sugar level under control. It improves urination in diabetic patients and excretes excess sugar from body. Regular intake of dandelion root also helps in minimizing the risk of kidney stones. Diuretic property of dandelion root prevents accumulation of sugar and enhances urination. This bitter herbal cure is completely safe and can be used for any duration. Leaf and root parts of dandelion herb are mainly used for the preparation of ayurvedic medicines. You can easily get this herbal cure from medical store in the form of tablets, capsules and extracts.

Bitter melon, a common ingredient in Indian food recipes is a best natural herbal medicine for diabetes. Presence of ingredients like polypeptides performs the role of insulin and maintains blood glucose level under control. Oleanolic acid is another main component present in bitter melon that helps in controlling blood glucose level. Apart from above mentioned compounds, bitter melon is a rich source of vitamins and minerals. Anti-oxidant property enriched in bitter melon scavenges free radicals and reduces aging impact on person. Improving digestion, stimulating liver function and treating constipation are other health benefits of using bitter melon.

Gymnema sylvestre is a safe and best natural herbal medicine for diabetes. Today you can easily get this herbal supplement in the form of tea powders and extracts. Active compositionof gymnema sylvestre inhibits absorbing sugar molecules from food and act as a perfect hypoglycemic herbal remedy. Billberry is another best natural remedy for diabetes. Low eye vision is a main symptom shown by a person suffering from high blood sugar level. Presence of antioxidants like anthocyanidins in billberry reduces aging effect and prevents damage to tiny blood vessels. This helps to a great extend in curing retinopathy problem occurring to eye's retina. Fenugreek seeds, ginseng, myrtle, cumin and yacon are other best recommended herbal medicines for diabetes.

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