

Herbal Sugar-Lowering Plant

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Abstract: Diabetes is a disease that can accompany a person throughout his life (congenital form), or take him by surprise at any age (acquired form). But this disease does not become a death sentence, although it causes discomfort to a person, limiting his life and obliging him to lead a certain lifestyle. A person becomes dependent on drugs

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Diabetes - with such a diagnosis, you can and should help your body fight the disease and reduce the chances of its manifestations. Not only medicines can come to the rescue, but also nature, which contains many benefits for our body. A person becomes dependent on drugs. But with such a diagnosis, you can and should help your body fight the disease and reduce the chances of its manifestations. Not only medicines can come to the rescue, but also nature, which contains many benefits for our body. The main thing is to learn how to use them correctly.

For centuries, our ancestors have used the benefits that nature gives us and studied the healing properties of herbs, trees and plants. All this knowledge, accumulated over many years, is used in the production of non-medicinal products that are aimed at maintaining, restoring and prolonging our health.

Nature also helps us in the fight against diabetes. Herbs, infusions, cereals, teas and other products can help your body recover and recharge with energy. The ability of some plants to reduce the manifestations of diabetes has been used in traditional medicine for a long time. The mechanism of the hypoglycemic effect of various plants is diverse and not fully understood (a number of plants contain insulin-like substances, amino acids, active levuloses, and other hypoglycemic substances, which include sulfur). Currently, non-traditional auxiliary means are increasingly used, the oldest of which are herbal hypoglycemic agents. Of the 300 species of wild medicinal plants growing in the CIS, more than 100 have a hypoglycemic effect

A 2014 review published in a highly respected journal found that there was no convincing evidence for the use of herbal remedies to improve glycemic control in people with diabetes. The review also noted that herbal products are not standardized, vary in the content of active ingredients and may interact with other medications, so it is important that patients with diabetes tell their healthcare providers about the use of herbal products[2]

What are herbs used for?

Type 2 diabetes mellitus is an endocrine disease that is caused by impaired glucose tolerance. The pancreas produces the vital hormone insulin in sufficient quantities, but it cannot break down sugar, since tissue susceptibility to glucose is impaired. To achieve normoglycemia, that is, normal glucose levels, sugar-lowering medications, a special diet and exercise are used. Herbs for type 2

diabetes also have the ability to reduce blood glucose levels, saturate the body with vitamins, and restore immunity.

Goals of herbal medicine: normalization of glucose levels in the blood and urine. Thanks to the natural insulin-like components contained in some plants, with regular use of herbs it is possible to reduce the dose of sugar-lowering drugs, and sometimes even partially replace them;

removing excess glucose from the body naturally;

prevention of such consequences of diabetes as damage to the eyes, liver, kidneys, blood vessels, skin; restoration of the functioning of the pancreas;

strengthening general health, increasing immunity;

improvement of psychological well-being, normalization of sleep. Plants enrich the patient's body with alkaline valences, help increase the alkaline reserve, increase the utilization of glucose by tissues, thereby reducing the level of glycemia. Plants are rich in vitamins, including group B, which help improve metabolic processes. Some plants slow down the absorption of carbohydrates from the intestinal lumen and affect the glycogen-forming function of the liver.

Herbal hypoglycemic agents are non-toxic, do not have side effects and, with rare exceptions, do not accumulate. They can be prescribed to patients of any age, regardless of the severity of the disease and the severity of angioneuropathies. As monotherapy against the background of a diet, they are used only for mild forms of type 2 diabetes mellitus. For everyone else, they are recommended as an additional remedy against the background of insulin therapy or taking tableted sulfonamide drugs. Reducing the dose of chemical hypoglycemic agents while taking herbal drugs is possible only under the control of the level of glycemia, glucosuria (if they are normalized) and the absence of acetonuria.

Recommendations for the use of herbs for diabetes:

any plant or herbal mixture must be approved by the attending physician or herbalist, who takes into account the form of diabetes, the individual characteristics of the human body and some other aspects;

treatment with herbs should be carried out in courses; interrupting therapy is not recommended; a good effect can only be achieved with regular use of natural medicines; before a course of therapy, it is necessary to carefully study the composition and contraindications of herbs; if even minor side effects occur, treatment should be immediately canceled;

When buying herbs in pharmacies or stores, you must definitely pay attention to the expiration date of the herbal medicine, and do not hesitate to ask for a license to sell medicinal plants.

When independently procuring raw materials, it is recommended to collect herbs in places far from roads, factories, and animal pastures. It is better to give preference to environmentally friendly places - forests, clearings, river banks. You cannot buy plants at the market, because when buying herbs from hand, there is no confidence in the quality of the products. In addition, when preparing medicinal material, it should be taken into account that many plants are very similar to each other.

It is advisable to use medicinal herbs in the form of spices, extracts, decoctions or infusions. Depending on the indications, it is advisable to use medicinal preparations, which, according to indications, include plants that have a choleric, diuretic, laxative, and sedative effect.

A group of tonic herbal preparations has a hypoglycemic effect - ginseng, ginseng, eleutherococcus, golden root. However, patients with arterial hypertension should take these drugs with caution and under blood pressure monitoring.

The most commonly used herbal remedies in the treatment of diabetes are:

Common blueberries (decoction of leaves and berries), wild strawberries and lingonberries are also used, liquid extract from bean pods, infusion of walnut leaves, decoction of crushed burdock root, decoction of elecampane, decoction of goat's rue.

In addition to the listed plants, the following have hypoglycemic properties:

stems and leaves of horsetail, stinging nettle, dandelion leaves, periwinkle, marsh cudweed, lettuce, black elderberry, mistletoe, chicory, eucalyptus, barberry, St. John's wort, blueberry, vetch, knotweed, rowan berries, white and black mulberries, blackberries, flowers of corn, linden, roots of astragalus, celery, peony, onions, garlic and others

We offer the following cereals

Flaxseed porridge “diabetes” Ingredients: Buckwheat, flaxseed flour, Jerusalem artichoke, oat flakes, barley, onion, amaranth leaf, ground burdock root, salt, cinnamon, turmeric.

Peculiarities:

Improves carbohydrate metabolism in cells

Useful for overweight

Normalizes the functioning of the liver and pancreas

Preventing complications of diabetes

Porridge "Longevity"

Ingredients: wheat, sprouted oat bran, flax, amaranth, milk thistle, silicon

Porridge "Amaranth"

Ingredients: wheat, amaranth, flax

Porridge "Himalayan"

Ingredients: green buckwheat, flax, milk thistle

Porridge "Talkan"

Ingredients: product from sprouted and roasted grains of wheat, rye, oats, barley.

Components used:

Wheat. Source of minerals, contains a full complex of vitamins B, E, biotin, allantoin

Oats. Source of amino acids: tryptophan and lysine. Rich in essential oils, B vitamins, carotene.

Rye. A source of carbohydrates, proteins, fats, enzymes, ash and other substances.

Barley. Stimulates the intestines, is effective in combating constipation, cleanses the body of toxins, waste, normalizes blood sugar levels, helps with obesity. **Contains:** amino acids, carbohydrates, fiber, zinc, magnesium, manganese, chromium, iron. The most useful cereals for Buckwheat, oatmeal and pearl barley are considered diabetes foods. Peas and brown rice are also beneficial.

OMEGA 3 oils for diabetes

Ingredients: rose hips, galega officinalis, golden root (*Rhodiola rosea*), dandelion root, blueberry shoots, ginseng, fructose. OILS

Taking OMEGA 3 oil for diabetes – 4 weeks (on average 3 bottles).

Ingredients: unrefined edible flaxseed oil, plant extracts of burdock, licorice, sea buckthorn, calamus, chaga, fireweed (fireweed).

It turned out that when infused with flaxseed oil, the “stomach” medicinal plants that have long been known and well studied in herbal medicine act much faster and more effectively. Flaxseed extracts of these plants are included in the Omega 3 oil for diabetes.

Jerusalem artichoke: can be eaten raw, cut into strips or grated. It can be baked without peeling, like a jacket potato, or you can pre-peel it with a housekeeper knife. If you buy Jerusalem artichoke at the market - “in the ground”, you must first wash it using a sponge or a special brush. Then cut into pieces, slices, as you need according to the recipe. And that’s it – cook to your heart’s content!

Materials and research:

Arfazetine

The most famous and widespread official herbal collection, produced in Ukraine and used in the form of a decoction, is arfazetine, which contains:

blueberry shoots - 0.2 grams,

beans - 0.2 grams,
high zamanikha roots - 0.15 grams,
horsetail stems - 0.1 grams,
chamomile flowers - 0.1 grams.

Let's get to know each other better. The drink or decoction is light in color. It smells of a light herbal aroma. The taste is bitter with a sour aftertaste.

Let's look at the composition;

Beans - *Phaseolus vulgaris* - are not only a valuable protein product, but also a healing agent. Bean shells contain many B vitamins, microelements (iron, zinc, copper and potassium), easily digestible proteins and carbohydrates. The presence of iron in bean leaves helps increase resistance to infections. A large amount of sulfur allows you to take the leaves of this plant for diseases of the skin, bronchi, intestines, and rheumatism. The cleansing properties of beans are associated with the ability of its peel to have a diuretic effect. Beans also have an antimicrobial effect, so they are used for pulmonary tuberculosis, for the prevention of tartar and periodontal disease. This plant of the legume family is an indispensable element of dietary nutrition. It is especially useful to eat beans for kidney disease and heart failure. You can also include this dish in your menu if you have increased nervousness or diabetes.

Blueberry shoots have an astringent, anti-inflammatory, hypoglycemic, bactericidal and diuretic effect, relieve eye fatigue and improve visual acuity, help with diarrhea, diabetes, anemia, urolithiasis, and relieve pain from rheumatism.

Horsetail is a herb that has a diuretic and anti-inflammatory effect. The therapeutic effect is evident from the first day of administration and is observed throughout the entire period of treatment. Horsetail infusions are used as a diuretic for edema, anti-inflammatory for inflammatory processes of the bladder and urinary tract, hemostatic, restorative, wound healing and astringent. They help with heart failure and improve water-salt metabolism.

Chamomile flower heads are rich in matricin, a source of chamazulene, which gives the essential oil its blue color and provides various medicinal properties. Chamazulene accelerates tissue regeneration, has anti-inflammatory and antiallergic effects, and is partially destroyed when boiled. In addition, the essential oil of the plant includes glycosides of oleic, palmitic, stearic, linoleic acids, as well as gums, mucus, flavonoids, coumarins, carotene, vitamin C. Microelements are represented by potassium, copper, zinc, selenium

High tincture of zamanikha, similar in effect to ginseng tincture [5], is used as a stimulant for various forms of asthenia, depression, hypotension. The main biologically active substances are saponins: echinoxosides, lignans, essential oil, coumarins, flavonoids.

10 patients with type 2 diabetes mellitus were offered the use of the "ARFAZETIN" collection, 1 sachet 3 times a day, 30 minutes before meals for seven days. After weeks of use, a conversation was held with these patients. Patients spoke about improved well-being, decreased blood sugar, decreased thirst and increased frequency of urination. They were given advice that these collections are freely sold in pharmacies, are convenient to use, have a positive effect on other organs, and this collection can be used unlimitedly and for a long time. But in any case, be sure to take it as prescribed by your doctor. This tea is good to take in the initial stages of diabetes mellitus and type 2 diabetes mellitus, since this collection is a medicinal plant and has no side effects.

Diet is a very important point in correcting pathology, so it is necessary to exclude all foods containing glucose, alcoholic beverages, various additives, and sweet fruits. It is recommended to take products with sweeteners - in supermarket departments there are products for diabetics with xylitol, sorbitol, fructose and other types of glucose substitutes. It is especially important to control the amount patients eat while taking insulin - all foods are converted into bread units, and a special schedule for eating and taking the drug is drawn up.

It is also important to ensure healthy physical activity - regular exercise, walks in the fresh air and an active lifestyle reduce the risks of developing complications. **Conclusion:** Following general lifestyle recommendations, a balanced regimen of physical activity, and weight control can help lower blood sugar levels even without taking medications. It is important to be outside often, consult a doctor about exercise at home or in the gym, try not to be nervous and avoid excessive stress.

Warning.

We must not forget that medicinal plants are used exclusively as an auxiliary therapy. Herbs only complement the treatment prescribed to the patient by the doctor. Refusal of basic therapy can provoke life-threatening and health-threatening consequences

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