

Sweet News for Diabetics

Medicinal Herbs May Replace Diabetes Medication without Side Effects

By Morning: Spirit: Wolf-D.R.M.



A new study from researchers at University of Mississippi's School of Pharmacy where they conducted extensive analysis of medicinal plants proved that herbs can replace medications - now diabetes medications. They found that a number of herbs safely modulate cellular PPAR receptors – which means they help regulate glucose, insulin and fat metabolism. Oil slicks in the blood stream are a particular problem for type 2 diabetics.

The researchers screened extracts from a total of 263 species of herbs from 94 plant families. They found that eight of the extracts activated the PPAR α (Peroxisome proliferator-activated receptor – alpha) and 22 of the plant extracts activated the PPAR γ (Peroxisome proliferator-activated receptor – gamma).

Of these, five plant extracts activated both receptors. They were Daphne (*Daphne gnidium*), Star Anise (*Illicium anisatum*), Red Cedar (*Juniperus virginiana*), Haritaki (*Terminalia chebula*), and Thymelaea (*Thymelaea hirsuta*).

Among these, the Haritaki and Thymelaea were found to significantly stimulate both the PPAR α and PPAR γ receptor proteins, while inhibiting the process of adipogenesis – the process of fat cell expansion that results in a higher risk of obesity.

Haritaki and Thymelaea inhibited the process of fat cell expansion, while the Red Cedar and the Daphne actually reduced adipose (fat) cells - making them potential remedies for obesity reduction.

The big news is the ability of these herbs to activate the PPAR α and PPAR γ receptors - giving them the ability to help diabetic's process insulin better. How so?

What are PPAR α and PPAR γ receptors?

The PPAR α receptor facilitates insulin reception – the ability of the cell to attach to insulin, and thus utilize glucose. If the cell does not receive insulin (bind onto receptors) properly, the cell cannot adequately absorb glucose – leaving glucose free in the bloodstream. Free glucose has been tied to a variety of ill effects, including artery damage, obesity and heart disease.

Meanwhile, the PPAR γ protein decreases the risk of the cell becoming resistant to insulin.

This means that increasing the availability of the PPAR γ and PPAR α proteins allows cells to better attach insulin and receive glucose more appropriately.

The trick however, is that stimulating these two proteins pharmaceutically also typically comes with stimulating the proliferation – expansion – of fat cells, among other ill effects, such as heart disease.

Viable Alternatives to Chemical Diabetes Control - without the risk

This is in fact one of the issues for the popular diabetes drug Rosiglitazone, along with other side effects. The drug – branded as Avandia by GlaxoSmithKline – has been the subject of negative panel reports - including one from the European Medicines Agency, which advised the drug be removed from the market. Research has estimated the drug causes up to 500 heart attacks and 300 heart failures a month in the U.S.

Meanwhile, medicinal plants such as Haritake have no known negative side effects to their ability to decrease insulin sensitivity and glucose regulation. Haritake is part of the famous Ayurvedia trifecta known as Triphala – which has been used in Ayurveda as a digestive aid and blood sugar regulation agent.

Research from China's Sichuan University confirmed this last year when it found Terminalia chebula fruits able to reduce and balance blood sugar levels.

And new research from Italy has found the Haritake's polyphenol content make it anticarcinogenic to boot.

Combining these medicinal herbs with abundant amounts of vitamin C (Grass-C or Catie's Whole Food vitamin C powder www.iNeedHerbs.com), which scavenge sugar from blood

serum and put it to work in the body cells, you have a winning combination of nature's answer to the biggest growing man made problem – diabetes. You don't have to be a statistic in a world where both the CDC and the WHO are proclaiming that by the year 2020 one in every two people will have diabetes.

The Prevention

Eat Peak Frequency Foods, drink plenty of water, surround yourself with live plants that provide better quality air to breathe, take daily B-Complex with potassium to reduce stress and prevent bacterium, alkalize your body with thyme tea, use lecithin to absorb fat in blood serum, take 2 Tbsp of extra virgin olive oil and ½ avocado daily, and use plenty of Real Salt on your food and you've got the prevention for over 80% of all dis-ease – not just diabetes.