

NATURAL REMEDIES FOR DIABETES



Home Remedies and Natural Treatments for Diabetes

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Special Offer:



“People take ownership of sickness and disease by saying things like MY high blood pressure MY diabetes, MY heart disease, MY depression, MY! MY! MY! Don’t own it because it doesn’t belong to you!”

Stella Payton

Understand Diabetes and Its Effective Natural Treatment

Diabetes occurs when the body does not produce insulin, a hormone that is needed to convert sugar, starches and other food into energy for daily life requirements. It is still a mystery the cause of diabetes although genetically and environmentally influence such as not enough exercise and obesity play a role.



To understand diabetes, it is good to learn something about pancreas, the long and thin situated behind our stomach. Pancreas is responsible for regulating the body's use of glucose. It has two main functions: firstly to produce pancreatic endocrine hormones which assist in regulating our metabolism and secondly to produce pancreatic digestive enzymes. When the blood glucose levels begin to rise, it is insulin's job to push muscle and fat cells to absorb whatever glucose they need for future activities whereas any surplus will store by the liver. There are some individuals either do not produce enough insulin (Type 1 diabetes) or their body resists whatever insulin is produced (Type 2 diabetes), thus an outside source production is necessary. Either way, the result is the same. Type 1 or also know as juvenile-onset diabetes, typically affects

children and young adults and is genetically-linked. Type 2 which also known as adult-onset diabetes occurs in adults and is linked to obesity. Symptoms of both types include blurred vision, fatigue, frequent, bladder infections, increased appetite, increased thirst, increased urination, nausea, skin infections, vaginitis and vomiting. If not treated, diabetes type 1 and 2, can cause blood vessel damage, gangrene, heart attack, kidney damage, nerve damage, stork and vision problems.

How Glucosium Can Help: Glucosium is a popular diabetes treatment of natural ingredients which can help control blood sugar, stimulate your body's insulin production, limit nerve damage and much more. This revolutionary supplement has shown amazing benefits for people with diabetes, as well as preventative properties for those who are exposed to a higher risk for diabetes. Last advice: do exercise, eat right and supplement your body with the proper nutrients that help your body to produce the insulin it was supposed to have.

Let me show you the Exact Method that Reversed my Diabetes.



Before



After

[Check out my transformation here..](#)

8 Signs of a Diabetes Symptom

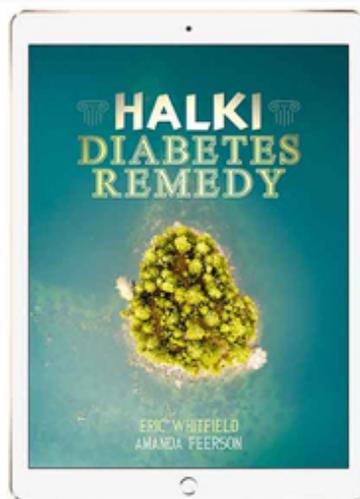
If you have two or more of these pre-diabetes symptoms you should seriously consider getting yourself checked out:

- 1) If you find you are excessively thirsty, not just after extreme exercise or hot weather.
- 2) You seem to constantly have a dry mouth - even if you've just had a drink.
- 3) You find you are having to urinate frequently.
- 4) You have unexpected weight loss or gain (even though you may be constantly hungry and eating well. Of course you may be eating the wrong things which would probably make your pre-diabetes symptom worse).
- 5) You feel lethargic. You always feel as if you've got no energy; you are weak and tired all the time.
- 6) Sometimes your vision is blurry - be careful, untreated eye problems caused through diabetes can lead to blindness. You should have regular eye checks, especially as you get older because your eyes can be the early warning signal for many diseases – not just diabetes.
- 7) You have cuts or sores or bruises (especially on your feet) that are slow to heal.
- 8) If you experience excessive itching or soreness in the genital area or yeast infections (which can be misdiagnosed as thrush) it may be a sign of too much sugar in your urine.

RISK FACTORS

There are different types of diabetes; pre-diabetes, type 1, type 2, gestational and maturity onset. And, dependent upon your age, lifestyle and family history you may be more susceptible to developing diabetes.

DISCOVER THE 60-SEC HABIT THAT REVERSED MY DIABETES AND MELTED AWAY 56LBS OF FAT

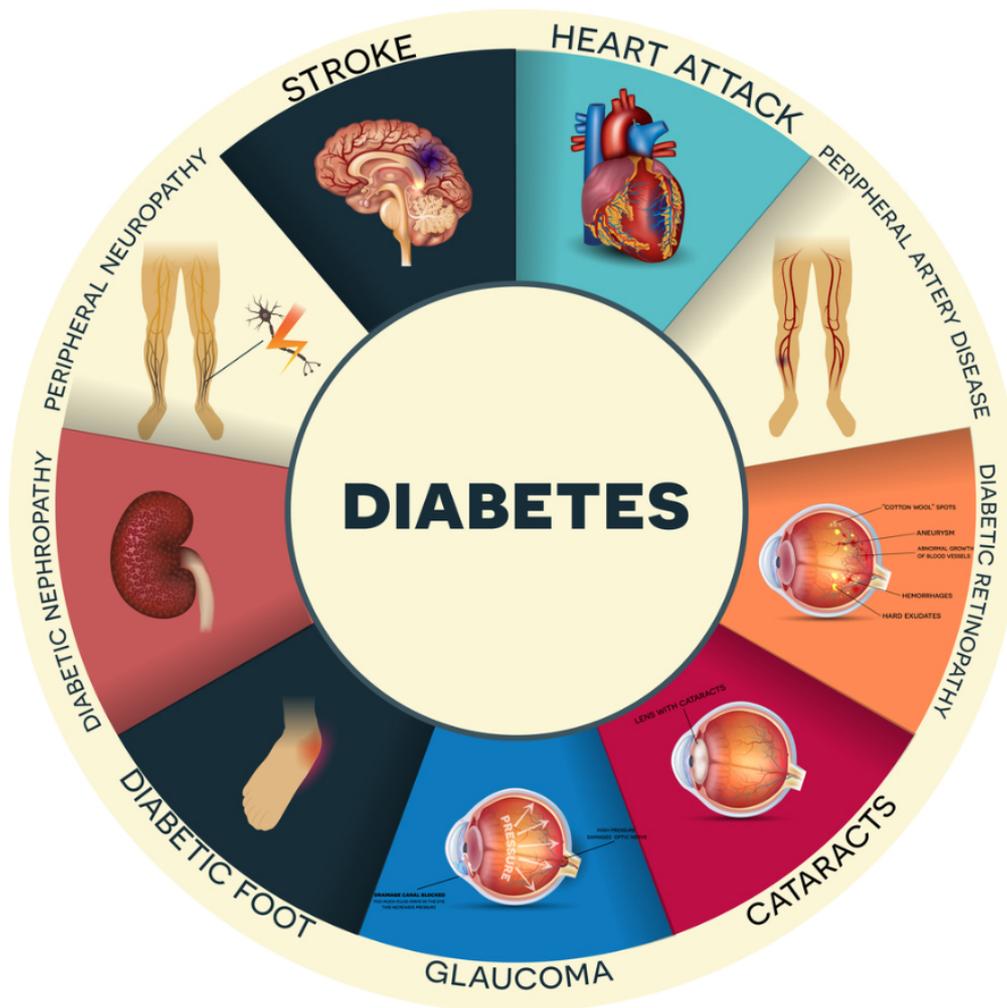


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You may be more prone to developing diabetes if any of these factors apply to you:

- 1) Your family background is African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino.
- 2) You have a parent, brother, or sister with diabetes.
- 3) You are aged over 45 and are overweight you might be at risk of diabetes type 2.

- 4) You have had gestational diabetes or have given birth to a baby over 9 pounds in weight.
- 5) You have high blood pressure.
- 6) Your cholesterol levels are not good.



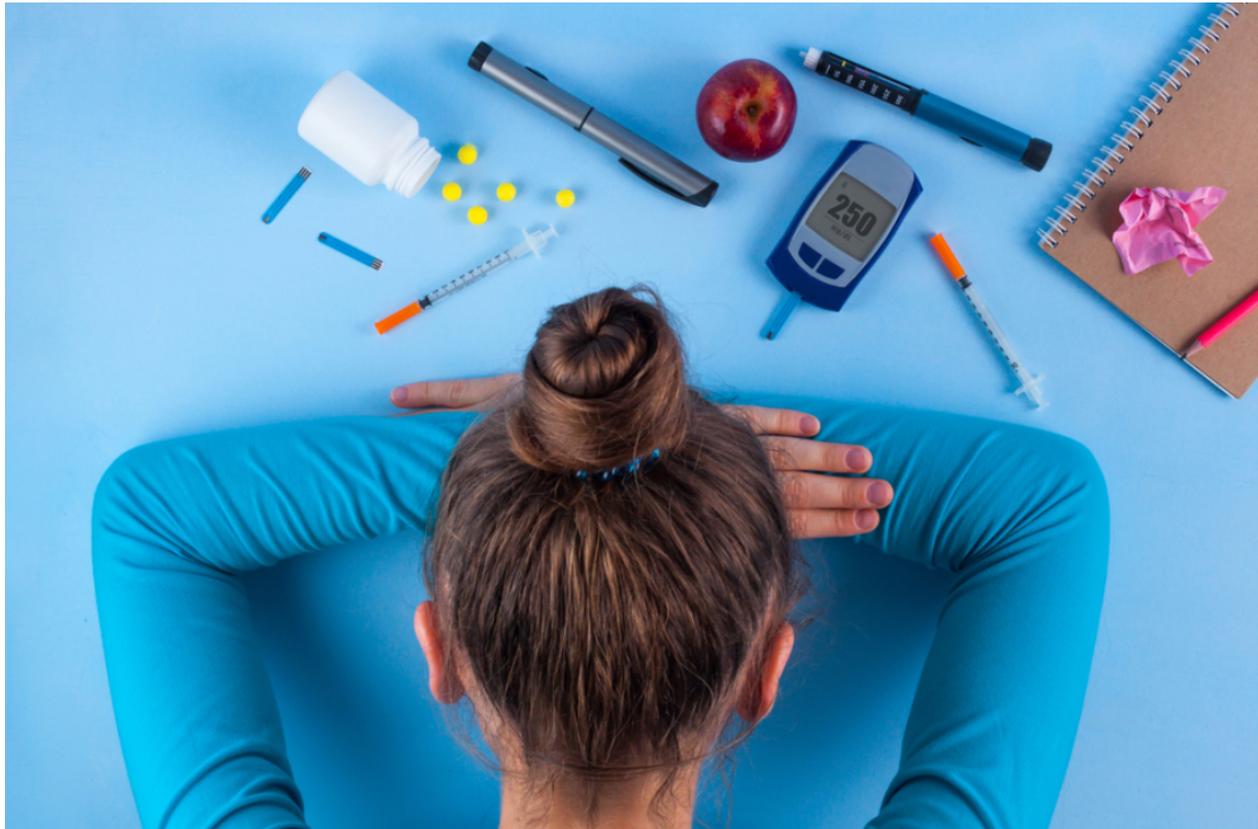
Diabetes and Its Management

Diabetes is one of the most costly burdensome chronic diseases of our time and is a condition that is increasing in epidemic proportions in the whole world. The complications resulting from the disease are a significant cause of morbidity and mortality and are associated with failure of various organs such as the eyes, kidneys and nerves. Diabetics are also at a significantly higher risk for coronary artery disease, peripheral vascular disease and stroke and they have a greater likelihood of having hypertension, dyslipidemia and obesity.

What are the different tests for Diabetes?

Urine Test: Some chemicals are added to a few drops of urine. Color change indicates presence of glucose in urine.

Blood Test: In this, blood is taken to test the glucose level. This is more accurate test to confirm diabetes.



Which parts of my body are affected by Diabetes?

Blood Vessels: Higher level of glucose damage the blood vessels. As a result of this most of the diabetic complications occur in blood vessels.

Heart: Diabetes affects the heart by: Increasing the amount of fat in blood and increasing the amount of homocysteine in blood.

Kidney: In diabetes because of increased levels of glucose, kidneys have to do extra work to retain essential substances and separate

waste products to produce urine. This affects the small blood vessels and their capacity to filter. After many years of work, it leads to kidney failure.

Eyes: Diabetes affects blood vessels of the eyes. Damage to these blood vessels leads to eye problems like: Damage to retina, Cataract or total loss of vision

Foot: Damage to blood vessels reduces blood flow to the feet and increases risk of developing foot ulcers and infections.

Nerves: High glucose level for a long time damages nerves. Nerve damage reduces sensation in some parts of body which may lead to: Numbness and tingling, Fainting and dizziness

THE WORST VEGETABLE !!

I'll show you one common vegetable most people eat almost every day, that's infected with a nasty toxin that's making your diabetes worse, not better...

[Click Here...](#)

Why Knowing Your Body Mass Index Can Help You Fight Diabetes

This is how staggering the rise of obesity has become: according to the Surgeon General's office, the number of obese or overweight adults in this country is 50% higher than it was just a decade ago. Recent studies have projected that 1/3 of the children born in 2000 will develop Type 2 Diabetes, which was once commonly referred to as adult-onset diabetes and is primarily driven by excessive weight. And perhaps most unsettling of all: over the last ten years the number of deaths directly related to obesity-inspired diseases has increased by 33%.

Obesity contributes to diabetes, heart disease, and strokes. Diabetes leads to an increased risk of heart disease, blindness, limb amputation, and kidney problems. The close relationship between

excessive weight and diabetes is undeniable. Which is why it's so important for those who are either pre-diabetes or have been diagnosed with Type 2 Diabetes to monitor their body mass index.

What is your body mass index (BMI)?

It's an easily calculated number which tells you the percentage of your of body weight that consists of fat. Although this number is not 100% on-the-money perfect, especially when the calculation is based solely on height and weight, it's a good ball park figure. Certainly good enough to use as a guide if you're trying to lose weight. Other factors that are normally taken into consideration are sex and age.

The most accurate way to determine your body mass index is by working with your doctor. Not only can he offer you some additional insights into the meaning of the number, he can advise you on how best to start losing weight.



However, if you'd like to get a quick peek at where you fall in the BMI scale, there are a number of online calculators you can use. The quickest path to a calculator is by doing a search for the term "BMI" or "body mass index." Either will do. But if you're in even more of a hurry, can try one of these:

- [The National Heart, Lung and Blood Institute](#)
- [Centers For Disease Control and Prevention](#)

After you've determined your BMI number, you'll want to know what it means. As a rough guideline for adults a BMI of less than 20 implies underweight, over 25 is overweight, and over 30 is obese. For a more specific idea of where you fall in the index, the National Heart, Lung and Blood Institute provides a complete Body Mass Index Table for your convenience. You can [find it here](#).

The bottom line: if you're overweight, you're in danger of developing diabetes. This dreadful disease is nearly silent, yet it can cause kidney failure, heart damage, strokes, even the loss of limbs to amputation. This is why it's so important to keep a close eye on your weight and particularly your body mass index.

Home Remedies for Diabetes

The best remedy for this disease is the bitter melon, better known as 'karela'. Eat this vegetable as often as you can or have at least one tablespoon of karela juice daily to reduce blood sugar levels in your blood and urine.



Amla, due to its vitamin C content is effective in controlling diabetes. A tablespoon of its juice, mixed with a cup of fresh bitter-gourd juice, taken daily for two months will secrete the pancreas and enable it to secrete insulin.

Take ten **Tulsi** leaves, ten neem leaves and ten belpatras with a glass of water early morning on an empty stomach. It will work wonders in keeping your sugar levels under control.

The leaves of **Butea** tree are very useful in diabetes. They reduce blood sugar and are useful in glycosuria.

Take two teaspoons of powdered **Fenugreek** seeds with milk. Two teaspoons of the seeds can also be swallowed whole, daily.

Eat 10 fresh fully grown **curry leaves** every morning for three months. It prevent diabetes due to heredity factors. It also cures diabetes due to obesity.

HOW YOU CAN COMPLETELY REVERSE THE DIABETES



[Click Here](#)