

# DIABETES

## HERBAL TEA INGREDIENTS:

**BILBERRY** - a relative of blueberry, is commonly consumed as a tea and contains among the highest quantities of antioxidant anthocyanin compounds. Bilberry extract was found to have blood sugar lowering properties, in a study published in the March 2010 issue of the "Journal of Nutrition." In the study on laboratory animals, bilberry extract significantly reduced blood sugar levels and increased insulin sensitivity by promoting transport of glucose from the blood into muscles and by suppressing glucose and lipid production in the liver.

**BLUEBERRY LEAF** - Is used to balance blood sugar levels.

**ALFALFA** – Helps with assimilation of all vitamins and mineral.

**FENUGREEK** – A primary blood sugar regulator.

**DEVIL'S CLAW** - A primary blood sugar regulator.

**CINNAMON** - Cinnamon stabilizes blood sugar by regulating glucose transportation and decreasing insulin levels, according to a study published in the November 2010 issue of the journal "Phytomedicine."

**BERBERRY ROOT** - has a remarkable effect on blood sugar control.

**GYMNEMA** - increases the amount of insulin in the body and increases the growth of cells in the pancreas, which is the place in the body where insulin is made.

**PEPPERMINT** – Used just to make it taste yummy.

**ELETHEROU** - To establish circulation to the feet and toes.

**UVA URSI** - To help rid the body of sugar without depleting potassium. Aids the kidneys.

**STEVIA** - To help rebuild & strengthen the pancreas for insulin production.

**NOTE: Taking this tea along with insulin might cause your blood sugar to be too low. Monitor your blood sugar closely. The dose of your insulin might need to be changed.**



*"Herbs that work!"*