Natural Remedies for Diabetes

By bestfolkmedicine · 09/11/2018 · 2 min read

Due a cure for diabetes has not yet been found, diabetics can successfully control their sugar levels with the help of powerful natural cures. Sadly, the number of patients diagnosed with type 1 or type 2 diabetes is constantly on the rise, not just in the U.S., but elsewhere too. It can be caused by bad diet habits, genetics, or some other issues.

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Types of Diabetes

Type 1 diabetes happens when the body is unable to produce enough insulin and it is the more common form while type 2 occurs when the insulin produced is not properly used by the body due to an insulin resistance. Insulin is produced by the pancreas. The most common signs of this growing health issue are tiredness, thirst, loss of weight, etc.

Holistic Cures for Diabetes

Cinnamon

First, boil a liter of water and once it boils, add 3 tbsp of cinnamon powder. Cover the content and leave it to simmer for 15 minutes. Then, strain the content and drink the mixture twice per day. It will balance your sugar levels and prevent sugar spikes or crashes.

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Mango leaf tea

Soak dried mango leaves in a cup of water overnight and then in the morning, strain the mixture and drink it to alleviate diabetes symptoms and treat hyperglycemia.

Fenugreek seeds

Soak 2 or 3 tbsp of fenugreek seeds in 250 ml of water and leave it overnight. Strain the juice and drink the liquid to control the blood sugar levels.

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Aloe vera

Though it has a bitter taste, when combined with buttermilk, its taste is much better. Because of its anti-inflammatory characteristics, it can help you regulate your blood sugar levels.

Jamun

Together with its leaves, jamun is considered to be a potent remedy against diabetes. The recommended daily amount that will enhance your blood sugar levels is 100 grams.

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Foods abundant in vitamin C

According to newest studies, around 600 mg of vitamin C per day can better your blood sugar. If you are a diabetic, make sure you consume these foods on a daily basis. Opt for oranges, blueberries, tomatoes, etc.

Check the video below to learn more about natural diabetes remedies:

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