



Since the ancient times the herbs for diabetes, have resulted worthy when it comes to blood sugar control.

The natural remedies for diabetes guide

The natural remedies for a better diabetes management

By www.all-about-beating-diabetes.com

If you have spent some time on my website, **beat diabetes naturally**, you know that beating your diabetes may require more than drugs.

Some natural remedies do play an important role without any side effects.

I created this guide to help you to choose the right natural remedies as you embark on your beating diabetes naturally journey.

This book is divided into two parts.

The first part will help you with natural herbs remedies. It tells you the best natural choices you may choose.

The second part is an overview of vitamins and minerals that can help.

It will show you how to take care and provide various sources for the basic natural remedies.

Warning: you should always be in contact with your doctor to adapt the use of these natural remedies to your individual body needs. This e-book is a general guide, and does not substitute any advice taken by your physician.

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I have created this book in a PDF format, so it would be very easy for you to distribute (just save as to your computer and attach to an e-mail or upload to a website). Alternatively, you can just send people to....

<http://www.all-about-beating-diabetes.com/support-files/natural-remedies-for-diabetes.pdf>

Are you ready?

Let us get started!

The natural remedies with diabetes herbs

The natural remedies with diabetes herbs guide, will be an essential chore when you try to lower high blood sugar levels, but you don't know how to do this.

Below you will find some tips on what to look for and what natural remedies to find when trying to lower your blood sugar naturally.

This guide will help you select the best natural remedies for your condition.

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1. Bitter melon

Similar alternative names: Bitter gourd, Karela, Mormodica Charantia.



Special tips:

- 1) Drink bitter melon juice in an empty stomach to have better benefits.
- 2) You can have a nice tea with boiled fruits or leaves.
- 3) Other alternatives can be its dried seeds powder on your dishes
- 4) Alternatively, if you like its bitter taste, you can prepare a delicious salad mixed with other herbs or bitter gourd alone.
- 5) Dietary supplements are a [good source of its extract](#).

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2. Cinnamon

Similar alternative names: Cinnamomum Verum,
Cinnamomum Zeylanicum

Special tips:

- 1) Add cinnamon powder in the dishes you would like to have its taste.
- 2) Just prepare a cinnamon tea putting a cinnamon stick into a cup of boiled water.
- 3) Alternatively, you can prepare a coffee or tea or any juice and add cinnamon powder in them.
- 4) Other alternative you have is to take dietary supplement containing [cinnamon](#) extract.



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3. **Gymnema sylvestre**

Similar alternative names: Gurmari,
Gurmarbooti, Gurmar periploca, Meshasringa.



Special tips:

- 1) You can prepare a special tea by boiling its [leaves](#).
- 2) Can mix up with other herbs and have a unique salad.
- 3) Alternatively, if you cannot manage to do so, go for a dietary supplement, which has its extract.

4. **Banaba**

Similar alternative names: Lagerstroemia speciosa, “botanical-insulin”, “plant-insulin”

Special tips:

- 1- You can take mixed with other herbs



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- 2- Alternatively, use diabetes supplements that contain its extract.
- 3- Be sure not to take excessive amounts of [banaba](#) to avoid hypoglycemia problems.

5. Fenugreek*

Similar alternative names: Fenugreek seeds, Trigonella foenum-graecum

Special tips:

- 1- You can take its ground seeds by mouth. You may prepare dishes with them. Alternatively, you may have a delicious tea.
- 2- On the other hand, you can use them to prepare a paste, which can apply to the skin. This is when you use it for skin diseases and inflammations.



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- 3- Careful if you are **pregnant**, do not use it because it stimulate the childbirth.
- 4- Other source is by taking a supplement containing its [seeds extract](#).

6. Green tea

Similar alternative names: its extract derives from Camellia sinensis plant.



Special tips:

- 1- You can prepare a delicious green tea any time during the day. Maybe you can use some diabetic sweeteners.
- 2- Actually, there is still a discussion on how many cups can you drink. From some of researches results, people who drink more cups a day, have better benefits than those who drink just few.
- 3- A great choice will be a supplement containing [green tea extracts](#) too.

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7. Garlic

Similar alternative names: Allivum Sativum



Specific tips:

- 1- You can accompany your dishes adding raw [garlic](#).
- 2- Alternatively, you can use its flowers, leaves, bark, fruit, seeds, stems, roots for giving flavor to your foods.
- 3- In case you cannot stand its odor, you can take it with diabetes supplements or any other supplements containing its extract.

8. Cayenne

Similar alternative names: Guinea pepper; Bird pepper



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Special tips:

- 1- Usually it is a red [dried chili pepper](#). In addition, you may use it to flavor your dishes.
- 2- Some people use to make a cayenne drink. However, since it is very hot and your stomach and bowels cannot stand it.
- 3- You may find its extracts in any diabetes supplements.

9. Yarrow Leaf

Similar alternative names: Achilea millefolium



Special tips:

- 1- You can prepare a delicious tea from its leaves extracts.
- 2- Just use a diabetes supplement that contains its leafy extract.

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10. Juniper Berry

Similar alternative names: Fructus Juniperi, Pseudofructus Juniperi, Baccae Juniperi



Special tips:

- 1- You can prepare a delicious tea. You can add one cup of boiling water to one tablespoon of juniper berries. Then cover them, and allow the berries to steep for 20 minutes.
- 2- Just take one diabetes supplement that contains its extract.

11. Licorice

Similar alternative names: Licorice, Yashtimadhu, Mithi-lakdi, Mulathi, Liquorice, sweetwood, Atimadhuram, Erattimadhuram, Liquorice



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Special tips:

- 1- You must know that mostly used are its **roots**. Thus, you can use them as powder as flavoring.
- 2- On the other hand, you can just prepare a tea from its roots cut and take 2 times a day.
- 3- Other alternative can be by using a diabetes supplements, which contains its extracts.

12. Huckleberry

Similar alternative names: Vaccinium myrtillus

Ericaceae

Special tips:

- 1- You can eat its delicious fruits fresh or dried.
- 2- Another alternative could be preparing a tea from its leaves.



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3- Alternatively, you can take a diabetes supplement that contains its extracts.

13. Guggul *

Similar alternative names: Commiphora mukul; Indian Bedellium

Special tips:



- 1- Choose [guggul](#) supplement that uses only standardized extract. The standardized extracts contain only the active ingredients (beneficial ones) and not the toxic substances.
- 2- If you go for a multi-ingredients supplement, choose the one that is scientifically formulated. This avoids the adverse interactions of the supplements.

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- 3- Be sure that your product is produced in a pharmaceutical GMP facility. This can ensure that you are getting the amount of ingredients stated on the label.
- 4- Make sure that your product does not contain any fillers or additives (sugar, starch, silica, gluten or any flavoring or colorings).
- 5- Moreover, the most important find the most confident Manufacturer. I highly appreciate those dedicated to excellent customer support.

14. Black Cumin

Similar alternative names: Bunium persicum

Specific tips:

- 1- You may cook its seeds (or fruits). They have dark brown color and a slender crescent shape.



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- 2- Before cooking its seeds you may not like the earthy and heavy aroma, but when you cook them the taste you get is nutty.
- 3- In Kashmir its roots can be eaten and used as vegetable. If you really like the taste, you can try it.
- 4- Any supplement containing its extract will be a great choice also.

15. Garcinia

Similar alternative names: Garcinia Cambogia, Citrin Camboge, Brindal Berry, Goricapuli, Hydroxycitric acid, Malabar Tamarind, HCA.



Special tips:

- 1- You can taste its sour flavor by eating its fruit.
- 2- Just choose a supplement, which contains its extracts inside.

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16. Pterocarpus Marsupium*

Similar alternative names: Bibla (Vijayasar or Bijasar), Indian Kino.

Specific tips:

- 1- Its English name of Indian Kino derives from its use to provide Kino. Kino is a dried liquid obtained by incising the trunk.
- 2- Kino is used in diarrhea – astringent.
- 3- You can use its gum for toothache.
- 4- Alternatively, can use its bark for heartburn, diarrhea, and to manage diabetes.
- 5- Another alternative could be its leaves for sores, skin diseases and boils.
- 6- It is amazing how its heartwood, a termite resistant and durable material is used over centuries to manage diabetes and hyperlipidemia.
- 7- Dietary supplements are another source for taking the extract of this plant.



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17. Milk Thistle*

Similar alternative names: Mary Thistle, Holy Thistle, Silymarin (milk thistle plus silybin), Silybum Marianum

Specific tips:

- 1- Since it is a plant, you can eat its seeds (fruits).
- 2- On the other hand, maybe you can prepare a delicious tea with its seeds.
- 3- Any dietary supplement, which contains its seeds extracts, is very beneficial too.



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18. Valeriana Wallichii

Similar alternative names: Valerian, Garden Valerian, Valeriana officinalis, Valeriana edulis, Valeriana sitchensis

Specific tips:

1- Parts that you can use are its roots and rhizome.

Thus, you can prepare tea from these parts.

2- If you do not like its spicy, bitter taste, you can take dietary supplements from these parts extracts.

3- **Remember:** Valerian is used for its sedative effects and can interfere with other drugs action. Talk with your doctor for any possible drugs interactions.



Is it enough? Do you think you are messed up with all those herbs? There are always alternatives in our life. You need just to pick them. So, if you are tending to lower blood sugar naturally by using these herbs, [click here to find out a mixture of all the above herbs and see if that works for you.](#)

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Vitamins and Minerals

Besides the herbs as part of your natural 'army' against diabetes, vitamins and minerals are also essential and balancing factors.

I am mentioning below the basic vitamins and minerals that your body needs, especially when you are diabetic. Fruits and vegetables are the main source of vitamins and minerals.

One other way you may find them is by taking a dietary supplement.

Remember: Do not over exceed the amount taken daily, because this can harm you. Always be in contact with your doctor to decide for the ones suitable to your condition.

Once again, these are only basic concepts. Do not exclude the advices of your physician!!!

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1. Chromium

Active form in foods and supplements: chromium picolinate, [chromium polynicotinate](#), chromium chloride, chromium-enriched brewer's yeast

Special tips:

- 1) You can take it by eating **fresh** foods: mushroom, broccoli, beans and lentils.
- 2) Go for **whole grain** foods – they contain trace amounts of chromium too.
- 3) **Other** food sources can be meat (lean beef), molasses, eggs, dairy products.
- 4) Any supplement for diabetes or with vitamins and minerals.
- 5) Be sure the amount intake would not be higher than **150 micrograms a day**.

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2. Alpha Lipoic Acid

Special tips:

- 1- Your own body is the **main source** of alpha lipoic acid. It is true every single cell of your body contains it due to its antioxidants activities.
- 2- **Another food** sources can be meat, liver (organ meat), and yeast (especially brewer's yeast).
- 3- Of course, dietary supplements are another additional source of it.
- 4- If you are **diabetic**, you can go for 800 mg per day. However, if you need as a **general antioxidant** support, go for 20 until 50 mg per day.

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3. Vitamin C

Similar alternative names: ascorbic acid

Special tips:

- 1- You can take [vitamin C](#) in richen fresh fruits and vegetables (broccoli, currant, sprout, tomatoes, cabbage, citrus fruits (lemon, orange), strawberries, cantaloupe, red peppers, parsley, and potatoes).
- 2- Another source of vitamin C is diabetes supplements.
- 3- Do not exceed the dose of 250 mg per day. If you need higher doses, consult your physician.

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4. Vanadium

Similar alternative names: vanadyl sulfate, Norse goddess, Freyja

Specific tips:

- 1- Food sources include cereals, corn, whole grain, snap beans, soybean, radishes, olives, mushrooms, meat, and seafood.
- 2- [Herb sources](#) are dill, parsley.
- 3- Dietary supplement are another source with the name of vanadyl sulfate.

5. Biotin

Similar alternative names: Vitamin H or B7

Special tips:

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- 1- Foods sources include egg yolk, liver, cereals, nuts and legumes.
- 2- Other natural source is your own intestinal bacteria, which is absorbed and contribute to your daily needs.
- 3- Dietary supplements are another source of biotin.
- 4- Be careful of the daily value of **300 micrograms** if you are taking any dietary supplement. Do not exceed it.

6. Vitamin E

Similar alternative names: Alpha tocopherol form meets human requirement

Specific tips:

- 1- Foods that provides vitamin E include nuts, vegetables (especially green leaf ones), seeds.
- 2- Other sources fortified cereals, soybean, canola, and corn.
- 3- Do not exceed the daily value of 20 mg per day.

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4- Dietary supplements are a significant source for that.

7. Magnesium

Other alternative names: magnesium oxide, magnesium sulfate, and magnesium carbonate.

Specific tips:

- 1- Food sources involve green vegetables (spinach); legumes (peas and beans), nuts, seeds and whole, unrefined grains.
- 2- Other source is tap water. Of course, it all depends on how hard the tap water is. The harder, the more amount of magnesium is in it.
- 3- If it is necessary, you can take dietary supplement with additional magnesium.

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8. Zinc

Similar alternative names: zinc citrate.

Specific tips:

- 1- Food sources include protein-rich foods, such as meat (beef, lamb, crabmeat, turkey, chicken, lobster, clams and salmon).
- 2- Other good sources are the dairy products: cheese and milk, yogurt, peanuts, yeast and beans.
- 3- Other food source include: wholegrain cereals, brown rice, whole wheat bread, pumpkin seeds and potato.
- 4- Dietary supplements are of course another good choice. Be careful **not exceed** the amount of **11 mg per day** (men) and **8 mg** per day (women).

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9. Taurine

Other alternative names: l-taurine

Specific tips:

- 1- Keep in mind that taurine is a non-essential amino acid. As such, it is manufactured from other amino acids in the liver.
- 2- Good food sources of taurine are red meat and fish, eggs, brewer's yeast, and other dairy products.
- 3- Other source can be dietary supplements.
- 4- The daily value varies from **500 to 2000 mgs per day**. In some special conditions, your physician could prescribe higher amounts till 6000 mgs per day. Careful: do not make your own deception on that.

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10. Manganese

Other alternative names: manganese citrate

Specific tips:

- 1- Good food sources of manganese include nuts and seeds, avocado, raisins, tea, pineapple, oranges, seaweed, dried peas, beans, whole grains, egg yolks.
- 2- Vegetables especially green leaf ones are a very good source, spinach, broccoli.
- 3- Other sources include herbs such as fenugreek, chamomile, dandelion, burdock root, alfalfa, ginseng, lemongrass, horsetail, parsley, wild yam, peppermint, raspberry, hops.
- 4- Dietary supplements are a good source also. And the safe daily value varies from 2.5 to 5 mgs per day.

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11. Molybdenum *

Specific tips:

- 1- Food sources for this trace mineral include whole grains, wheat germ, wheat, grains, peas, legumes, offal, beans, dark green leafy vegetables, and eggs, liver.
- 2- Dietary supplements contain the additional amount of molybdenum you need.

12. Myricetin*

Specific tips:

- 1- Food sources are berries, teas, wine, and vegetables.
- 2- Some herbs such as Myrica Ceriferaplant (bark and leaves) are a good source too.
- 3- Dietary supplements are a good and easy source of it.

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13. Piperine

Special tips:

- 1- Foods containing piperine include peppercorn plant (its spikes and oleoresin).
- 2- Other source includes the skin of the pepper berries.
- 3- Dietary supplements are a good source too. Be in touch with your doctor to get to know if you need additional piperine.
- 4- It is also present in pesticides, but in this case is very hazardous. Careful!

14. Quercetin

Similar alternative names: considered as phytoestrogen (a a plant substance with similar functions as that of estrogen).

Specific tips:

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- 1- Food sources for this flavoid include apples, green tea and black tea, onions.
- 2- Smaller amounts of quercetin you can find in green leafy vegetables and beans.
- 3- Its extract concentrate you may find in any dietary supplement.

15. Rutin

Similar alternative names: flavonoid

Specific tips:

- 1- Food sources include apple peels, black tea and especially buckwheat.
- 2- Other sources can be eucalyptus leaves, fruits and fruits rinds, citrus fruits and fruits rinds (lemon, lime, oranges, and grapefruit).
- 3- Dietary supplements are a good source of rutin extract.

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16. Inositol

Similar alternative names: a type of sugar related to glucose, phytic acid is the fiber component. Wheat germ, brewer's yeast, bananas, liver, brown rice, oak flakes, nuts, unrefined molasses, vegetables,

Specific tips:

- 1- Relevant food sources involve: brewer's yeast, brown rice, oak flakes, nuts, wheat germ, bananas, liver, vegetables, raisins, and unrefined molasses.
- 2- Your intestinal bacteria can liberate inositol from the phytic acid, found in the foods above.
- 3- Dietary supplements containing it can help you as a diabetic for the nerve damages. In your condition you have inositol imbalance.

17. Betain HCl

Specific tips:

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- 1- It's naturally produced by the parietal cells of your stomach. Thus, no food source exists for betain HCL.
- 2- You can only find in dietary supplements. Can use till 650 milligrams, with a meal that contains protein?

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