



Sugar Reg

Herbs and nutrients to overcome insulin resistance and balance blood sugar

SugerReg® was designed to promote and maintain normal-range blood sugar levels, activate cell glucose transporters, aid liver function and improve sugar metabolism. The formula combines the minerals chromium and vanadium with herbs that reduce cellular resistance to insulin and balance blood sugar levels.

When used in conjunction with dietary and lifestyle changes, SugarReg® can help stabilize blood sugar levels in diabetics. It can also be helpful for people with high insulin levels, a condition known as metabolic syndrome or metabolic syndrome X.

Many of the ingredients in SugarReg® also help to lower cholesterol and triglyceride levels in the blood. This means it can also be helpful in reducing the risk of heart disease. Diabetes increases the risk of heart disease, so this is another positive benefit of this blend.

Here are the ingredients that make this formula helpful for regulating blood sugar.

Chromium is found in many regular foods, including whole grains, spices, mushrooms, meat products, and many fruits and vegetables. However, due to the consumption of refined carbohydrates, many people are deficient in chromium, which can lead to problems regulating blood sugar. Chromium is essential to insulin and sugar metabolism, but it also helps prevent arterial plaque. Chromium is valuable in treating diabetes, prediabetes, polycystic ovary syndrome, corticosteroid-induced hyperglycemia, hypercholesterolemia (high cholesterol levels), dysthymic disorder and atypical depression. Chromium is also used to aid weight loss, increase muscle mass, decrease body fat, improve athletic performance and to increase energy.

Vanadium is next to Chromium on the periodic table. It is essential to blood sugar (glucose) metabolism and is often deficient in diabetics. This metallic element is naturally found in mushrooms, shellfish, black pepper, parsley, dill seed, grains and wine. One of Vanadium's most interesting qualities is its ability to mime insulin by initiating phosphorylation of insulin receptor proteins. Translated into understandable terms, this means it has an insulin-like effect in helping cells take up sugar. This ability makes vanadium helpful in treating both diabetes and hypoglycemia. Vanadium may also be useful in preventing cancer and treating hyperlipidemia, heart disease, edema, tuberculosis, syphilis and one form of microcytic anemia.

Cinnamon bark comes from the inner bark of a tree and has been used as a medicine and a spice for thousands of years. The Chinese used it for treating fever, diarrhea and menstrual problems. Recent evidence has shown that cinnamon reduces insulin resistance in cells, making it useful in treating diabetes.

Fenugreek seeds: Originally from the Mediterranean and North Africa, fenugreek has been used in Egyptian medicine for hundreds

of years. Fenugreek seeds act to reduce inflammation, stimulate digestion and lower blood sugar levels.

Bitter melon fruit is an old folk remedy for diabetes, in India. This melon works to normalize blood sugar levels to achieve overall normal body function. One of the constituents in bitter melon is the polypeptide gurmarin, which shows similarities to bovine insulin. Besides being helpful for diabetes, bitter melon is used to treat high cholesterol, H. pylori ulcers, intestinal gas, bloating, stomachache and intestinal parasites.

Gymnema sylvestre is found in the tropical forests of southern and central India. The plant's main constituents include triterpenoid saponins called gymnemic acids. When chewed, the plant blocks the taste of sweet on the tongue, making sugar taste like sand. It is believed that gymnema also inhibits sugar absorption from the intestines, which helps keep blood sugar stable. It has been used to treat diabetes in Ayurvedic medicine in India for thousands of years and studies have shown evidence of cellular regeneration and repair with type 2 diabetics who have taken the herb.

Nopal Leaves, commonly known as prickly pear cactus, were a major food for southwestern Native Americans and are still used as a food in Mexican cuisine. The succulent leaves of the nopal cactus contain fibrous polysaccharides (including pectin), fiber, vitamin C, betanin, and indicaxanthin. These properties give nopal its antiviral, anti-inflammatory, antioxidant and insulin sensitizing abilities. Nopal has a glycemic index of five, which means it does not spike insulin production when eaten as a food. Used as a medicine, it not only helps balance blood sugar in diabetics, it can also be helpful for hypercholesterolemia (high cholesterol), obesity, alcohol-induced hangover, colitis, diarrhea and prostatic hypertrophy.

Banaba leaf, known in the United States as crepe myrtle, is an attractive plant that grows in warm climates, originating from India, the Philippines, Australia, and East Asia. The leaves main constituents include ellagic acid derivatives, tannins, lagerstroemin, flosin B, reginin A, beta-sitosterol, stigmaterol, campesterol and some olefins. Banaba is utilized for its abilities to lower glucose levels. This anti-diabetic ability has made banaba a folk treatment for diabetes for years and studies are showing banaba's ability as a diabetes medicine today.

Recommended Use

Take one capsule three times daily with meals.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
The Complete Medicinal Herbal by Penelope Ody
<http://www.naturaldatabase.com>
http://en.wikipedia.org/wiki/Gymnema_sylvestre#Chemical_composition

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Target P-14

Targeted mineral and herb formula for diabetes

Diabetes is growing worldwide. It increases the risk of cardiovascular disease, damages the eyes and the nervous system and causes numerous other serious health problems. The most common form of diabetes is insulin-resistant or type 2 diabetes. In this form of diabetes cells become resistant to the effects of insulin, a hormone that moves sugar out of the blood and into the cells.

Target P-14 is a powerful blend of herbs and nutrients that help to overcome insulin resistance in type 2 diabetics, and can reduce insulin requirements in type 1 diabetics. It should be used along with appropriate diet and lifestyle changes and with proper monitoring of blood sugar levels.

The heart of the formula are chelates of chromium and zinc, bonded to the amino acids glutamine and leucine. Chelating the minerals to these particular amino acids targets them to the pancreas, where they aid in insulin production and utilization. Chromium, in particular, is a very important mineral both for producing insulin and for utilizing insulin at the cellular level.

These amino acid chelates have been combined in a base of fourteen herbs picked to help with diabetes. These herbs help strengthen pancreatic and liver function, improve kidney function and circulation, and overcome insulin resistance. This means the blend helps balance many of the problems associated with diabetes, as well as directly enhancing insulin production, and overcoming insulin resistance at the cellular level.

Here's a breakdown of what each of these fourteen herbs does.

Goldenseal root is one of the most important herbs in this blend. Clinical experience has demonstrated that goldenseal will dependably lower blood sugar levels. It appears to either overcome insulin resistance, or to have an insulin-like effect of its own. Goldenseal also has an anti-inflammatory effect, and appears to reduce some of the side effects of diabetes.

Slippery elm is a mucilaginous herb and mild food that soothes intestinal membranes. Being a source of dietary fiber, it helps slow the absorption of sugar from the intestines into the blood stream.

Juniper berries are an excellent diuretic. They enhance kidney function, and may have indirect benefits for diabetics. Kidney infections are common side-effects of diabetes.

Capsicum fruit is a major herb for enhancing circulation. Cardiovascular problems are one of the major problems associated with diabetes. Thus, it is very important for diabetics to have support for the circulatory system.

Uva ursi leaves have traditionally been used as a diuretic and antiseptic for the kidneys and bladder. However, a few herbalists, such as Edward Milo Millet, have also claimed uva ursi has a beneficial effect on diabetics.

Dandelion root is an herb that has a primary action on the liver. The liver is involved in the regulation of blood sugar because it stores sugar in the form of glycogen to be released later by another pancreatic hormone. Dorothy Hall, an Australian naturopath, claims that many cases of diabetes can be cured just by strengthening the liver.

Cedar berries have a blood sugar lowering effect. This was discovered by the famous herbalist, John Christopher, who recommended juniper berries for water retention in a client. The client took cedar berries by mistake, and found they helped his diabetes.

Marshmallow root is a soothing and cooling herb that acts in a similar manner to slippery elm.

Mullein leaves are best known as a respiratory remedy. They have soothing properties like slippery elm and marshmallow, but also promote better lymphatic drainage. The mucilage in marshmallow slows the absorption of sugar from the intestines, which is helpful for diabetics.

Nettle herb is an extremely rich source of calcium, chromium, magnesium, and zinc. It is an alkalizing herb, promoting the removal of acid waste via the kidneys. Nettles are very nourishing and healing to tissues.

Garlic bulb is another circulatory enhancing herb. It is very beneficial for alleviating the circulatory problems that typically accompany diabetes. It can also have a moderate effect in helping to lower blood sugar levels.

White oak bark is an astringent that tones membranes and tissues throughout the body.

Yarrow flowers, a strong and soothing diaphoretic, help with lymphatic and blood circulation.

Licorice root is another important herb that helps balance blood sugar levels. Licorice root has the opposite effect of goldenseal. It helps to raise blood sugar levels when they are low.

Suggested Use

As a nutritional supplement for diabetes, take two capsules with meals three times daily. Blood sugar levels should be frequently monitored so that dosages of diabetic medications can be adjusted as the formula begins to take effect. Caution: diabetic medications should be adjusted under the supervision of a physician, and type 1 diabetics should not be taken off of insulin.

Selected References

- The Little Herb Encyclopedia by Jack Ritchason N.D.
- Nutritional Herbology : A Reference Guide to Herbs by Mark Pedersen
- Encyclopedia of Herbal Medicine by Andrew Chevallier.
- The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

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PBS

Blood sugar and digestive balancing formula

In type 2 diabetes, cells start to resist the affect of insulin, a hormone that removes excess sugar from the blood stream. As insulin stops working, blood sugar levels rise and the pancreas produces more insulin trying to overcome the resistance. High insulin levels cause weight gain, an increased risk of cardiovascular disease and an increase in inflammation in the body.

PBS is a formula of five herbs that helps to balance blood sugar levels. It is useful for reducing insulin-resistance in diabetics and also helps improve digestion. It may also have some beneficial effects for sinus problems and respiratory congestion.

Here are the benefits of the herbs in this blend.

Golden Seal Root (*Hydrastis canadensis*)

Golden Seal is a North American medicinal herb, used by Native Americans for a variety of ailments. It is astringent and antiseptic, making it useful for infections and irritation of the digestive tract, lungs and urinary passages. It reduces inflammation, tones membranes and fights bacterial infection. Goldenseal also helps to lower blood sugar levels. Herbalist and nutritionist LaDean Griffin called it a “natural insulin.” It probably works by making cell membranes more sensitive to insulin, but whatever the mechanism, it can rapidly lower high blood sugar.

Burdock Root (*Arctium lappa*)

Originally found in Europe and Asia, burdock has spread to many other temperate regions of the world. Burdock is commonly used as an alterative, meaning it alters metabolism to “clean up” the blood and lymph. Burdock aids liver function and promotes proper fat metabolism, which makes it useful for clearing up skin conditions. The liver is highly involved in regulating blood sugar, so burdock may also help keep blood sugar levels stable via its liver-supporting effects.

Nopal Leaves (*Opuntia streptacantha*)

More commonly known as prickly pear cactus, nopal was a major food for southwestern Native Americans and is still used as a food in Mexican cuisine. The succulent leaves of the nopal cactus contain fibrous polysaccharides (including pectin), fiber, vitamin C, betanin, and indicaxanthin. These properties give nopal its antiviral, anti-inflammatory, antioxidant and insulin sensitizing abilities. Nopal has a glycemic index of five, which means it does not spike insulin production when eaten as a food. Used as a medicine, it not only helps balance blood sugar in diabetics, it can also be helpful for hypercholesterolemia (high cholesterol), obesity, alcohol-induced hangover, colitis, diarrhea and prostatic hypertrophy.

Eleuthero Root (*Eleutherococcus senticosus*)

The Eleuthero plant hails from southeastern Siberia and the Korean peninsula. Research done in Russia discovered eleuthero had adaptogenic properties, meaning it helps the body adapt to stress. It increases energy without a noticeable stimulant effect and enhances immune function, concentration and focus. By balancing adrenal function, it also helps to normalize blood sugar levels.

Horseradish Root (*Armoracia rusticana*)

Horseradish is a pungent herb that improves digestive function, helping the body digest protein more efficiently. Fats and proteins in the diet help to stabilize blood sugar levels. Horseradish is also used to expel mucus from the lungs and the digestive tract.

Suggested Use

Use 1-2 capsules three times daily with meals.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
The Complete Medicinal Herbal by Penelope Ody
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Ayurvedic Blood Sugar Formula

Ayurvedic formula for treating diabetes

Ayurvedic medicine has roots going back over 5,000 years and is practiced by 300,000 physicians and taught in over 100 colleges in India. It is accepted by the World Health Organization as a valid practice of medicine. In Sanskrit “aya” means “life,” and “veda” means “knowledge.”

The first known written descriptions of the disease we call diabetes, were reported in India over 2,000 years ago, where it was known as “sweet urine.” Ayurvedic physicians have been treating this condition with herbs for thousands of years, so this formula has generations of experience behind it.

The herbs in this formula help to reduce blood sugar levels, lower cholesterol and in general aid people with diabetes. They also support overall body function to help reduce some of the side-effects of diabetes such as circulatory and vision problems.

Here is a brief description of each of the ingredients in this blend.

Gymnema sylvestre leaves have a long history of usage in India for diabetes. Not only does it block the taste of sugar, the leaves also prevent absorption of sugar. At the same time, pancreatic action is not hampered. Not only this, but the need for insulin is also reduced, thereby requiring less from the pancreas. This allows the pancreas to heal if other nutrients are provided. Present research indicates the plant may actually help a damaged pancreas recover its insulin-making ability.

Curcuma longa, or Indian turmeric, is a rhizome used for various liver and kidney disorders. It is also used to improve general digestion and is both an anti-inflammatory and anti-bacterial.

Azadirachta indica leaf, or Neem, is used in various blood disorders and helps prevent excessive blood clotting. This plant is also anti-viral.

Enicostemma littorale herb has been shown in experiments to cause a significant reduction of blood sugar in

diabetic animals. This herb is also antibiotic and is used against malaria.

Picrorhiza kurroa root contains kutkin and picrorrhizin, bitters for proper liver function. A direct result of liver improvement may be a reduction of asthma symptoms. This root also improves blood circulation and reduces cholesterol.

Pterocarpus marsupium gum, called Kino, is very useful for diabetics and lowers cholesterol, also exhibiting hypoglycemic action.

Trigonella foenum-graecum seed, or fenugreek, improves various digestive disorders, helps to remove inflammation and abscesses and works as a tonic for the whole system.

Aegle marmelos leaf contains a sitosterol, a type of compound that lowers blood cholesterol. The leaf helps cool the body and clear the respiratory system.

Andrographis paniculata herb is known as the “king of bitters.” This tells you that the liver benefits from the herb and the gallbladder also. This herb is used for general debility and convalescence.

Momordica charantia is also known as bitter melon and has also been used in China for reducing blood sugar. One of the constituents in bitter melon is the polypeptide gurmarin, which shows similarities to bovine insulin.

Syzygium cumini seed is an anti-inflammatory.

Cyperus rotundus tuber, “nut grass,” is a stimulant, tonic for the entire digestive system. This plant helps remove parasites and inflammation.

Sources

CRC Handbook of Ayurvedic Medicinal Plants by L. D. Kapoor
A Manual of Materia Medica and Pharmacology by David M. R. Culbreth
HerbalGram, #26, 1992

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