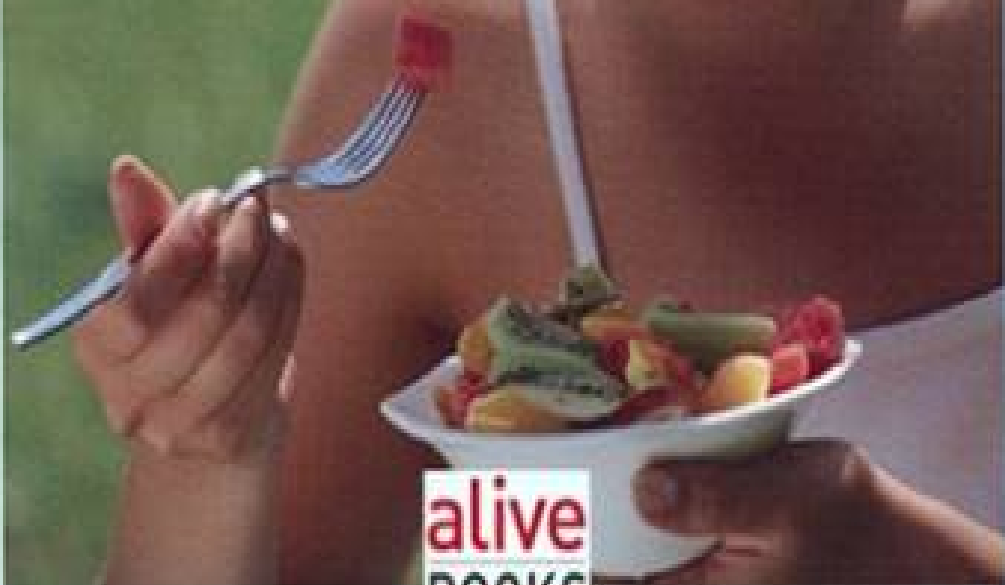


C. Leigh Broadhurst PhD

Prevent, Treat, and Reverse

Diabetes

**Nutritional
guidelines
for Type 2
diabetics**



alive
BOOKS

Herbs for Diabetes in the New Millennium

Many plants traditionally used to treat diabetes around the world have been investigated in laboratory animals and in cell cultures.

In Canada, a tea blend of many promising herbs (Eleotin) has lowered blood sugar in preliminary human and animal trials. One important herb in this blend is schizandra, an antioxidant herb that is known to shorten post-exercise recovery time by improving liver function and storage of glycogen.

In Japan and the US, an extract of *Lagerstroemia speciosa* (glucosol), whose active ingredient is the phytochemical corosolic acid, has dramatically lowered blood sugar in preliminary human studies.

Eleotin

About 25 years ago a woman suffering from serious diabetes and kidney disease decided to spend her final days travelling, opting against the amputation her doctors recommended. She was told she would eventually die without the operation. While on a trip to Asia she was offered many traditional folk remedies, herbal medicines, and alternative treatments. With nothing to lose, she tried many of them. After several months she began to feel stronger and had a renewed sense of peace and appreciation for life.

Upon her return her doctor ran a complete set of test and was surprised to find that both her diabetes and kidney disease had improved and she no longer required amputation to save her life. Astonished by this turnaround, doctors decided to direct a research team to trace the footsteps of her trip in detail. The traditional, medicinal herbs that were learned of, which are regarded as restorative agents, became the starting point for a safe and natural supplement that enhances blood sugar control.

Almost two decades later, this specially formulated herbal blend is a safe health food that restores the body's own ability to control blood glucose levels. It is a promising herbal treatment for lowering blood glucose levels for Type II diabetics. Various dried roots, stems, fruits, and leaves are made into a tea form.

In China and the US, an extract of He Shou Wu (fo ti; *polygonum multiflorum*) has been patented for the treatment of diabetes, proving effective in Chinese clinical trials both on its own and in combination with cinnamon and chromium.

At the US Department of Agriculture in Beltsville, Maryland, more than 60 plants have been investigated, with findings indicating that an extract from cinnamon was by far the most