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Nearly 20 million Americans suffer from diabetes. It is the fourth leading cause of death in the United States. Health concerns for diabetics not only include the well-known problems of balancing blood sugar, insulin and metabolism, but also involve cardiovascular and peripheral circulation problems, eye disorders and liver health.

Although the health problems facing diabetics are serious challenges, recent scientific research is showing that certain supplements may help improve blood sugar disorders and could help alleviate several common complications of the disease. Include in these are:

LAGESTROEMIA SPECIOSA (Glucosol™): Lowering elevated blood sugar is the main concern for diabetics. An extract of *Lagestroemia speciosa* is proving to do just that. One study found that 48mg per day standardized to 1% colosolic acid reduced fasting blood glucose levels from 153 mg/dl to 133 mg/dl or about 15% after 4 weeks. It is reported to have no side effects with an added benefit of providing antioxidant activity.

GYMNEMA SYLVESTRE: In India, Ayurvedic medicine has its star diabetic herb, *Gymnema sylvestre*. A study conducted in 1990 showed the use of this herb helped insulin dependent diabetic patients reduce their insulin requirements by up to 50%. Another study, with a small patient population, consumed 400mg of standardized *Gymnema* extract per day. This test group reduced its fasting glucose levels from an average mean of 174 mg/dl to 124 mg/dl over 18 months while the control group, saw an increase from 150 mg/dl to 157 mg/dl over 10 months. Improvements in levels of triglycerides, LDL and free fatty acids were also noted in the *Gymnema* group.

CHROMIUM: Chromium is the "key" that unlocks the cell and allows insulin into its receptor site.

Glucose Support By: New Life Premier

Glucose Support May Give New Choices to Diabetics!

The brand *ChromeMate™*, also known as chromium polynicotinate, has been extensively studied for this purpose. One study focused on showing the effect on fasting glucose using chromium, nicotinic acid, or the combination of them, chromium polynicotinate. The chromium or nicotinic acid alone had no effect. However chromium polynicotinate caused a 7% decrease in fasting glucose. This points to important evidence of the polynicotinate form of chromium to be the best choice for dealing with glucose problems in diabetics.

BITTER MELON: This herb is historically used for its glucose balancing purposes because of its ability to increase insulin activity. In 1993, an important human study on type II diabetics showed bitter melon was able to drop fasting blood sugar levels by as much as 25%.

VANADYL SULFATE: The pancreas plays a role in controlling blood sugar and insulin levels by creating vital normalizing cells called alpha, beta and delta cells. A study in 1997 of vanadyl sulfate concluded that the trace mineral protects insulin secreting pancreatic beta cells. Other studies confirm this finding.

JERUSALEM ARTICHOKE: Plants containing inulin, like Jerusalem Artichoke, may also help control blood glucose levels. Inulin is a polyfructosan or fructose oligosaccharide, which has shown in one study to have beneficial effects on blood glucose.

FENUGREEK: Fenugreek seed is another herb which shows promise for diabetics. There are several studies showing fenugreek's ability to lower glucose levels. One such study showed fenugreek not only lowered glucose levels but also reduced LDL and VLDL cholesterol and triglycerides.

GINKGO BILOBA: Poor peripheral circulation, is a debilitating side effect of diabetes. Extended periods of high glucose levels causes oxidation and degeneration of the protein lining of blood vessels. This can lead to retinopathy, cataracts, loss of limbs and even blindness.

The ever so popular herb, *Ginkgo biloba* can help with these problems. *Ginkgo* is mostly known for its ability to increase circulation to the brain. There are at least nine separate studies successfully using standardized *ginkgo* to treat peripheral vascular disturbances. The improvement of peripheral circulation brings needed nutrients and oxygen to these areas for daily maintenance and repair. Also *ginkgo* acts as a powerful antioxidant which neutralizes the oxidative effects of high glucose levels.

BILBERRY: The blood vessels of the eyes can

deteriorate rapidly leading to diabetic retinopathy. *Bilberry* fruit is an herb used historically to strengthen the blood vessels in the eye, thus creating better circulation and preventing oxidation of the cornea and macula. A study with 31 patients supports this history by showing reduced vascular permeability and lowered tendency to hemorrhage in all patients using standardized *bilberry* extract.

MILK THISTLE: Liver damage from protein oxidation is another complication that must be addressed in diabetics. The standardized extract of *Milk thistle* seed, also known as *sylimarin*, seems to be the best choice for supporting the liver. It stimulates the regenerative ability of the liver. As an effective supportive herb for the liver's production of antioxidant enzymes, *milk thistle* also helps reduce glucose-induced protein oxidation. It also seems to be beneficial to normalizing glucose and insulin levels. A *sylimarin* study published in 1997 treated diabetic patients with cirrhosis of the liver and highlighted three main improvements. It first showed it's liver protecting ability, second a decrease in blood glucose levels and third lowered insulin requirements in the diabetic patients.

ALPHA LIPOIC: Alpha Lipoic acid is a multifaceted antioxidant. Because diabetics are prone to deterioration throughout the body antioxidants are extremely important. Alpha lipoic is known to help recycle antioxidants like vitamins A, C, and E in the body. Its role for diabetics is to decrease neuropathy by preventing protein oxidation.

A wealth of information shows great hope for diabetics using supplements. The overall health of diabetics may be improved with *Glucosol™*, *gymnema sylvestre*, *Jerusalem artichoke*, *bitter melon*, *vanadyl sulfate* and *ChromeMate™*. Clearly, diet, exercise and other lifestyle factors are key elements in maintaining optimal health in diabetics; however, when properly administered, supplements may offer important new tools to sufferers of this disease.

