***Herbs that are helpful for diabetes***

There are many herbs that improve the health of a diabetic. They should supplement the medication that has already been prescribed by the doctor or clinic.

### Garlic

Amount: 2-3 cloves daily eat them raw or cooked in your food or take garlic pearls

Benefit: Stimulates insulin production

Strengthens the walls of the blood vessels

### Dandelion

Amount:10-15 flower stems daily in springtime

Benefit: Helps to reduce blood sugar

### Stinging Nettle

Amount:1 cup herb tea daily

Benefit: Helps to reduce blood sugar

### Sutherlandia

Amount:1 cup herb tea daily or 1 capsule 2x daily

Benefit: Stabilizes blood sugar levels

Relaxes blood vessels

### Celery & Parsley

Amount:Eat fresh stalks & leaves daily

Benefit: Natural diuretics that assist the kidneys to eliminate

### Aloe

Amount:2 tsp. aloe juice daily

Benefit: Stimulates insulin production

Prevents constipation

There are good herbal products on the market that can be taken for stress. Diabetes is a stressful disease, and anything that can assist to reduce this stress is beneficial. These herbal remedies are not harmful or addictive. Look for them at a chemist that stocks herbal products.