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| **Herb** | **Amount** | **Benefit** |
| Garlic | 2-3 cloves daily eat them raw or cooked in your food or take garlic pearls | Stimulates insulin production  Strengthens the walls of the blood vessels |
| Dandelion | 10-15 flower stems daily in springtime | Helps to reduce blood sugar |
| Stinging Nettle | 1 cup herb tea daily | Helps to reduce blood sugar |
| Sutherlandia | 1 cup herb tea daily or 1 capsule 2x daily | Stabilizes blood sugar levels  Relaxes blood vessels |
| Celery & Parsley | Eat fresh stalks & leaves daily | Natural diuretics that assist the kidneys to eliminate |
| Aloe | 2 tsp aloe juice daily | Stimulates insulin production  Prevents constipation |