Herbs for Type 2 Diabetes

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How to Start Using Herbs for Type 2 Diabetes

If you have considered using herbs for your Type 2 diabetes but didn't know where to start, you've come to the right place! This article will explain how you can get started in a step-by-step breakdown.

There are only four steps in this process and they're quite simple:

1. Decide what you would like to accomplish
2. Decide which herbs you will use
3. Educate yourself on the herbs you've chosen
4. Take the herbs, and keep a record

1. Decide What You Want to Accomplish

What do you hope to accomplish by taking these herbs for diabetes and diabetes complications? Is it to lower your blood sugar? Reverse peripheral neuropathy? Improve vision? Improve kidney function? There are a variety of uses for herbs and different herbs are used for each purpose.

Remember, if your purpose is anything other than lowering your blood sugar levels, you will still need to take herbs to lower blood sugar. High levels of blood sugar cause all complications of diabetes; your results will be minimal without addressing the root cause.

2. Decide on the Herbs You Will Use

To lower blood sugar levels, you might use any of the following herbs:

- Cinnamon
- Bitter melon
- Gymnema sylvestris
- Stevia
- Alfalfa
- Banaba
- Cactus fruit

There are other herbs that lower blood sugar. To find them, all you have to do is learn about any herb and see if there's a warning for diabetics by the medical professionals. If there is, look into it. The herb will usually lower blood sugar quite effectively!

Your determination of what to use may depend on what's available in your area, unless you're purchasing them online.

3. Become Knowledgeable About the Herbs

In this next step, you'll have to do a little reading and research on your own. You will need the following info:

- the dosages that are necessary
- when to take the herb (usually with a meal or after a meal)
- whether or not there any reasons you should not use this herb

This info can be found online and from books from a library.

4. Take Them and Keep Records

Start a journal to track of your progress. You'll be monitoring your blood sugar levels for during this process, especially in the morning and after a main meal.

If the herbs are working, you'll see a drop in blood sugar within a week. Remember that you must have your blood sugar medication dropped by your medical doctor as the blood sugar readings start going down.

Do not take herbs at the same time that you take your other medications. Medications and herbs do not mix; they can be like ammonia and chlorine bleach! However, you can take herbs while taking prescription medications as long as you don't take them together.

Now get started and let me know what happens!