

~ A Healthier You ~

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Gurmar - *Gymnema sylvestre*

Nutritional Supplements for Diabetes

Type 2 diabetes is the most common kind and starts in adults. The pancreas is usually producing enough insulin. However, the body does not use it effectively. Almost everyone with Type 2 diabetes is insulin resistant and need to take prescription drugs to lower the blood sugar levels if dietary and lifestyle changes are not enough to control the problem. The onset of Type 2 diabetes is often very gradual and may develop without any symptoms at all. The diagnosis is most often only made after a complication of the disease happens. These are caused by chronically high blood sugars levels and may include:

Circulation problems via damaged blood vessels - they become thicker, less flexible and can impair healing (especially on the feet), high levels of fat in the bloodstream that clog and narrow the vessels, partial blockages, which deprive the heart of necessary nutrients - this could lead to heart attack, heart pain or stroke.

Nerve damage - makes it hard for them to send messages to brain and other parts of the body. This causes numbness or pins and needles-like feelings.

Eye problems - due to damaged blood vessels in the retina. They leak fluid, which causes swelling in the eye. This swelling blurs your vision.

Kidney damage - the kidneys can no longer filter out the body's waste products or control blood pressure.

Vitamin, mineral and herbal supplements can provide powerful tools for preventing serious complications and for keeping people with diabetes healthy. The best nutritional supplements contains powerful vitamins, minerals and herbs in a '**synergistic formula**' that can lower blood sugars and help to protect you from further damage. You'll need to take a high quality multivitamin in addition to a diabetic formula supplement.

Some of the supplements that should be in your formula are Vitamin C, Vitamin E., Vitamin B6, Folic Acid, Vitamin B12, Biotin, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, **Gymnema sylvestre** leaf (used in India for treatment of diabetes for over 2000 years), Bitter melon (lowers blood sugar levels), Fenugreek seed (lowers blood sugar), Bilberry berry (protects from diabetic cataracts), mixed bioflavonoids (keeps vision clear), and Vanadyle sulfate (helps cells to use insulin)