11 Secrets to Lowering Blood Sugar

The 11 Secrets to Lowering Blood Sugar Safely, Effectively and Naturally that Every Diabetic Needs to Know

If you’re diabetic or pre-diabetic the most important thing I can tell you is that you don’t have a blood disease problem, you have an insulin problem. Treating your blood sugar won’t help as much as lowering your blood sugar will. It’s not something the doctors will tell you, but the research into lowering blood sugar is being done and the results are amazing.

I’ve read the research and there are 11, count ‘em, 11 ways to help lower your blood sugar naturally. Why hasn’t anyone told us this? We don’t have to feel this bad. We don’t have to keep putting our pancreas into overdrive like it’s gerbils on a treadmill! There are things we can do to lower our blood sugar naturally!

If you’re diabetic, this is what we need to do to keep from putting our pancreas into warp speed and killing its insulin producing capacity. We need to consider and use natural alternatives to needles and pills. Here are 11 natural ways to do that that I have found to do that.

Now, did you get the part about we don’t have to feel this way! Let me repeat it. “We don’t have to feel tired all the time. We don’t have to be irritable, gain weight or have circulation issues.”

Yes, I know diabetes and pre-diabetes metabolic syndrome are significant health issues with a lot of potential and very real health risks and doctors like to tell us that “feeling bad” is just part of our disease. But that’s not true. There are ways other than pills and insulin injections to help manage our blood sugar and the way we feel!

True, blood sugar management for Type 2 Diabetes and pre-diabetes metabolic syndrome is difficult for a variety of reasons. It is even more difficult when you are insulin resistant. But there are ways to safely, effectively and naturally manage it. Here they are! They aren’t overnight cure-alls, but the research shows, they do work, usually within one to three months.

Why bother? Why not just take the pills and use the insulin injections? Because there are health risks associated with failing to control the blood sugar levels and the resulting diabetes that I don’t want and that you don’t want either.
You may already be irritable, gaining weight, having circulation issues. Do you really want to keep having all that? You don’t have to! It’s not just gaining weight or being irritable. Those are just symptoms of a larger problem. The solution is not just to take care of or mask or even treat the symptoms. The solution is to address the root problem, the thing that causes diabetes to begin with – high blood sugar!

Doctors will advise patients to do as much as possible to control diabetes through natural means like diet and exercise, then they give us so-called solutions like “medication and injections.”

Lose weight. Exercise more. Eat right. Eat better. You’ve heard them. So have I. They’re on the right track with urging us to do more with nutrition, but they aren’t telling us everything.

With the right diet, better control of our nutritional intake and the use of supplements and herbs we can control our diabetes without the constant hassle and pain of needles and expensive medications. Read on to see how certain herbs and supplements utilize various processes in the body to control blood sugar and allow a person with diabetes to live a healthy lifestyle on their terms.

First, a bit of background on natural means for reducing or controlling diabetes. Scientists are currently evaluating everything from garlic to cinnamon to certain plant leaves to determine whether certain “old wives tales” as well as naturally occurring and routinely taken supplements actually do help control diabetes. Some things, like Coenzyme Q10 (CoQ10), a compound found in muscle fibers, has been found to help some of the conditions associated with Diabetes, but not diabetes itself.

Omega 3 Fatty Acids are also proving to be helpful when it comes to helping diabetics. The leading cause of death among diabetics is cardiovascular disease. Hypertriglyceridemia, a condition where your triglycerides are over 200 mg, is a common lipid abnormality in patients with Type 2 Diabetes. Randomized, controlled trials found that fish oil significantly lowers serum triglyceride levels in people with diabetes (24).

Some people find that combining things, like a diet higher in Omega 3 Fatty Acids, taking Biotin supplements and CoQ10 can help relieve a lot of their symptoms. Inclusive supplements – supplements that combine many of these 11 ingredient, like Melablic, an herbal supplement, do help control diabetes, and make going the natural route to diabetes control a little
So what are the 11 secrets to lowering your blood sugar? Here they are, in alphabetical order:

**Secret 1: Alpha-Lipoic Acid**

Alpha-Lipoic Acid (ALA) is an antioxidant which works with other antioxidants like vitamins C and E to prevent damage to cells, help with waste management, and grow new cells. Several studies claim that ALA fights peripheral neuropathy (PN), a common condition found in diabetes patients. PN can cause itching, pain, numbing of fingertips and toes, and a burning sensation. Research into ALA suggests that it is an effective treatment for diabetic neuropathy by removing glucose from the body at a faster pace (1).

There is not much support for ALA improving glucose utilization, but evidence exists that it improves plasma fructosamine, whose levels indicate blood glucose control in that month. Another study indicated that after twelve weeks, a patient's plasma fructosamine can go down by a factor of 10% with ALA (2). Many studies suggest that ALA will decrease the effect of many symptoms of diabetes. [More information can be found here.](#)

**Secret 2:**

Coenzyme Q10 (CoQ10) is a compound found in mitochondria, an organelle in human cells. The science of it is basically that CoQ10 is necessary to produce energy in the body. CoQ10 is found in lower amounts in patients with cancer, Parkinson's disease, heart conditions, and diabetes among others.

The bad news is, in spite of several claims that is does, CoQ10 does not lower blood glucose levels or insulin levels for patients with type one and two diabetes (3,4). There’s good news too though. In diabetes mellitus and hearing loss, CoQ10 in a long-term therapy regimen will assist in insulin secretion and prevent further hearing loss (5,6). CoQ10 also shows promise in treatment for a variety of diseases that come with diabetes including: atherosclerosis, hypertension, and coronary artery disease (7,8,9).
Secret 3: Garlic

Garlic. It’s not just for vampires anymore. Garlic has been used as a medicine and a spice since people believed in vampires. Now scientists are looking at something called organosulfur compounds, the thing that gives garlic that wonderful garlicky smell and its health benefits. (10). Scientists apparently believe that garlic will ultimately assist in treating cancer and cardiovascular disease (11).

Laboratory rats may not appreciate it, but in studies with diabetic mice, heavy doses of garlic have been shown to lower blood glucose with the effects approaching insulin use (12). Unfortunately for humans however, the results are mixed. Some tests indicated a significant reduction in blood glucose (13). Others shown no effects at all (14). That’s okay. Garlic is still the number one selling supplement in the U.S. no matter what people are using it for. (15).

Secret 4: Magnesium

Magnesium, the stuff we get when we eat our green leafy veggies, is an important mineral that keeps the body functioning normally. It contributes to bone density and formation, cell communication, production of energy, and the production of various chemicals (16).

Most of the body's magnesium, about 60%, is in our skeleton; the rest is in our muscles and other cells. (17). What’s so interesting is that many diabetics have a magnesium deficiency! Anywhere from 25-38% of all patients with diabetes show signs of hypomagnesemia or “low magnesium levels.” (18). Research shows that the depletion of magnesium will lead to increased insulin resistance. Another report suggests that 400mg of magnesium taken daily will improve glucose (sugar) tolerance in older patients (19). The research is positive in terms of magnesium therapies! (19,20,21).
Secret 5: Omega3 Fatty Acids

Finally, another reason to eat more fish or take more fish oil supplements. The American Diabetes Association encourages diabetics to eat two to three 3-oz servings of fish weekly. Why? There are three Omega3 fatty acids, which are essential to health. The three major omega3 fatty acids include: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA)(22). Since Omega3 fatty acids are not produced by the body yet are essential to health, you have to eat them in fish (where they occur naturally) or take them in supplements (23).

The leading cause of death among diabetics is cardiovascular disease. Hypertriglyceridemia, a condition where your triglycerides are over 200 mg, is a common lipid abnormality in patients with Type 2 Diabetes. Randomized, controlled trials found that fish oil significantly lowers serum triglyceride levels in people with diabetes (24). It is a common misconception that fish oil has a negative impact on blood glucose levels (25,26). In fact, research indicates that there are no adverse effects in relation to glucose levels (27).

Secret 6: Bitter Melon

Bitter Melon (BM) comes from the fruit and seeds of a tree. Folklore has it, Bitter Melons are used to treat things like diabetes, gout, and colic (29), and people have been using bitter melon for its medicinal properties since the 16th century (30).

Again, our little diabetic rat buddies have done well in the studies. (31,32). However, there haven’t been enough diabetes studies in humans using Bitter Melon. The studies that have been done show BM lowers glucose in people with type 2 diabetes mellitus (33,34). The future of Bitter Melon is promising as it has an effect on the inhibition of glucose absorption (35), encourage hepatic glucose utilization (36), contains a polypeptide which mimics insulin (37), increase the insulin-positive cell numbers in the pancreas (38), and it is also shown to lower the serum cholesterol and hepatic total cholesterol and triglycerides in studies conducted on rats (39,40,41). If you’d like to try bitter melon in a supplement, check it out here.
**Secret 7: Biotin**

Biotin is classified as a B-complex vitamin. It’s an important one, even though Biotin was not considered a vitamin until after forty years of research (42). Biotin binds with specific enzymes which perform very specific tasks that are necessary for the proper function of the body and its cells (43).

Biotin-deficiency inhibits glucose utilization (44), and a study indicates that biotin supplements lowered fasting blood glucose levels in 43 non-insulin-dependent patients after one month of use (45). A few other studies have shown little to no decrease in glucose levels yet did indicate an effect on lowering triglyceride levels (46,47). Some studies conducted on insulin-dependent patients show a decrease in blood glucose after one week of use (48). [See more research here](#).

**Secret 8: Gymnema Sylvestre**

It’s a plant. Gymnema Sylvestre not only has an anti-diabetic effect on its user (49,50). The plant also shows indicators of being able to lower serum cholesterol and triglycerides as well as inducing an anti-inflammatory response (51,52,53,54). Gymnema Sylvestre is found in tropical Africa, India, and Australia and in your local supplement shop if you’re lucky.

A lot of plants and herbs are supposed to anti-diabetic, but Gymnema Sylvestra is supported by evidence that shows that it can, in fact, have a positive effect (55). Due to the positive evidence correlating it with its anti-diabetic effects, Gymnema Sylvestre is of great interest to researchers due to its unique and varied effects (55). I know of one supplement that contains Gymnema Sylvestre – you can [read about it here](#).
Secret 9: Cinnamon Powder

Remember cinnamon powder and sugar on toast? Those were the days. Cinnamon is mostly used as a spice, but researchers say it has other medicinal properties that encourage good health. Studies show it can help control blood sugar in Type 2 diabetics. Some studies indicate that it can lower your blood glucose levels by a factor of 10% or greater (56). Cinnamon apparently has insulin-potentiating activity (57) and of all the supplements, it’s one of the few that has consistently positive results in lowering blood sugar levels. A product like Melabic contains the proper levels of cinnamon.

Secret 10:

Fenugreek is argued to be the oldest medical herb. Fenugreek seeds are rich in protein and contain the unique amino acid 4-hydroxyisoleucine (4-OH-Ile), which is active in controlling your blood glucose levels (58). A study performed on rats shows a blood glucose improvement by a factor of 26% (59). While there is not much research conducted on humans, the testing of fenugreek in rats shows impressive results. You can see additional information about Fenugreek in supplements read about it here.

Secret 11: Banaba

Banaba leaves have been used for quite some time in the Philippines as a treatment for diabetes mellitus. Despite inconclusive evidence supporting claims, the sales of banaba have grown considerably (60).

Evidence may not be conclusive in human trials, but one study in which Corosolic acid (CRA) was extracted from a banaba leaf, research concluded that CRA will lower plasma glucose levels in vivo (61).

Each of these supplements contributes positively to the proper
management of blood sugar. However, when they are taken together, they provide a fully balanced system to act as an alternative or compliment to currently used management systems.

I suppose unless you were willing to take each of these supplements individually you could take them in something like a natural alternative that combined them into one supplement, like Melabic. However you take them, regular use will normalize the body enough to accept and use the insulin. So, you have a choice, traditional or natural.

The traditional model of diabetes means injections to remember and pills that must be taken at a certain time each day. With a natural system utilizing supplements rather than medication, there are no injections to remember or pills that must be taken the same time each day. You simply take your daily dose each morning – like a vitamin, and continue to live your life.

You’re going to need to use some TLC (tender loving care) for yourself and give it some time. But usually within 90 days on a natural regime, most diabetics will notice an increase in insulin sensitivity, or won’t even need insulin at all. Think about that! Studies show that diabetics using Melabic for an extended period of time have reported experiencing a normalization of their weight as well.

The following are ingredients of Melabic that allow the body to naturally process glucose and other necessary chemicals:

- Zinc (as Zinc Oxide)
- Chromium (as Chromium Amino Acid Chelate)
- Gymnema Sylvestre Pwd
- Cinnamon Powder (cinnamomum Verum)(bark)
- Banaba (1% Corosolic Acid)
- Bitter Mellon Powder 4:1 Extract (momordica Charantia)
- Biotin
- Alpha Lipoic Acid
- Fenugreek
There are 11 different herbs, spices and supplements and then there’s a product like Melabic, which uses at least seven of those herbs, spices or supplements in one tablet.

However you chose to use them, know that this natural method can manage your blood sugar to make diabetes a non-issue in your life. The added benefits of something like Melabic with the Amino Acid Chelate and other ingredients is that you’ll reverse some of the damage already done by whatever treatment you’re doing now. Want to see for yourself? Here’s the research:

**Sources**


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