

# Natural Help 4...

# Diabetes



## What is Diabetes?

**Diabetes** is a **biochemical disorder** which affects the body's ability to use carbohydrates, sugars and starches. People with [diabetes](#) are **not able to produce sufficient insulin** or are unable to use the insulin they produce effectively enough to break down glucose or sugar in the blood and make it available to the body. More than 16 million Americans alone suffer from [diabetes](#).

## The Difference Between Type 1 and Type 2 Diabetes

Type 1 [Diabetes](#) most commonly surfaces in childhood and is usually associated with the **inability of the pancreas to produce insulin**. People with Type 1 [Diabetes](#) are also called Insulin-Dependent because they have to take insulin for life. Type 2 [Diabetes](#) is often called Adult Onset [Diabetes](#) and usually occurs after the age of 40. People with Type 2 [Diabetes](#) do produce **insulin in the pancreas**, but their body cells have become resistant to it. There is however an alarming increase in the number of young adults and even children who are developing Type 2 [Diabetes](#) and this is closely linked to unhealthy life style habits and **increasing rates of obesity** in the younger age groups.

Although people with controlled [diabetes](#) lead a normal healthy life, uncontrolled [diabetes](#) means **chronically elevated blood sugar levels** which slowly destroy proteins in the body, causing considerable damage to tissues and organs. Complications from untreated or poorly controlled [diabetes](#) include kidney damage, heart disease, nerve damage, and even blindness.

## Diagnosing Diabetes

[Diabetes](#) must be diagnosed by a medical doctor, endocrinologist, homeopath or naturopath. If you are at all concerned about whether you have [diabetes](#), especially if you are **overweight and have a family history of [diabetes](#)**, please seek medical advice.

[Diabetes](#) is diagnosed quite simply by **measuring the levels of glucose in the blood** and a blood test is usually necessary to make a confirmed diagnosis. If a random blood glucose reading is raised, more in depth blood tests may be performed to monitor the body's response to a glucose load.

## What are the Symptoms of Diabetes?

- Frequent and excessive urination
- Persistent thirst

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Chronic fatigue, lethargy and weakness
- Cuts and wounds that don't seem to heal normally
- Weight loss without dieting
- Loss of libido
- Numbness and tingling in hands and feet
- Recurring infections, especially urinary tract infections, thrush and athlete's foot
- Blurred vision

## What Causes Diabetes?

There are no clear answers about the cause of Type 1 [Diabetes](#), which makes the pancreas stop producing insulin. Some theorists believe that Type 1 [Diabetes](#) may be an auto-immune response or that it could be caused by a virus.

Type 2 [Diabetes](#), which usually begins in adulthood, is strongly linked to **obesity and an unhealthy lifestyle**. Both Type 1 and Type 2 [Diabetes](#) are known to have a strong genetic link. This means that if you have people in your family who have [diabetes](#), then it is even more important to follow a healthy diet, exercise regularly and to take supplements and herbal remedies which can **help to prevent diabetes**

## Help for Diabetes

While **treatment** depends on a number of factors including the [signs and symptoms of diabetes](#), **type of diabetes**, and severity and age. Most treatment regimes include lifestyle changes, medicinal treatment, (either allopathic medication, natural remedies or both) as well as close **monitoring of blood glucose levels**.

## Various Treatments for Diabetes

### Medical Treatment

People with type 1 [diabetes](#) no longer produce insulin, and therefore must have an **alternate source of insulin** to help the body utilize the glucose obtained from eating. For this reason, people with type-1 [diabetes](#) must give themselves daily doses of insulin. Because insulin is a protein, it cannot be taken as a pill as it is then quickly broken down in the stomach acids. Instead, insulin is usually injected into the fat under the skin. Methods of insulin intake vary and may include using an insulin pump, insulin pen, jet injector or insulin patch.

People with type 2 [diabetes](#) are still able to make insulin, but their bodies cannot use it efficiently. People with type 2 [diabetes](#) therefore need [diabetes medication](#) or extra insulin to help their bodies use their own insulin better. Oral medications may include: sulfonylurea drugs, biguanides, alpha-glucosidase inhibitors, meglitinides, and thiazolidinediones. It is strongly advised that you thoroughly research any prescription medication and its side-effects before beginning drug therapy.

### Lifestyle Changes

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". The central image shows a smiling family of four: a woman, a man, and two children. Below the image, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a red button with white text that says "CLICK HERE".

### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Diet is a very important aspect in the **treatment of [diabetes](#)**. A long-term change in eating habits that ensures the right balance of carbohydrates, fats and proteins is essential. Portion control and timing of meals and snacks are also important. Diet and exercise can often bring blood glucose levels down to normal in people with type 2 [diabetes](#) and a few **healthy lifestyle changes** should be the first port of call. Losing excess weight also helps the body to use the insulin and regulate blood sugar more efficiently.

Natural Herbal and Homeopathic Remedies related to [diabetes](#)

There is a great deal of evidence to suggest that the use of carefully chosen herbal and **homeopathic remedies and dietary supplements** can help to both prevent the disease and keep **[signs and symptoms of diabetes](#)** under control in those who have already developed it. Along with the correct lifestyle changes, herbal remedies and dietary supplements can reduce or eliminate the need for prescription medication and can also aid in **preventing some of the tissue and organ damage** associated with uncontrolled blood sugar levels. **[Natural supplements to treat Diabetes](#)** can include herbs such as *Gymnema sylvestre*, *Galega officinalis* and Bilberry.

A few of the herbs have proven successful as **natural supplements to treat [signs and symptoms of diabetes](#)** while the mineral Chromium picolinate has been proven to improve the effectiveness of insulin. Natural remedies such as **Insulate Plus** can be used as **[natural supplements to treat diabetes](#)**. **Insulate Plus** can be used to help maintain blood sugar levels that are within the normal range and support the endocrine system. The herbs in Insulate Plus can also be used as **[natural supplements to treat diabetes](#)** and support healthy circulation which is responsible for adequate flow of blood to the feet and hands.

## Other Disorders or Complications that May be Related to Diabetes

Yes! [Diabetes](#) does come with a number of complications, and many other disorders tend to be more prevalent in those people already diagnosed with [diabetes](#). **Poor circulation, slow healing as well as eye problems** are very common in people with [diabetes](#). Other related disorders and complications include:

- Hypoglycemia
- Diabetic Ketoacidosis
- Hyperosmolar non-ketotic acidosis
- Cardiovascular disease
- Retinopathy damage to the retina of the eye
- Nerve damage
- Kidney disease
- Necrobiosis – a skin disorder associated with [diabetes](#)
- Mastopathy – lumps in the breasts
- Musculoskeletal Conditions

## Tips for Coping with Diabetes

- Exercise regularly. It has been shown that people who exercise regularly are

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

50% less likely to develop Type 2 [Diabetes](#). If you have [diabetes](#), it is still important to stay active, but make sure you take into consideration the type of physical activity you choose and how it will affect you. Overly strenuous activities may lead to **sudden low blood sugar levels** and should therefore be avoided.

- Eat plenty of fresh fruit and vegetables as well as foods containing whole grains, which contain Vitamin B and chromium.
- If you are overweight, loose it! Obesity is one of the major risk factors in Type 2 [Diabetes](#).
- **Managing diabetes** starts with eating healthy. Reduce your intake of refined and processed foods containing high fat and sugar levels.
- Monitoring your glucose levels is important so try adopting regular testing as a daily habit as soon as possible.
- **Coping with diabetes** is a process that takes time. Optimism is your best friend and if you learn to be optimistic, you are five steps ahead!

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future



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disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market –giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

**Insulate Plus:** Natural remedy for healthy blood sugar levels.

Insulate Plus is a 100% natural, non-addictive herbal remedy formulated by our team of natural health experts. Insulate Plus has been used for many years to safely **support pancreatic health** and **promote systemic balance** in the endocrine and circulatory systems.

In combination with a healthy lifestyle and diet which excludes excess sugar, unhealthy fats, stimulants, artificial preservatives and colorants, Insulate Plus **supports the healthy functioning of the Islets of Langerhans in the pancreas** (responsible for insulin production). Insulate Plus can be used consistently, without compromising health or serious side effects.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

[Learn more about Insulate Plus](#)

**Diabetonic:** Helps maintain stable, normal sugar levels and acts as a tonic for the liver and pancreas.

**Triple Complex Diabetonic is a natural approach to the maintenance of healthy blood sugar levels** for well rounded systemic health. Triple Complex Diabetonic is a combination of three, cellular-supporting tissue salts selected for their tonic effect on the blood system and **pancreas**.

This combination of tissue salt **remedies** can be used regularly to naturally maintain **blood sugar within the healthy limits** in a general capacity to **promote systemic balance in the circulatory system, pancreas and liver**, as well as in conjunction with other natural remedies to maintain therapeutic effectiveness. Due to their unique formula, natural remedies such as Triple Complex Diabetonic to support healthy blood sugar levels are safe to take with other prescription medications.

Tissue Salts, also called cell salts or biochemic salts, are composed of minerals which occur naturally at a cellular level in our bodies and all organic matter on earth, such as plants, rocks and soil.

There have been twelve essential tissue salts identified as important components of all body cells and without which, true health is not possible. Each tissue salt plays a different, yet **vital role in maintaining cellular health** in the organs and systems of the body.

Making sure that all the cells of capillary walls, veins and arteries are supported also means that the bio-availability of all supplements, remedies and **even nutrients in your diet is also enhanced** as they are absorbed into the bloodstream, thereby maximizing all your health efforts.

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, **they are safe to use for all ages** (from



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infancy to old age) – as well as during pregnancy!

[Learn more about Diabetonic](#)

**Vizu-All Plus:** Natural remedy for visual and circulatory health.

Vizu-All Plus is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Vizu-All Plus can be used consistently to safely **support visual health and encourage circulation to the eyes** while promoting overall systemic and immune system health.

Vizu-All Plus supports the healthy functioning of the eye, thereby helping to maintain routine visual health both day and night, as well as encouraging blood flow to the optical nerve and surrounding tissues. Vizu-All Plus can make all the difference, without compromising health and **without serious side effects.**

The ingredients in Vizu-All Plus have been selected for their ability to **help support circulatory and tissue health**, particularly of the feet and hands, while encouraging the maintenance of healthy blood flow to the brain to prevent age-related absent-mindedness and to support healthy levels of oxygen and nutrients to the brain.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Vizu-All Plus](#)

Read the testimonials for these quality products [here!](#)

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