



## **HOME REMIDIES**

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# Diabetes Home Remedies

Diabetes is spreading rapidly in the US and around the world. It is estimated that there are about fifteen million diabetics in America.

**There are two major types of diabetes mellitus:**

1. Insulin dependent Juvenile Diabetes (IDDM-Type I) in which the body is unable to produce insulin
2. Non Insulin Dependent Adult Onset Diabetes (NIDDM-Type II) in which the pancreas produces insulin, but it is insufficient for reducing the blood glucose to normal levels.

## Remedies For Diabetes

- The best remedy for this disease is the bitter gourd, better known as '*karela*'. Eat this vegetable as often as you can or have at least one tablespoon of karela juice daily to reduce blood sugar levels in your blood and urine.
- **Amla**, due to its vitamin C content is effective in controlling diabetes. A tablespoon of its juice, mixed with a cup of fresh bitter-gourd juice, taken daily for two months will secrete the pancreas and enable it to secrete insulin.
- Take ten **tulsi leaves**, ten neem leaves and ten belpatras with a glass of water early morning on an empty stomach. It will work wonders in keeping your sugar levels under control.
- The **leaves of Butea tree** are very useful in diabetes. They reduce blood sugar and are useful in glycosuria.
- Take two teaspoons of powdered **Fenugreek seeds** with milk. Two teaspoons of the seeds can also be swallowed whole, daily.
- 250 mg of **Shilajit** as a single dose should be taken, twice daily with juice of stone apple.
- Eat 10 fresh fully grown **curry leaves** every morning for three months. It prevent diabetes due to heredity factors. It also cures diabetes due to obesity.
- Take bitter melon, in any form, without any fear, and **Jamun** and powder of its seed.