

Diabetes Treatment - Is There Any Natural Treatment For Diabetes

Since early times, diabetes has been treated naturally. It is only now with the advent of medical technologies that certain artificial medications are prescribed to fight diabetes.

Although there are some studies showing the use of herbs, oils and other plant products and by-products may help in the natural treatment of diabetes, never proceed without consulting your physician. Diabetes is a killer disease and you need experienced professional medical guidance at all times.

A. Fish oil, omega 3 oil, borage oil

Research shows that fatty acids are beneficial in improving cardiovascular complications related to diabetes. GLA or gamma linolenic acid is a fatty acid which is found to normalize and reduce the metabolism of faulty fatty acid that can aggravate the complication of diabetes.

Fish oil is being suggested to protect against diabetes. A 2002 study shows that 70% of overweight men who consume 1.8 grams of fish oil at breakfast have improvement in their insulin responses. It has also been found that a seafood diet can be an effective natural treatment for diabetes.

B. Hydrotherapy

This is the process of using water to treat diabetes. The ability of water to conduct and absorb heat can have useful effects to the human body. Among the benefits are reduction of blood sugar level, improved sleep and improve the well being and moral of diabetic.

C. Good Healthy Diet

Natural and raw foods can add up benefits to your body. Consuming healthy fruits and vegetables while sticking to natural regimen can cleanse the body.

D. Massage or Reflexology

Hands on therapy or massage can improve the well being and health of a person. Soft tissues and muscles are manipulated in this process which affects the circulatory, muscular and nervous systems of the body. Massage had since been used to treat diabetes and other diseases.

Some people may be comfortable with their drug medications but there are those who prefer the natural way of treating their illnesses. The term for the process of treating diabetes in natural ways is called naturopathy. Naturopathy consists of Herbal medicines. Recent investigations have scientifically established the efficacy of certain natural plants which may be effective, including balsam pear, bitter melon, garlic, onion, Asian ginseng, bilberry, the extract of ginkgo biloba, cinnamon and barberry.

Diabetics have always been advised that reduction of sugar intake is the best relief for their illness. This holds true especially with the usage of the natural treatments presented here.

Never proceed with a natural diabetes treatment without consulting your physician. Diabetes is a killer disease and you need experienced professional medical guidance at all times.

About the Author

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