

# Lower Blood Sugar Levels With **Gymnema Sylvestre**

Gymnema sylvestre is an herb that is native to India's tropical forests. Its Hindi name is gurmar, meaning "destroyer of sugar," and in Sanskrit it is called mesbasingi, meaning "ram's horn." The herb acts as a diuretic and an astringent, and has many other health benefits.

## **Diabetes**

1. Gymnema sylvestre may help diabetics control their blood sugar. The herb reduces blood sugar levels in the blood when it is used regularly for a long period of time.

## **Hypoglycemia**

2. Though gymnema sylvestre can lower blood sugar levels, it usually does not force blood sugar below normal levels. However, this can still happen in a small percentage of users.

## **Sugar Cravings**

3. The herb may also help those trying to curb their sweet tooth. The gymnemic acids reduce the taste of sugar, which helps control sugar cravings. This effect lasts about 15 minutes after ingestion.

## **Other Benefits**

4. Gymnema sylvestre, when applied in a powdered form to a snakebite, helps heal the wound. It also may help reduce inflammation and ease asthma.

## **Side Effects**

5. There have been no reported side effects from using gymnema sylvestre. However, no studies have been done regarding pregnant women taking the herb.

Resource: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2170951/>

Reference website: [http://www.ehow.com/facts\\_5006229\\_what-benefits-gymnema-sylvestre.html](http://www.ehow.com/facts_5006229_what-benefits-gymnema-sylvestre.html)

**2 great supplements that contain **Gymnema Sylvestre** are:**

**1) **GlucoReg** – features & benefits from the ingredients:**

- Helps the body to regulate blood sugar levels.

- Fenugreek has been traditionally used to treat a wide variety of digestive and intestinal complaints. Its ability to aid the digestion process allows for support of normal blood sugar levels.
- Nopal provides needed nutrients to the liver and aids in digestion. It has a well-documented history of helping the body maintain acceptable blood sugar levels.
- Banana Leaf, Gymnema and Bitter Melon all provide nutrients that support the healthy function of the glandular system, particularly the pancreas.
- Chromium, an important trace mineral, is essential for healthy blood sugar levels. It helps insulin get into the cell. A deficiency in chromium can result in high blood sugar.
- Vanadium may help the body control blood sugar because it mimics the activity of insulin.

## **2) Nature's Hoodia – features & benefits from the ingredients:**

- Offers safe, caffeine-free, non-stimulant weight management support.
- May reduce the desire to eat.
- May help metabolize fats.

**Click [here](#) for ordering instructions on the above mentioned remedies.**