

BOTTOM LINE'S

Breakthroughs **in** **Drug-Free** **Healing**

Bill Gottlieb

**Thousands of the
Best Science-Proven
Natural Remedies to
Curb, Cure and
Prevent Common
Ailments and
Serious Conditions**



- Activate insulin signaling in fat cells and liver cells, a key to blood sugar regulation;
- Lower triglycerides, a blood fat that can increase the risk of heart disease;
- Lower total cholesterol;
- Increase HDL "good" cholesterol;
- Thin blood, reducing the risk of blood clots;
- Slow diabetic retinopathy, eye damage that can lead to blindness and
- Fight cell-damaging oxidants.

Most of the studies mentioned above were conducted using laboratory animals with diabetes. (Not many pharmaceutical companies foot the hefty bill for human studies on herbs.) But there have been five studies conducted on fenugreek, diabetes and people. Here's the latest.

■■■ Breakthrough Study

Doctors at the Jaipur Diabetes Center in India divided 25 people newly diagnosed with diabetes into two groups. One group received a daily, 1-gram dose of fenugreek seed extract. The other group started a diet and exercise program.

Two months later, both the diet/exercise and fenugreek groups had similar and substantial decreases in daily glucose levels. But the fenugreek group had *greater* decreases in insulin levels and in insulin resistance.

"Fenugreek seeds and diet/exercise may be equally effective strategies for attaining glycemic control in type 2 diabetes," says Ethan Basch, MD, a member of the editorial board of the *Journal of Herbal Pharmacotherapy*.

And, he and his colleagues add, in a report on the "Therapeutic Applications of Fenugreek" in the *Alternative Medicine Review*, "fenugreek may hold promise" for people with prediabetes, lessening the chance that it will progress to type 2 diabetes.

Product and suggested intake: "For people with diabetes, I recommend Fen-Gre from Standard Process," says Thomas Von Ohlen, MS, CN, director of the Advanced Center for Nutrition in Fairfield, CT. "The typical response is a drop in fasting blood sugar levels from 60 to 80 mg/dl within four months." He suggests a 270 mg capsule, taken twice a day, with the approval and supervision of a physician. "Whenever a diabetes patient is on a medication, we keep an open line of communication with the physician, to make sure they are aware of the possible need to change medication dosages as the patient's condition improves, based on consistent changes in blood sugar readings."

ⓘ Fen-Gre is available on-line from www.standardprocess.com. Standard Process Inc., 1200 W. Royal Lee Drive, Palmyra, WI 53156 (800-558-8740).

PYCNOGENOL FOR FOOT ULCERS

If you're a person with diabetes, odds are 1 in 5 that sooner or later you'll find yourself hospitalized with a foot problem—and that doctors will have to amputate a toe or foot. Nine times out of ten, the foot problem started with a foot ulcer.

Foot ulcers plague people with diabetes for a couple of reasons. Foot deformities (common in diabetes) cause pressure in unusual areas, such as the tops of the toes. A sore forms but goes unnoticed—because nerve damage (diabetic neuropathy) has numbed the foot. Poor circulation slows healing. The ulcer doesn't close, gets larger, gets infected...and the foot or one or more toes has to go.

Obviously, *healing* the ulcer can prevent amputation. "The primary goal of treatment is to prevent the ulcer from getting worse," says