

Moringa: The natural cure for diabetes

Diabetic mellitus is a syndrome characterized by disordered metabolism and abnormally high blood sugar (hyperglycaemia) resulting from insufficient levels of the hormone insulin. The characteristic symptoms polyuria, polydipsia, glucoseuria, unexplained weight loss, and lethargy. There are two types of diabetes, diabetes I and diabetes II. Diabetes I may also be known as Insulin dependent diabetes where insulin therapy is needed as the beta cells can't synthesize insulin. Diabetes II may refer to as Insulin non dependent diabetes as insulin is produced by the body but in lower amount or it becomes insensitive to act on glucose. It is possible for us to treat diabetes II through proper dieting, medication and regular exercise.

The food which is ingested is converted to glucose for the cell function. Glucose cannot enter the cells alone. It needs assistance from insulin in order to penetrate the cell walls. Insulin therefore acts as a regulator of glucose metabolism in the body. If insulin is lacking or it becomes insensitive it will lead to diabetes. Untreated diabetes will lead to complications such as retinopathy, neuropathy, nephropathy, cardiovascular problems etc. Most of the people suffering from diabetes were unaware of the disease, when they recognized the disorder it becomes more complicated. A great way to get all of the important nutrients you need is to eat a diet high in raw fruits and vegetables, or to supplement the gaps in your diet with products that contain all of the necessary vitamins and minerals your body needs to function properly. The nutritional density and diversity of Moringa has deemed it the "Elixir Tree" or nature's most nutritious food. The nutrients in this miracle from nature have been reported to treat over 300 different diseases and disorders of the body. Moringa leaves have 4 times more Beta-Carotene than that of carrots, 17 times more calcium than that of milk and 25 times more iron than that of Spinach. Moringa Leaves and pods contain 90+ nutrients and 46 antioxidants. Moringa leaves have more antioxidants than the green leaves.

Moringa contains all the essential nutrients needed for the biochemical reaction to perform regularly. Researchers in London recently reported that vitamin D is essential for the islet cells in the pancreas to be able to secrete insulin properly. The studies have shown that individuals with the lowest vitamin D levels experienced the worst blood sugar-handling problems and had a greater risk of developing diabetes. Moringa as a rich source of ascorbic acid helps in insulin secretion. It is interesting to note that certain nutrients like vitamins B1, B2, B12, pantothenic acid, vitamin C, protein and potassium - along with small frequent meals containing some carbohydrate - can actually stimulate production of insulin within the body.

Vitamin A as an antioxidant helps convert beta-carotene efficiently, which reduces the risk of blindness in diabetics. Vitamin B 12 supplementation has been used successfully to treat diabetic neuropathy. High dose supplements of vitamin C have been shown to prevent sorbitol accumulation and glycosylation of proteins, both of which are important factors in the development of diabetic complications such as cataracts. Studies have shown that a low vitamin-E concentration was associated with a 3.9 times greater risk of developing diabetes. Vitamin E reduces oxidative stress, thus improving membrane physical characteristics and related activities in glucose transport. This antioxidant promotes healing of diabetes-related lesions.

Magnesium helps in the metabolism of glycogen, Mg works closely with vitamin B 6 to help the metabolic process within the cell. Moringa all these nutrient and helps the diabetic patient to control their blood glucose level.

Moringa capsules are made from 100% pure Moringa oleifera leaves, Grenera Nutrients is an integrated Moringa company that takes care of every thing from planting the Moringa trees to selling value added Moringa products under its flagship brand Yelixir. Yelixir Moringa capsules and Moringa powder can be purchased online from their website <http://www.yelixir.com> . You can also visit <http://www.moringacapsules.com>.

About the Author

Avon Howard Jr. is a nutrition consultant and has been involved with the health food industry for more than 2 decades. He is a part of many research teams that has worked on the impact of various herbal extracts on the human body. His deep knowledge and vast experience of the health food supplements makes him the sought after consultant for many health food companies

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