Control Your Blood Sugar and Weight in Natural Way



Diabetes is a major health issue thathas reached alarming levels. Today,more than half a billion people are living with diabetes worldwide.

Findings of the current 10th edition confirm that diabetesis one of the fastest growing global health emergencies of the 21st century. In 2021, it is estimated that 537 million people have diabetes, and this numberis projected to reach 643 million by 2030, and 783 million by 2045. In addition,541 million people are estimated to have impaired glucose tolerance in 2021. It is also estimated that over 6.7 million people aged 20-79 will die from diabetes-related causes in 2021. The number of children and adolescents (.e.up to 19years old) living with diabetes increases annually. In 2021, over 1.2 million children and adolescents have type 1 diabetes. Direct health expenditures due to diabetes are already close to one trillion USD and will exceed this figure by 2030. Data from: The 10th edition confirms that diabetesis one of the fastest growing global health emergencies of the 21st century

1. Blood Glucose Mechanism

The types of sugars we are exposed to in our daily lives include Monosaccharide (e.g. Glucose, Fructose, Galactose, Ribose), Oligosaccharide (e.g. Sucrose), Polysaccharide (e.g. Starch, Cellulose) and Bound Sugars (e.g. Glycolipids, Glycoproteins), of which glucose is the main one that can be absorbed directly by the body for energy. Abnormalities in blood glucose levels are also associated with the characterization of glucose in the blood.

Due to the short residence time of food in the oral cavity, human digestion of sugar is mainly dependent on the action of pancreatic amylase in the small intestine. As well, large amounts of digestive enzymes are present at the brush-like margin of epithelial cells of small intestinal mucosa, which are able to hydrolyse the intermediate products of crude hydrolysis into glucose. The glucose monomer enters the body fluid via a transport carrier in the small intestinal mucosa and is utilized by the cells.



The level of glucose in the blood is influenced by the food consumed, but it is also related to the level of hormonal regulation. There are two hormones that are directly related to blood glucose: Glucagon and Insulin. Glucagon has a strong role in promoting glycogenolysis and gluconeogenesis. When glucagon senses that blood glucose level is significantly lower than normal, it promotes glycogenolysis to raise blood glucose. Insulin is the only hormone in the body that lowers blood sugar. Insulin promotes the uptake and use of glucose by cells throughout the body and inhibits the glycogenolysis and gluconeogenesis. Insufficient insulin secretion or insulin receptor deficiency often leads to an increase in blood glucose; if the renal glucose threshold is exceeded, sugar is excreted in the urine, causing diabetes.



2. How to control

Abnormalities in blood glucose can be controlled in terms of both input-output, including interference with digestive enzymes during digestion and absorption and control of hormones once glucose enters the bloodstream.

As the digestion and absorption of food by our body requires the participation of various digestive enzymes, we can add digestive enzyme inhibitors to our diet to slow down/impede the absorption of sugar in order to slow down the rise of blood sugar. Mulberry leaf extract and white kidney bean extract are common digestive enzyme inhibitors.

For conditions like Insufficient insulin secretion and insulin insensitivity in cells, exogenous insulin intake might be considered to compensate, while adding insulin sensitizers to the diet is also a good option. Insulin sensitizers can help to enhance the sensitivity of the cells to insulin, allowing insulin to work better to lower blood glucose.

3. Product recommendation

Mulberry Leaf Extract

Mulberry Leaf extract is water extract of the dried leaves of Morus alba L., which is standardized with 0.8-1% DNJ. DNJ is short for 1-Deoxynojirimycin, which can reduce the absorption of sugar by the body by inhibiting the effect of α -glucosidase on sucrose and carbohydrates, to achieve the purpose of sugar control. The consumption of Mulberry Leaf Extract can be used without altering the normal diet.

White Kidney bean Extract

White kidney bean extract can inhibit the effect of α -amylase, block starch decomposition, reduce glucose absorption, thereby reducing postprandial blood sugar rise, reducing insulin secretion, and reducing fat synthesis. It can effectively cooperate with the dietary treatment of diabetics and dieters, so that they can eat full and eliminate hunger, and the blood sugar after meals will not be high, and the weight will not be increased.

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