

## Herbs Reported to Restore Insulin Sensitivity

Some of the herbs used to decrease glucose work on mechanisms similar to some of the drugs...by affecting absorption and preventing gluconeogenesis in the liver. **The recommended ones are highlighted in green.**

√	Supplement	Dose Range
	Basil	Improves insulin sensitivity.
	Berberine: found in Golden Seal, Oregon Grape Root, (others listed in my blog post)	500 mg Berberine 3 times a day – Reduces blood sugar better than metformin and other prescription meds
	Bitter Melon	Traditional use in many cultures; lowers both insulin and triglycerides
	Cinnamon	Enhances effectiveness of insulin at the receptors; doses studied have been from 1 to 6 grams per day
	Fenugreek	Lowers insulin secretion as well as decreased triglycerides and increased HDL cholesterol
	Ginger	Increases insulin sensitivity and decreases inflammation
	Ginseng	Decreases blood sugar and does not affect serum lipids, so it is theorized that the reduction in glucose is by slowing intestinal absorption; it also seems to raise insulin, so is not recommended for insulin resistance
	Gymnema Sylvestre	10-15 ml per day of 1:1 extract or 4000 mg, 3 times daily – While often touted as a good herb for reducing blood sugar, it does so by slowing absorption of glucose and increasing insulin, so is NOT recommended
	Maitake Mushroom	Lowers sugars, insulin and triglycerides by improving sensitivity of cells to insulin; powder or water extract seem to work best
	Nopal Cactus	Mechanism not fully understood, but thought to improve insulin sensitivity along with slowed absorption of glucose through the intestinal wall
	Olive Leaf Extract	There are a few tidbits and doses in my blog article: <a href="http://www.drRitamarie.com/go/ArticleOliveLeafExtract">http://www.drRitamarie.com/go/ArticleOliveLeafExtract</a>
	Vaccinium	(Relative of blueberry) Mechanism is unknown and it's not advised for chronic use