

Type 2 Diabetes: Herbs, Foods, and Supplements, Part 3

By Lori Kelsey DOM

Herbs are prescribed in synergistic combinations [formulas] in Chinese medicine- *rarely as single herbs*. For example Tianqi, a Chinese patent/pill formula, contains Huang Lian, Huang Qi, and Shan Zhu Yu! Individually, they target complications associated with Type 2 Diabetes. In combination, they have the potential to nip pre-diabetes in the bud!

Tian Qi Capsules

Tianqi was tested in a double-blind, randomized, placebo-controlled, multi-center trial with 804 pre-diabetic participants. It lowered pre and post-meal blood sugars. More importantly, it lowered HbA1c 1.15%, which is comparable to oral diabetic drugs. Most importantly, it prevented the onset of Type 2 Diabetes in patients with pre-diabetes over the course of 12 months (18% compared to 29.32% placebo).

Huang Qi/ Astragalus

Huang Qi indirectly lowers blood sugar, and increases insulin sensitivity. Numerous studies demonstrate its protective effect against diabetes-related skin ulcers, nephropathy, renal hypertension, and vascular endothelial cell damage. By enhancing immunity and blood circulation, it supports micro & macro vascular health. For this effect, Huang Qi is prescribed in *very* high daily doses (30g to 60g). Fortunately, it is inexpensive and commonly sold in health food stores, and herb apothecaries.

Shan Zhu Yu/ Cornelian Cherry

Albuminuria (protein in the urine) marks the onset of kidney damage from diabetes. Therefore, Standard of Care is safeguarding kidney function from the time of diagnosis of diabetes. Certain drugs prevent or slow the onset of kidney damage. But there is little in the Western medicine arsenal to reverse severe albuminuria. Hopeful studies demonstrate how Shan Zhu Yu prevents and reverses diabetic nephropathy. In one study 143 out of 153 human participants with diabetes-related kidney disease tested negative for albuminuria after taking a formula containing Shan Zhu Yu daily for 6 to 30 days.

Huang Lian/ Golden Thread

Huang Lian regulates the liver's role in blood sugar control: *glucogenesis* [glucose storage] and *gluconeogenesis* [glucose creation]. Huang Lian also contains berberine, which benefits all aspects of Metabolic Syndrome- a constellation of insulin resistance (non-alcoholic fatty liver disease, and pre-diabetes), abdominal obesity, high cholesterol, and hypertension. *Metabolic Syndrome is often diagnosed hand-in-hand with Type 2 Diabetes.*

Lori Kelsey DOM {Doctor of Oriental Medicine} will speak on managing Type 2 Diabetes with herbs, nutrition, & supplements at Longevity Chiropractic 710 Main St. Clayton, NM on Friday September 4, 2015 from 5:30 pm to 7:30 pm. **Topics covered:**

- *How different herb, foods & supplements affect blood sugar control.*
- *Prognosis with these complementary & alternative therapies.*
- *Planning the finances, time, energy & lifestyle changes for best results.*
- *Herbal treatment plan & cost.*

- *Western medicine goals & measures of treatment success.*

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