

Hypoglycemia

Written by Delores A. Hampton
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Your blood glucose levels (blood sugar) goes too low and cannot give your body the energy it needs to support your activities.

Angostura Bitters, Artichoke Leaf, and Gentian Root- Internal Purposes: These herbs may assist in balancing the blood sugar levels.

Astragalus or Licorice Root- Internal Purposes: To assist your body in dealing with stress, try these two herbs. Cautions: Stop using licorice after seven days. If your physician has advised you that you have high blood pressure, choose a different herb. Don't use if you are pregnant or are nursing.

Bilberry & Wild Yam- Internal Purposes: Insulin levels can be regulated by using bilberry and wild yam.

Dandelion- Internal Purposes: Dandelion Root can be an excellent place to get your calcium needs and can support the liver and the pancreas.

Gudmar (Gymnema sylvestre)- Internal Purposes: This belongs to herbs that are Ayurvedic in nature. It is responsible for preventing the absorption of saccharides into the intestine. This, in itself, can deviate fluctuations in blood sugar.

Licorice- Internal Purposes: The adrenal glands will gain quite a bit of benefit from the nourishment provided by licorice. Cautions: Stop using licorice after seven days. If your physician has advised you that you have high blood pressure, choose a different herb. Don't use if you are pregnant or are nursing.

Milk thistle- Internal Purposes: Milk Thistle can restore the liver to its normal state.

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