

Researchers Announce New Study Of The Efficacy Three Common Foods For Combating Insulin Resistant Type 2 Diabetes

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This week researchers from Moulay Ismail University in Morocco announced in the Journal of Medicinal and Aromatic Plants research on insulin resistance and three traditional remedies, cinnamon, bitter melon and green tea.

They concluded that in all three instances, there was substantial clinical evidence supporting the consumption of these foods as part of a treatment plan for insulin resistance and that in some instances the folk remedies may be as effective as many pharmaceutical treatments.

The Center for Disease Control estimates 29 million Americans suffer from Type 2 diabetes, as many as half of those 29 million people have insulin resistant Type 2 diabetes.

Insulin is produced by the pancreas and serves to unlock cells so they can absorb sugar from the blood stream and convert it to energy. When the human body detects an increase in blood glucose levels, a signal is sent to the pancreas to produce more insulin. However, in insulin resistant diabetes, some or all cells become unresponsive to insulin. The blood glucose is not absorbed and blood glucose levels remain elevated, often dangerously so.

Consequently, the neuroendocrine system continues demanding insulin from the pancreas. In the most serious cases, constant demand causes the pancreas to fail and stop producing insulin altogether. Many popular diabetes medications, including the best selling Metformin, target insulin resistance.

The researchers studied three remedies used in either Traditional Chinese Medicine (TCM) or Indian Ayurveda to treat diabetes.

Bitter melon (*Momordica charantia*) is a common dietary ingredient in Asia. In the USA it is available in Asian

markets. Researchers found in animal studies that diabetic rats treated with bitter melon experienced reversal of insulin resistance.

Researchers also looked at common household cinnamon (*Cinnamomum Osmophloeum*.) They found that cinnamon stimulates the human body to increase production of a compound called adiponectin. Adiponectin is secreted solely by adipose tissue and has been shown to have both anti-diabetic and anti-atherogenic properties.

It has attracted attention because a decrease in the circulating levels of adiponectin seems to have a causal relationship to the development of obesity, insulin resistance, type 2 diabetes and atherosclerosis. Adiponectin levels are one common diagnostic tool for the diagnoses of type 2 diabetes. The researchers report that in one study the daily consumptions of just 1 gram of cinnamon for 40 days reduced blood glucose levels.

Green tea (*Camelia sinensis*) consumption is on the rise in the USA and it's health benefits have been widely reported. The researchers in Morocco studied the benefits of green tea polyphenols on insulin resistance. In one 4-week animal study they saw improved insulin resistance, reduced triglycerides and increased adiponectin levels.

Leading USA-based tea company, Immortalitea, commented in conjunction with the study, "This is an animal study not a clinical trial and, taken by itself, it doesn't prove anything. But it adds to a growing body of evidence that there are time tested natural remedies that may help people struggling with Type 2 Diabetes." The full commentary from the CEO of Immortalitea can be found at, <https://www.immortalitea.com/Immortal-Musings/New-Research-Indicates-Some-Traditional-Herbal-Remedies-May-Be-Effective-for-Treating-The-Root-Cause-of-Type-2-Diabetes>

About The Immortalitea Company

The Immortalitea Company offers health-conscious organic and pesticide-free teas such as jiaogulan, mulberry leaf, and green tea.

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