

# Herbal, Natural and Alternative Therapies for Diabetes.

Herbal remedies can assist in lowering blood glucose levels.

Many common herbs and spices are claimed to have blood sugar lowering properties that make them useful for people with or at high risk of type 2 diabetes.

A number of clinical studies have been carried out in recent years that show potential links between herbal therapies and improved blood glucose control, which has led to an increase in people with diabetes using these more 'natural' ingredients to help manage their condition.

Plant-based therapies that have been shown in some studies to have anti-diabetic properties include:

- [Aloe vera](#)
- [Bilberry extract](#)
- [Bitter melon](#)
- [Cinnamon](#)
- [Fenugreek](#)
- [Ginger](#)
- [Okra](#)

While such therapies are commonly used in ayurvedic and oriental medicine for treating serious conditions such as diabetes, many health experts in the west remain sceptical about their reported medical benefits.

In fact, because certain herbs, vitamins and supplements may interact with diabetes medications (including insulin) and increase their hypoglycemic effects, it is often argued that use of natural therapies could reduce blood sugars to dangerously low levels and raise the risk of other diabetes complications.

Whatever your intended reasons for using these specific herbs, you must always discuss your plans with your doctor and diabetes healthcare team first to ensure they are safe for your condition and determine a suitable dose.

Some essential oils, when mixed in correct measures, may help some diabetics, particularly when used in conjunction with massage therapy. These include Eucalyptus, Juniper and Geranium oils. However, before any aromatherapy is used to help diabetes, it is vital to consult with your GP and diabetes healthcare team.

Massage therapy could be incorporated into relaxation therapy, but it also serves another purpose that can be particularly useful for people with diabetes.

By skilfully kneading the body's tissue, massage can stimulate better blood movement around the body. Improved circulation can do wonders for diabetic neuropathy and other diabetes-related complications.

Massage takes many forms, some of which may be more suitable for diabetics than others. We would be more than happy to discuss this with you and your particular requirements.