



# 10 BEST

NATURAL HOME  
REMEDY FOR

# DIABETES





## 01. Bitter Gourd/Karela

Bitter gourd is filled with insulin-polypeptide-P and can help reduce increased sugar levels.

### How To Consume

You can have it as a sabzi or consume it in the form of a smoothie.



## 02. Cinnamon

The bioactive compound in cinnamon can help prevent and fight diabetes. Cinnamon can also regulate blood sugar levels by stimulating the activity of insulin.

### How To Consume

Mix half a teaspoon of ground cinnamon with warm water and consume once every day.



## 03. Vitamin C

If you're someone who has chronic diabetes, then you should be consuming vitamin C rich foods like orange, lemons, etc. daily. It not only supports healthy skin, but it also improves blood sugar levels.

### How To Consume

Consume at least 600 mg of vitamin C daily



## 04. Aloe Vera

Although a little bitter, aloe vera can be consumed to lower your blood sugar levels, and it is also abundant in anti-inflammatory properties.

### How To Consume

Consume it with buttermilk



## 05. Amla or Indian Gooseberry

One of the richest sources of vitamin C, amla can help manage pancreatitis and eventually control blood sugar levels. It also contains chromium that regulates carbohydrate levels and makes the body more responsive to insulin. So, the murabbas sound pretty tasty now, right?

### How To Consume

Consume it in the form of powder or pickle



## 06. Drumsticks or Moringa

Moringa offers essential medical benefits that can help control blood sugar levels and treat type 2 diabetes. It is rich in antioxidants and vitamin C.

### How To Consume

Cut a few pieces and put it into a jug full of water - keep sipping on it whenever!

Toss some in your dal and delve into its richness



## 07. FENUGREEK

Apart from being regularly used in Indian kitchens, fenugreek is also known for its great health benefits. Fenugreek is rich in nutrients that improve glucose tolerance and control diabetes.

### How To Use

Soak 2 tbsp of the seeds in water overnight. Drink the water along with the seeds on an empty stomach in the morning.

Alternatively, one can consume fenugreek seed powder with milk or even hot/cold water.



## 08. Berberine

Research suggests berberine may lower blood sugar levels and be as effective as some conventional diabetes medications in people with type 2 diabetes.

Two studies have shown that berberine can cause significant weight loss, while improving all sorts of other health markers at the same time.

### How To Consume

Cut a few pieces and put it into a jug full of water - keep sipping on it whenever!

Toss some in your dal and delve into its richness





## 09. WATER

Diabetes increases the risk of dehydration. To reduce excess glucose, our kidneys try to pass out the excess sugar through urine. However, that means that it takes water too.

Drink a minimum of 2.5 – 3 litres of water daily.

Exercise regularly to Manage Diabetes





## 10. SUNLIGHT

Sunlight is considered one of the best sources of Vitamin D. According to researchers, Vitamin D is essential for insulin production.

It is ideal to sit under sunlight for at least 30 minutes daily. This will prevent your Vitamin D deficiency.

You can consume orange juice, cheese, yoghurt, and cereals. They are rich in Vitamin D



# Sushrut Ayurved Industries

Krishma Building, Kalghatgi

Yellapur Rd, Rajatagiri, Saraswatpur,

Dharwad, Karnataka 580002

Product Support: +91-9845220803 | +91-8105784545

Email Support: care@knockdiabetes.com

[www.knockdiabetes.com](http://www.knockdiabetes.com)

