



Gymnema: Ayurvedic Help for Diabetics (Woodland Health)

Maren Barney

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The herb gymnema (*Gymnema sylvestre*) can help diabetics manage their blood-sugar levels, by stimulating pancreatic cells that produce insulin. Gymnema also stimulates enzymes that help the uptake of glucose into cells, and prevents the stimulation of the liver to produce more insulin. Along with advice from your healthcare provider, gymnema can prove to be valuable in effectively managing your diabetes for better overall health.

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