Top Healing Spices to Lower Blood Sugar

Whether you’re looking to prevent high blood sugar, or you need to control your blood sugar due to Diabetes, healing spices could help.

High blood pressure is often dubbed the silent killer. It places additional strain onto the heart as well as the blood vessels. If left untreated, this could lead to a stroke or a heart attack. It’s also known to cause kidney and heart disease and is even linked to dementia.

So, if you’re looking to lower your blood pressure, below you’ll discover some of the top healing spices to invest in.

Ginger

Ginger has been used as a medicinal spice for literally thousands of years. Largely known for its digestive and immune boosting benefits, it is also excellent at controlling blood sugar levels.

However, if you’re currently taking medication to lower your blood sugar, it’s advisable to talk to your doctor before using ginger too. Combined with the medication, the ginger could potentially cause your blood sugar levels to drop dangerously low.

Cinnamon

There’s actually different types of cinnamon available and the one you’ll want to focus on here is Ceylon. Otherwise referred to as “true cinnamon”, Ceylon is slightly more difficult to get hold of and it’s also a little more expensive than the standard Cassia cinnamon found in most stores.

The reason you’ll want to focus on Ceylon is because it contains less coumarin. This natural substance has been linked to causing liver damage. There’s approximately 1% of the substance found in Cassia cinnamon, but only 0.004% in Ceylon cinnamon.

Fenugreek

If you cook a lot of Indian inspired dishes, you’ll likely have used Fenugreek. There’s been various studies conducted which have shown Fenugreek is great at lowering blood sugar levels.

It’s also known to improve insulin resistance and boost good cholesterol. So, if there’s just one spice you focus on in this list, it should definitely be this one.

Turmeric

There’s few spices which can compete with turmeric in terms of its healing benefits. As well as lowering blood sugar levels, this powerful spice also helps to prevent infections and boost the immune system, proving beneficial to Diabetes patients.

The Curcumin contained within turmeric helps to lower HbA1C as well as plasma glucose levels. It can also improve lipids within the body, which have been shown to prevent prediabetics from turning into full diabetics.

It’s worth keeping in mind that you should always talk to your doctor before trying any of the above healing spices. This is especially true if you are currently taking blood-sugar lowering medications. They should also never be used as a replacement for medication if you do have Diabetes.

When used correctly, the spices above can have a fantastic effect on blood sugar levels, helping you to feel better than you have in years.