Complementary Blog Post: 6 Best Essential Oils For Diabetes

Subject: 4 Benefits of Tea for Diabetics

[firstname],

Tea is known to be somewhat of a super drink and can help you when you have diabetes as well. If you take your tea without any sugar or milk, there are heaps of benefits your body can get from just a small, warm glass each day.

For instance, tea helps the digestive process work quicker and gets your bowels moving. You’ll feel less bloated and uncomfortable. Plus tea also has a fraction of the caffeine coffee has which means you get the jolt of energy you need early in the morning without the risk of crashing before lunch.

Are you trying to lose weight? Try tea without anything added because it has very few calories. If you are tired of plain old water, tea is a great substitute.

People suffering from diabetes should also consider including tea - green tea to be exact - to their daily diet.

Are you or a loved one currently dealing with diabetes? Below are two reasons to consider drinking tea every day.

**Green Tea Combats Insulin Resistance**

Type 2 Diabetes is caused by the body's refusal to be sensitive to insulin. This causes the pancreas to produce extra insulin. With the pancreas worn out, it would be harder for the body to regulate blood sugar levels.

Green tea, taken without any sugar or milk, can help improve insulin sensitivity which enables glucose to enter and provide energy to the cells properly.

**More Tea, Less Stress**

Taking a break from work and drinking green tea by a park bench is a great way to unwind and relax during a stressful office day. Step away from your responsibilities of your computer is relaxing and by doing this your afternoon tea also plays a hand in managing your stress. Green tea contains theanine, which is an amino acid that lowers blood pressure and regulates stress.

Another natural way to help with diabetes is by using essential oils. Check out this blog post that goes over six different oils that help.

LINK

Diabetes means that you have to monitor what you eat and some people take medicine, but there are natural options. Check with your doctor to see if any of them work before you start.

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