

# Moringa Oleifera: A treatment for Diabetes

Diabetes is a disease that is characterized by problems involving the hormone insulin. In healthy people, the pancreas releases insulin; insulin then works to help the body use and store the fat and sugar that is derived from the food that people eat. With diabetes, insulin can be compromised in a couple of different ways. In some cases, the pancreas doesn't produce any insulin at all. Other times, the body does not react in the right way to insulin - this is known as "insulin resistance." Finally, diabetes is sometimes characterized by a pancreas that produces an insufficient volume of insulin.

## The Two Types of Diabetes

It's important to understand that diabetes is a disease that has no cure. Once a person develops diabetes, they will suffer from the condition for the rest of their life. Although diabetes may be triggered by a variety of different phenomena involving the pancreas and insulin production - or lack thereof - it can also be divided into two distinct types.

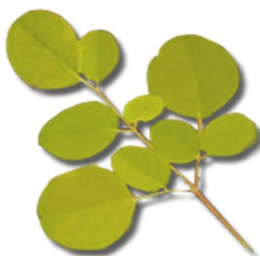
**Type 1 Diabetes** - Type 1 diabetes typically first arises in people under the age of 20, although it can happen at any age. Insulin-producing cells - known as beta cells - in the pancreas are completely destroyed by the body's immune system. In turn, the pancreas can no longer produce any insulin and insulin injections must be administered.

**Type 2 Diabetes** - With type 2 diabetes, a person's pancreas still produces insulin; the problem is that it either doesn't create enough insulin, or the person's body is resistant to the insulin that is produced. Type 2 diabetes commonly occurs in obese and overweight individuals - usually over the age of 40 - and is sometimes called "adult onset diabetes."

## Managing Diabetes

There is no cure for diabetes. However, there are several ways to manage the condition in order to keep insulin at the proper level. There are several different techniques and strategies for managing diabetes. Some of them include:

- carefully monitoring one's diet in order to keep blood sugar levels in check;
- using insulin injections as needed to maintain optimal levels in those whose bodies don't produce the hormone;
- keeping a close eye on blood sugar levels by using special kits that measure insulin and sugar in the blood; and
- following an exercise routine in order to keep blood pressure levels in check.



## Moringa Oleifera: A Natural Treatment for Diabetes

As with any disease or condition, doctors and researchers are constantly seeking new ways to treat and manage diabetes. People are more concerned about using harsh, synthetic medications than ever before, which is what makes the promise of a tree called Moringa Oleifera all the more exciting. Moringa Oleifera is a tree that is originally native to India, but is now grown across the globe. As it happens, people in many developing countries - particular in Africa - have been using Moringa Oleifera to treat and manage the symptoms of diabetes for years.

### Why does Moringa Oleifera hold so much promise for those who suffer from diabetes?

Primarily because of its many amazing, natural benefits. Moringa Oleifera has been shown to naturally boost the immune system, which usually becomes compromised in those who suffer from type 1 and type 2 diabetes. Moringa Oleifera has also been shown to possess many key anti-inflammatory benefits; diabetes often causes circulatory problems which can be managed through anti-inflammatory supplements. There are no negative side effects associated with Moringa Oleifera use, meaning that it is a safe, natural way for people to manage their blood sugar and care for their diabetes symptoms. It's just one more option for the many people who have to cope with this serious condition.

# It's All About Diabetes!

**Moringa is a nutrient plant that can help maintain normal blood sugar levels.**

Diabetes is another medical conditions that I will always be researching. Whether you spell it diabetes, diabeties or diebeties it's still the same chronic conditions. Diabetes affects more and more people daily with some of you not knowing you have diabetes until you notice the major symptoms.

- \***Frequent urination (in children, a recurrence of bed-wetting after toilet training has been completed)**
- \***Unusual thirst, especially for sweet, cold drinks**
- \***Extreme hunger**
- \***Sudden, sometimes dramatic, weight loss**
- \***Weakness**
- \***Extreme fatigue**
- \***Blurred vision or other changes in eyesight**
- \***Irritability**
- \***Nausea and vomiting (acute symptoms)**

When you are diagnosed with diabetes you have to carefully monitor you blood glucose levels. Dr. Monica Marcu states in her *Miracle Tree* book

***Even diabetics who switch from a high carbohydrate/low fat diet to a high fat (50% of calories coming from fat)diet, with most of that fat as olive oil, can lower their blood sugar levels so much that they require less insulin injections.***

The main fat in olive oil is *oleic acid* the healthy Mediterranean Diet's best kept secret! Olive oil is about 75% oleic acid where **Moringa is 73%**, sunflower is about 20% and canola is about 55% oleic acid. The most **exciting property of oleic acid is the ability to regulate blood glucose levels**. It just seems fitting to me to add Moringa to your diet, whether it's in a powder form to sprinkle over your cereals or salads or as a beverage supplement like [Zija](#)

There are three types of diabetes, Type I, Type II or Gestational Diabetes.

**Type I** is when your body is insulin dependent. Your bodies stops producing insulin to regulate your blood sugar levels. Usually diagnosis in early childhood or when your adult, however you can become Type I at any age.

**Type II** is when insulin is produced however supply may not be enough for our bodies or our bodies stop utilizing the insulin hormone.

**Gestational** is when a pregnant mother's blood sugar levels become unstable.

I have met a gentleman from Australia who has written some very informative Notes that are available on eBay

**What Do I Do?**

**What Do I Eat?**

**How Do I Stay Healthy?**

*I am a Type 2 Diabetic that has successfully rebuilt my body using Food alone.I want to share my knowledge with all Diabetics in the World. I have notes NOT BOOKS on What to Do ,Eat and How to stay Healthy. I CANNOT CURE Diabetes but I CAN help you become A Healthy and Happy Diabetic like myself.*

Another great sight that I would recommend for all diabetic to check out is

[Diabetes Health Talk .com](http://Diabetes Health Talk .com)

I could add more information on diabetes, but I'll leave it up to you to check the links mentioned to get more information with people who are living with diabetes themselves.

The common things on all diabetes sights are that **we have to maintain our diets, get lots of exercise and of course keep in contact with your doctor**. Which is great advise for everyone!!