

Velma B. Cox Foundation

FOR TYPE II DIABETES & HIGH BLOOD
PRESSURE

GYMNEMA SYLVESTRE “THE SUGAR DESTROYER”

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GYMNEMA SYLVESTRE “THE SUGAR DESTROYER”

Is your love for sugar something that derails you from being more consistent with your lifestyle changes? Have you ever thought that managing my diabetes and cholesterol wouldn't be so hard if I didn't have these intense sugar cravings? Have you thought only if I could find some magical pill or something to help me all around? Well Gymnema Sylvestre may be the solution for you.

Stay turned to find out more about this woody climbing shrub that is native to the forests of Africa, Australia, and India. Gymnema has been used medicinally in Aryuevadic practice for over 2,000 years. Traditionally, it used as a remedy for diabetes, malaria, snakebites, and various ailments.

Gymnema Sylvestre



BENEFITS OF USING GYMNEMA “THE SUGAR DESTROYER”

Gymnema Sylvestre has many awesome health benefits and it is especially beneficial for those suffering from diabetes, cardiovascular diseases, and metabolic syndrome. Gymnema can assist in lowering blood sugar cravings, stimulating insulin production, promoting regeneration of insulin producing beta islet cells, improving cholesterol and triglyceride levels, reducing risk of heart disease, aiding in weight loss, and reducing inflammation.

So how can Gymnema help a diabetic? Research shows that gymnemic acids block sugar receptors on your taste buds. The reduced ability to taste sweetness makes sweet foods less appealing. In a study done with fasting individuals, half received Gymnema extract. Those who received Gymnema were noted to have less of an appetite for sweet foods at the subsequent meal and were more likely to limit their food intake. Gymnema also works at lowering blood sugar by blocking receptors in the intestines, reducing sugar absorption which helps lower post meal blood sugar levels. The bodies of individuals with diabetes and pre-diabetes tend not to make enough insulin or the cells become less sensitive to insulin over time, leading to consistently high blood sugar levels. Gymnema may stimulate insulin production in the pancreas and promote the regeneration of insulin producing islet cells which can help reduce blood sugar levels.

So can Gymnema help someone at risk for heart disease? Research shows that Gymnema can influence fat absorption and lipid levels. In a study with moderately obese individuals taking Gymnema Extract they showed decreased triglycerides and “bad” LDL cholesterol by 20.2% and 19% respectively. “Good” HDL cholesterol levels increased by 22%. All contributing to a lower risk of heart conditions and diseases.

So does Gymnema aid in weight loss? Gymnema has been shown to aid in weight loss of human and animals. In one study, 60 obese individuals took Gymnema extract and a 5-6% decrease in body weight as well as reduced food intake was noticed.

So how does Gymnema reduce inflammation? Inflammation plays an important role in the healing process but too much can be quite harmful. Most individuals have lifestyles that promote inflammation causing them to remain in an inflammatory state which is very detrimental to health. Excess sugar and fat, stress, environmental exposures, lack of sleep, etc increases inflammation. Gymnema is known to help reduce inflammation through tannins and saponins. Gymnema leaves are immunostimulatory, regulating the immune system and reducing inflammation.



HOW SHOULD I TAKE GYMNEMA?

Studies suggest that 200-400 mg of gymnemic acids reduce the intestinal absorption of the sugar glucose.

Gymnema is traditionally consumed as a tea or by chewing its leaves. In the Western medicine, it is taken in pill or tablet form, which is easier to control and monitor dosage. Extract or leaf powder is also available.

Tea: Boil leaves for 5 minutes, then steep 10-15 mins before drinking

Powder: Start with 2 grams, increasing to 4 grams if no side effects occur

Capsule: 100 mg, 3-4 times daily

If you want to block sugar receptors, take supplement in water 5-10 minutes before a high sugar meal or snack.

Gymnema is safe for most but avoid in children, pregnant, breast feeding, or those planning to become pregnant. Possible side effects: Combining Gymnema with other blood sugar lowering medications can cause an unsafe drop in blood sugar levels. May cause HA, nausea, and dizziness.

Gymnema is a wonderful herb that has tremendous health benefits. Try today to help reduce inflammation, blood sugar, and risk of heart disease.



References;

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