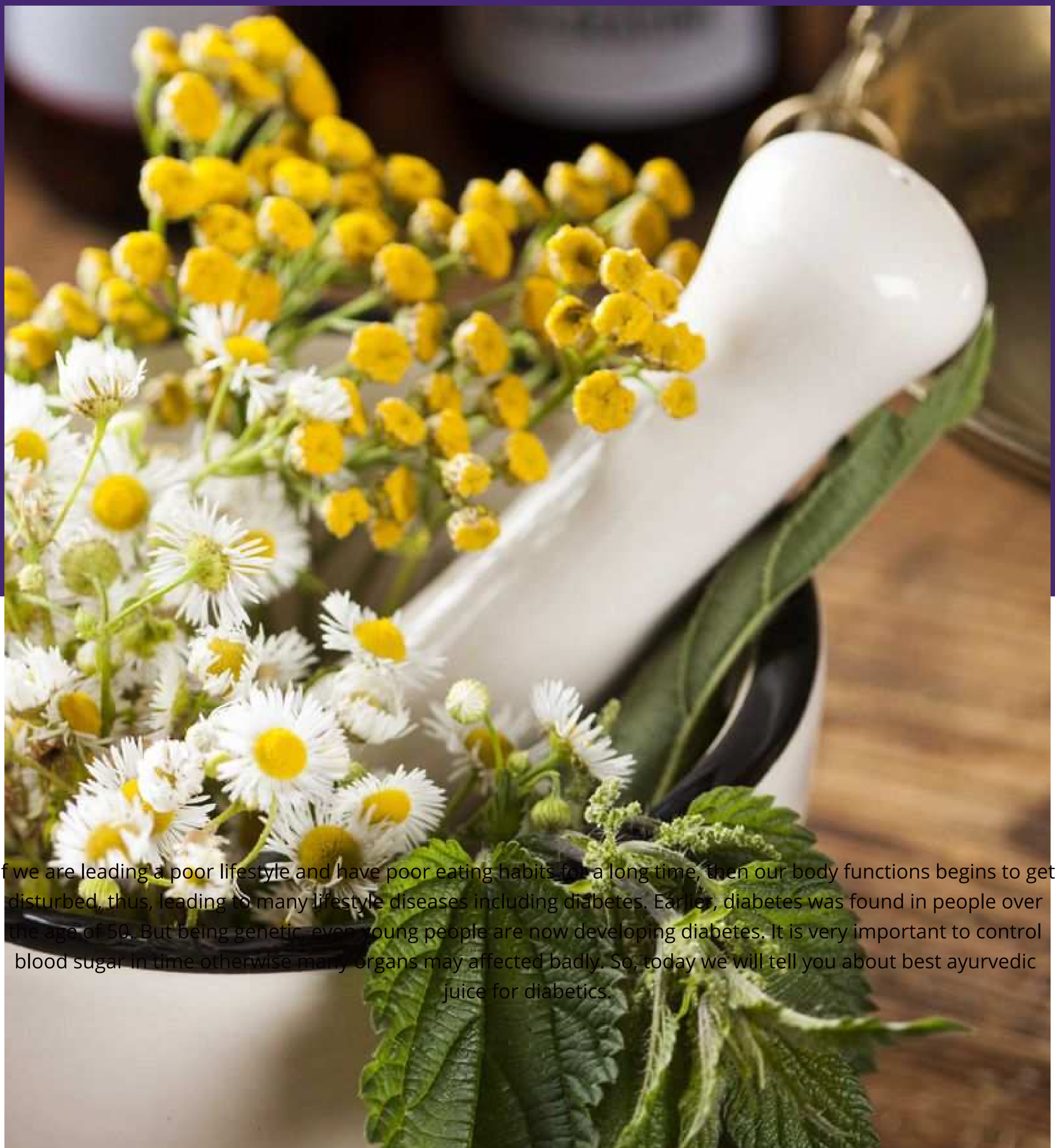




Best Ayurvedic Juice for Diabetics

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FreakToFit



If we are leading a poor lifestyle and have poor eating habits for a long time, then our body functions begins to get disturbed, thus, leading to many lifestyle diseases including diabetes. Earlier, diabetes was found in people over the age of 50. But being genetic, even young people are now developing diabetes. It is very important to control blood sugar in time otherwise many organs may affected badly. So, today we will tell you about best ayurvedic juice for diabetics.

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According to the doctors, when the blood sugar level in the body increases, kidneys, heart, lungs as well as eyes are badly affected. There have been several cases where the patient's eyesight has gradually decreased due to high blood sugar. So if you don't want to face these problems in the near future, control them in time.

Ayurveda provides various measures to control blood sugar. But you can consume this Ayurvedic medicine in the form of juice if you like. Now, let's see how to make and drink this ayurveda juice.



Best Ayurvedic Juice for Diabetes.

Bitter Gourd for Diabetes.

Bitter gourd has properties like potassium, vitamin A, B, C as well as thiamine, riboflavin, which strengthens the beta cells of pancreas, making insulin in the right amount and keeping your blood sugar under control.

Evergreen.

The evergreen plant contains an alkaloid name element that strengthens the beta cells of pancreas, making insulin in the right amount. It keeps your blood sugar under control.



Giloy for Diabetes.

Giloy has a great importance in Ayurveda. The terpenoid compound found in it helps in controlling blood sugar. So its consumption can help you to control blood sugar as well as get rid of many diseases.

Cucumber for Diabetes.

Cucumber is rich in many medicinal properties and contains elements like vitamins, potassium along with high fiber, which helps in controlling blood sugar level.

Tomato for Diabetes.

Tomatoes are rich in vitamins with antioxidants. It is also very low in purine which helps in controlling blood sugar.



Ingredients For Making Best Ayurvedic Juice for Diabetes.

5-6 Evergreen flowers and a little leaves.

Bitter gourd.

1-2 leaves of giloy.

Cucumber.

Tomato.

A little chirata.

Little Gulmarg.

Procedure.

To make juice, put everything in a grinder and grind it until become smoothie. Then strain it and drink fresh juice daily on an empty stomach.



Conclusion.

Diabetes is a serious problem. If not treated on time can lead to many other health disease. Above given juice is considered as one of the best ayurvedic juice for diabetics. Therefore, to keep yourself healthy always monitor your blood sugar level twice a week and then take necessary steps.