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The combination of nutrition and herbal medicine to bring balance to diabetic conditions


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The need to focus on the nervous system, adrenals, liver and pancreatic health through correct nutrition, food timing restrictions (periods of intermittent fasting and actual fasting), herbal medicine and lifestyle management are paramount to bringing the diabetic condition into homeostasis. By looking at the body organism as opposed to organs functioning singularly, we can begin to see where the root of the issue stems from and begin to implement strategies to bring a state of balance to the body and mind. All 4 systems are interrelated: The nervous system being in a para/sympathetic state affects the functioning of the adrenals, which affects the function of the liver and the pancreas and their release

of enzymes, synthesis of hormones, cholesterol, glycogen, insulin and glucagon, amongst many other functions. Using a nutrient, chlorophyll and fiber rich plant-based approach alongside certain herbal medicine categories (alteratives, bitters, nutritives, tonics and adaptogens) and lifestyle management tactics, targeting these aforementioned bodily systems can bring the diabetic condition back into a state of homeostasis. Fasting and time restricted eating play an important role in this homeostatic act and has played a role in natural healing for thousands of years, however, should be overseen by a professional

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