Experts Reveal Foods That Potentially Reverse Insulin Resistance

Melissa Scott  August 22, 2017

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(Newswire.net -- August 22, 2017) Orlando, FL -- Diabetes is one of the most prevalent conditions around the world. Insulin resistance can potentially lead to diabetes, and this is why it is important to have it reversed.

Experts reveal the foods that can potentially reverse insulin resistance. According to statistics, more than 80 million people in the United States suffer from insulin resistance, which can actually lead to diabetes.

According to experts, the hormone insulin triggers the cells to open up as well as take in glucose from the blood. The cells become desensitized to insulin in cases of insulin resistance.

When it happens, they do not follow the instructions, open up, and take in glucose. The body continues to produce more insulin in the attempt to get the message heard. When it doesn't work, the levels of insulin become higher and higher.

Chronically high levels of insulin can result in premature aging, rapid weight gain, heart disease, high blood pressure, and higher risks of cancer. Eventually, it can result in the development of type 2 diabetes.

There are medications available for individuals with diabetes. However, those who want to prevent the development of the condition may turn to the use of natural remedies, such as turmeric.

This ancient, medicinal spice is believed to help restore as well as maintain the sensitivity of cells to insulin. It is believed that this ancient, therapeutic spice is 100 percent effective in preventing diabetes.

A 2009 study revealed that curcumin is 500 to 100,000 times more effective than a pharmaceutical drug formulated to help diabetics. Curcumin is the phytochemical in turmeric that contains a variety of therapeutic ingredients.

Some of these healing ingredients are its antibacterial, antiseptic, antibiotic, antiviral, anticarcinogenic, anti-inflammatory, and antioxidant properties. Curcumin is believed to be better at activating glucose uptake than pharmaceutical drugs.

Another study involved 240 pre-diabetic adults. The participants were treated with 250 milligrams of curcumin. There was also a placebo group. After nine months, it was found that none of the participants who received curcumin developed diabetes.

However, 16.4 percent of the placebo group suffered from the condition. There are many other natural remedies believed to be helpful for diabetes.

Turmeric has been popularized by its curcumin, which is believed to be responsible for the spice’s healing effects.

While turmeric can be used as a spice and be added in a wide range of dishes and beverages, there are also curcumin supplements available.

One of the things that popularize supplements is the high levels of curcumin they contain.

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate
about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.

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