



GYMNEMA SUGARKEY

GYMNEMA SUGARKEY is powerful combination of Gymnema Sylvestre, Garcinia Cambogia & Ginseng. It decreases Sugar Cravings. It has Gymnema which reduces cravings of sweets, sugar absorption and promotes normal blood sugar level. Garcinia prevents fat storage, controls appetite and increases energy level. Ginseng is effective for diabetes, lowers high blood pressure and reduces stress. GYMNEMA SUGARKEY rejuvenates beta cells for insulin production and increases metabolic rate.

Gymnema: Gymnema sylvestre is an herb found in the tropical forests of India and Asia. Gymnema has historic use as a therapy for **diabetes** and **arthritis** and has also earned significant recent interest as a **multi-supportive therapy for weight management**. Evidence suggests gymnema can reduce cravings for sweets, sugar absorption during digestion, and **promote normal blood sugar levels**. Gymnemic acids are **sweetness inhibitors**. During digestion, gymnemic acids have a **“sugar blocking”** property. Structurally, gymnemic acids are very similar to glucose and behave in the intestine in a similar way. When gymnemic acids lock in to intestinal receptors, they **effectively lock out glucose**. This prevents sugar from being absorbed. This effect has a **twofold benefit in that it helps rejuvenate the beta cells to start insulin production**, and it promotes lean body mass by lessening the amount of sugar that gets stored as fat. Evidence suggests there is merit to gymnema’s other historical use as a diabetic therapy. This value is due in part to its tendency to promote normal blood sugar and positively affect insulin production. Researchers at the Postgraduate Institute of Basic Medical Sciences Madras, India showed gymnema supplementation produces an increase in insulin levels. Insulin is produced in the pancreas and it’s believed that the insulin increase may be due to a regeneration of pancreatic cells. A 2012 study by researchers in the Department of Biology at Sri Venkateswara University produced astounding conclusions in support of gymnema’s role as a weight loss aid. Gymnema is used for **diabetes, metabolic syndrome, weight loss, and cough**. It is also used for **malaria** and as a **snake bite antidote, digestive stimulant, laxative, appetite suppressant, and diuretic**.

Ginseng :Ginseng is a slow growing perennial plant with fleshy roots of the genus Panax family Araliaceae. Ginseng is suitable for cooler climates, found in the Northern Hemisphere, in North America and in eastern Asia (Korea, north China, and eastern Siberia). Ginseng is very much effective for diabetes. The hypoglycemic activity of ginseng may be due to the enhancement of aerobic glycolysis through stimulation of beta-adrenoceptor and increase of various rate-limiting enzyme activities related to tri-carboxylic acid cycle. Initial studies have shown that ginseng increases insulin production and reduces cell death in pancreatic beta cells. In addition, ginseng can decrease blood-glucose in type II diabetes patients.

Methylcobalamin: Methylcobalamin is helpful in treating diseases relating to low levels of vitamin B12 in the body. It helps maintain the energy levels in the body. It increases metabolic rate, thereby burning calories.



Garcinia: Garcinia is a plant which curbs the appetite. Developing research suggests that garcinia might prevent fat storage and control appetite. Reportedly the effects of Garcinia are biphasic, this means it works via two separate pathways. The studies explain how Garcinia works on two different levels: First, it appears to have an immediate effect on serotonin levels in the brain, the “feel good” chemical. By increasing levels of serotonin, mood is increased and appetite is suppressed; effectively eliminating cravings. Secondly, a chemical in the extract called Hydroxy-citric Acid (HCA) interrupts the bodies ability to synthesize fatty acids, effectively blocking fat from being stored and leaving it readily available as an immediate source of energy. This not only leads to significant fat loss, but greatly increases energy levels and highly enhances feelings of well being.

Omega 3: omega-3 fatty acids found in fish and fish oils could protect a person from many diseases. Omega 3 seen very beneficial for diabetes as it lowers inflammation throughout the body, improves heart health. Diets rich in omega-3 fatty acids may decrease insulin resistance. Omega 3 also help with blood sugar regulation and lowers cholesterol.

Chromium Picolinate: Chromium Picolinate may help move glucose (blood sugar) from the blood stream into the cells and it fats, carbohydrates, and proteins into energy. Chromium may help control blood sugar and may play a role in management of type 2 diabetes. Chromium may have more benefits on cholesterol control, for eyes and slows the bone loss.

Jamun: Jamun or Black plum is an important summer fruit, associated with many health and medicinal benefits. The black plum is known to relieve stomach pain, carminative, anti-scorbutic and diuretic. Jamun seeds are used as an effective agent to treat acne. One of the best medicinal benefits of jamun is its anti-diabetic properties. The black plum works against diabetes and convert sugar into energy. The Jamun fruit is good for digestive system because of its coolant features. Jamun is being having astringent properties, helps to prevent acne, blemishes, wrinkles and pimples. It is also good for blood due to more amount of iron. The presence of vitamin C is beneficial for fair skin complexion. Jamun vinegar is good to reduce enlargement of spleen, diarrhea, and who has urine retention problems. Jamun’s ployphenolic compounds are effective against cancer, heart diseases, diabetes, asthma and arthritis. Various digestive disorders i.e. flatulence, bowel spasm, stomach disorders, dysentery are cured by jamun.

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