

Diabetes

Symptoms:

Common symptoms of diabetes include:

- increased hunger
- increased thirst
- weight loss
- frequent urination
- blurry vision
- extreme fatigue

Treating Diabetes:

Examples of possible treatments for diabetes include:

- Metformin (Glucophage, Glumetza, others)
- Sulfonylureas
- Meglitinides
- DPP-4 inhibitors
- GLP-1 receptor agonists
- Insulin

Home remedies:

- Exercise regularly
- Control your carb intake and increase fiber intake
- Drink water and stay hydrated
- Blood sugar monitoring
- Choose foods with a low Glycemic index
- Get enough quality sleep
- Eat foods rich in Chromium and Magnesium

- Try apple cider vinegar
- Cinnamon extract is also beneficial
- Eat Fenugreek Seeds
- Losing some weight