

Just Natural Blood Sugar Reducer & Control.

1. Ingredients of Ganoderma Capsule

Anemarrhena asphodeloides_Asian ginseng, Astragalus membranaceus

2. Dose and usage

Three capsules for each time and three times daily

3. Overview

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In the modern society with extremely rich material life, people with diabetes or decreased sugar tolerance are increasing.

Diabetes is a common clinical disease, an endocrine and metabolism disease. The pathogenic mechanism is usually explained like this: because of the absolute or relative shortage of insulin, metabolism disorders of sugar, fat, protein, secondary disorder of vitamin, water and electrolyte will be induced, and people may suffer from atherosclerosis, microangiopathy and nervous diseases, and injuries to multiple systems and organs will be caused.

So far, there is no radical method to treat diabetes, it can only be controlled to some extent. The control of diabetes relates to the health of human body and maintenance of labor force, the genesis and development of complications, or even lifespan. At present, the major western medical therapeutic methods of diabetes include sports, dietary therapy, oral antidiabetic drug and insulin injection. However, these methods all have their defects. On one hand, the blood glucose can not be decreased ideally; on the other hand, the problems of side effects and dependency can not be solved.

In recent years, people pay more attention on traditional medical fields as the critical study subject to treat diabetes. On the basis of inheriting traditional essence, they obtain rich scientific and research results by innovation, and invent a lot of valuable new preparations. Just Natural Blood Sugar Reducer & Control is the prominent one of them.

Diabetes belongs to the TCM field of “emaciation thirst disease”, in which thirst reflect the major symptom of diabetes. TCM knowledge on this disease has a history of more than 2000 years, and generations of medical experts made a lot of discussions on it. The name of “emaciation thirst” is firstly seen in the first TCM classics *Internal Classic of Emperor*. In Han dynasty, the medical saint Zhang Zhongjing set an exclusive section in his classic traditional work *Medical Treasures of the Golden Chamber*, and three major symptoms of diabetes and its treating prescriptions were mentioned. The etiological reason for this disease is eating and drinking without temperance, and people take fatty, sweet and greasy food for long term, transformation failure of spleen and stomach is induced, heat is accumulated internally, and transform to heat evil to consume body fluid, so emaciation thirst is induced. In addition, it is also related to irregular emotion, Yin asthenia and impairment caused by overstrain. It has been demonstrated in modern study that, eating and drinking without temperance is really related to the genesis of diabetes. For example, people becoming rich take more and more fatty food, so the incidence of diabetes in countryside is greatly higher than that of city. It is believed in TCM that, the basic pathogenesis of this disease is described as follows: the genesis of the disease is mainly induced by Yin asthenia

and evil heat, but Yin asthenia is the basic, and evil heat is the symptom, the two are the cause and effect. After a long term, Yin asthenia would induce Yang asthenia, and then deficiency of both vital energy and Yin or deficiency in both Yin and Yang would be observed. Deficiency of both vital energy and Yin is transforming pivot of the disease, while the treatment of “emaciation thirst” disease is mainly eliminating heat by nourishing yin, and invigorating vital energy by protecting Yang.

Blood glucose Lowering Capsule forms the prescription and prepare the capsule following the treating method of eliminating heat by nourishing yin, and invigorating vital energy by protecting Yang. The composing ingredients of the capsule are Ginseng, milkvetch root, common anemarrhena rhizome, which are firstly recorded in *Shennong's Herbal*, the book compiled in China's Han dynasty more than 2000 years ago, and it is also the earliest medicine classics.

Common anemarrhena rhizome is the dry root of liliaceae family plant anemarrhena, of which the effect it to eliminate heat by nourishing yin, and it has effect of lowering blood glucose. Milkvetch root is the dry root of leguminous plant *Astragalus membranaceus* Bge., which is the famous drug for invigorating vital energy. Ginseng is the dry root of araliaceae plant ginseng, and it the saint drug for invigorating vital energy. Ginseng is mainly produced in Northeast China, which is praised as one of three treasures in Northeast, and it is also the rare medical material famous in China and abroad. For a long period, ginseng has been praised as the divine drug curing all, and it has the supreme rank, such as “king of medical herbs” and “the first of all crude drugs”. The greatest medical expert Li Shizhen in Ming dynasty described ginseng in *Compendium of Materia Medica* in details, and he believed that ginseng is a drug which can nearly cure all diseases, and “it could cure all deficiencies of males and females”. When the three drugs are combined, the prescription can eliminate heat by nourishing yin, invigorate vital energy by protecting Yang, and nourish Qi to generate fluid, and it exert its effect targeting on the pathological mechanism of diabetes. It has been indicated in modern pharmacological studies that Just Natural Blood Sugar Reducer & Control can promote the secretion of islet β cell, increase the insulin level in serum; act on receptors or post-receptor level, increase the receptor number on islet and improve its affinity; inhibit the secretion of anti-insulin hormones, such as glucagons; promote the utilization of sugar in peripheral tissues and target organs; eliminate free radicals and resist lipid peroxidation; lower contents of total cholesterol, glycerine and low-density lipoprotein, improve blood rheological properties, thus to radically improve blood circulation, and promote to prevent and treat the complications induced by diabetes; and it can adjust neuroendocrine and immunity, improve metabolism functions in body.

Just Natural Blood Sugar Reducer & Control can exert its preventing and treating effects against increased fasting blood glucose, decreased sugar tolerance, diabetes and its relevant complications by the abovementioned TCM effects and modern pharmacological actions.

4. How diabetes lower blood glucose and prevent diabetes_

4.1 Relevant TCM knowledge

The basic pathogenesis in TCM: the genesis of the disease is mainly induced by Yin asthenia and evil heat, but Yin asthenia is the basic, and evil heat is the symptom, the two are the cause and effect. After a long term, Yin asthenia would induce Yang asthenia. Deficiency of both vital energy and Yin is the transforming pivot of the disease. The treatment of emaciation thirst disease is mainly eliminating heat by nourishing yin, and invigorating vital energy by protecting Yang. And Just Natural Blood Sugar Reducer & Control targets the pathogenic mechanism of diabetes with its effects such as eliminating heat by nourishing yin, invigorating vital energy, and nourishing Qi to generate fluid.

4.2 Explanations by western medicine

It is indicated in modern pharmacological study that, Just Natural Blood Sugar Reducer & Control prevent and treat hyperglycemia by the following pharmacological actions:

- (1) Promote secretion of islet β cells and improve serum insulin level.
- (2) Act on receptor level or post receptor level, increase insulin receptor number and improve its affinity.
- (3) Inhibit the secretion of insulin antagonistic hormone, such as glucagons.
- (4) Promote the utilization of sugar in peripheral tissue and target organs.
- (5) Eliminate free radicals and resist lipid peroxidation.
- (6) Lower plasma contents of total cholesterol, glycerine and low density lipoprotein, improve the rheological properties of blood, and improve blood circulation radically, and it is favorable to prevention and treatment of complications induced by diabetes.
- (7) Adjust secretion of neuroendocrine and improve metabolism functions in human body.

It is thus evident that, Just Natural Blood Sugar Reducer & Control can exert its superior preventing and treating effects against increased fasting blood glucose, decreased sugar tolerance, diabetes and its relevant complications by the abovementioned TCM effects and modern pharmacological actions.

5. Indications of Just Natural Blood Sugar Reducer & Control

5.1 Diabetes

(1) Definition: diabetes is a metabolic disorder caused by multiple etiological factors, with chronic hyperglycemia as its character. Hyperglycemia is induced by defects of insulin secretion or action, or both of them. Except for carbohydrates, there are abnormalities of protein and fat. The disease usually induce injuries of multiple systems, and induce the progressing pathological changes in eye, kidney, nerve, heart and vessels, etc., thus to cause functional disorder or failure. Acute metabolic disorder may induce in severe cases.

(2) Diagnostic criteria: according to the criteria prescribed by diabetes expert committee of WHO in 1985, the patients can be diagnosed as diabetes if one of the following conditions is met:

- a. The patient has diabetes symptoms, and two times of fasting blood glucose ≥ 7.8 mmol/L.
- b. The patient has diabetes symptoms and blood glucose of anytime in the day ≥ 7.8 mmol/L.
- c. For patients suspicious of diabetes 75g OGTT should be formed, and the blood glucose ≥ 11.1 mmol/L.

* The above-mentioned blood glucose is venous plasma glucose.

(3) Etiological factors: though it is still not clear about the etiological factors and mechanism of primary diabetes mellitus, but basically there are two reasons inducing diabetes: first, genetic factor, which is to say that diabetes has genetic property, and the gene has diabetes predisposition. For example, some people believe that, for insulin dependent diabetes, the inherited gene can easily induce autoimmune damage. For non-insulin dependent diabetes, it is generally believed it is a multiple gene inherit, the inherited genes can easily induce obesity, insulin resistance and efficiency of insulin secretion. However, if there is only the genetic factor, diabetes will not be induced, and acquired factors are also needed, i.e. environmental factors. These are the second factors to induce diabetes, which are more worthy to be considered for prevention and treatment of diabetes, including too much caloric intake,

decrease activity amount, obesity, smoking and great psychological pressure, etc. After these two categories of factors jointly work for long term, diabetes will be induced.

(4) Clinical manifestation

- a. Thirst, polydipsia, hyperdiuresis and polyphagia, emaciated though eating more.
- b. Furuncle or carbuncle is easily induced, and the duration is longer in colder days.
- c. Women have vulva pruritus and old people have skin itch.
- d. Pregnant women would have carbohydrateuria, or they easily miscarry, deliver prematurely, deliver dead fetus, or the baby is too big.
- e. Medium or old aged people may have panicky, slight sweating or sense of hunger 3 hours after meals.
- f. Carbohydraturia may appear after operation or external injury.

The patient should go to hospital to visit doctors when the above symptoms emerge, thus to make final diagnosis and receive treatment as soon as possible.

(5) Prognosis

If not controlled well, various complications may appear, such as acute infection, ketoacidosis, hyperosmolar nonketotic diabetic coma. And chronic complications may also happen, such as arteriosclerosis induced hypertension, coronary disease, heart infarction, cerebral thrombosis, ischemic gangrene in lower limbs, diabetic retinopathy, diabetic nephropathy and diabetic neuropathy, etc.

Though diabetes is disease affecting the metabolism of various materials and organ functions, it would produce no obvious effects on labor force, reproductive ability and lifespan if controlled timely.

5.2 Increased fasting blood glucose

Fasting blood glucose is increased, generally more than 5.6 mmol/L, but less than 7.8 mmol/L, the diagnosis criteria of diabetes. It can easily develop into diabetes, and Just Natural Blood Sugar Reducer & Control has a very good effect on this condition.

5.3 Decreased sugar tolerance

Fasting blood glucose is occasionally higher than normal value, or not, but it is found that sugar tolerance is decreased after OGTT. Two hours after oral glucose administration, it is found the blood glucose value is no less than 7.8 mmol/l, but still less than 11.2 mmol/l. This condition is named abnormal sugar tolerance, which can very easily develop into diabetes. Just Natural Blood Sugar Reducer & Control has a very good effect on this condition.