

Garlic could benefit diabetes management, according to study

A study has found that consuming **garlic** could help reduce **levels of blood sugar** in people suffering from **type 2 diabetes**, as well as offering other benefits in the **treatment** of the metabolic condition.

Although the research recommends using **garlic** for reducing **blood sugar** levels only under the guidance of your doctor, it could provide a range of benefits for diabetics in conjunction with their usual treatments of **insulin** and **diet**.

It is known that garlic contains more than 400 chemical components, many of which can help prevent and treat a diverse range of **health problems**, but it is compounds including allicin, allyl propyl disulfide and S-allyl cysteine sulfoxide that raise **insulin** levels in the blood through the prevention of the liver's inactivation of insulin, so that more insulin is available in the body.

The scientists found that moderate amounts of **garlic supplements** could offer benefits to **diabetes** patients, and that raw or cooked garlic or aged garlic extract can help to regulate **blood glucose** and potentially stop or lower the effects of some **diabetes complications**, as well as fighting **infections**, reducing bad **cholesterol** and aiding blood flow.

