

Diabetes Mellitus

Diabetes Mellitus is one of the most common chronic degenerative diseases affecting the whole world in this generation.

Prevalence has been rising more rapidly in middle and low-income countries. In 2019 prevalence rate is estimated at 463 million and by 2030 projected to rise to 578 million worldwide.

Classical signs of diabetes include polydipsia always thirsty, polyphagia or increase of appetite and polyuria or increase in urinary frequently. Add to this is unintentional weight loss, feeling of tiredness and specific damages to other internal organs as complications sets in.

A local supplement that helps diabetic patients is the Ecarma herbals from the bark, twigs and wood of Philippine Narra Tree (PTEROCARPUS INDICUS). One of the major benefits on the use of Ecarma capsule is on the control of blood sugar primarily for its potent principal content which is PTEROSTILBENE.

It is a Phytoalexin which have many actions, namely: as potent antioxidant, provides protection from microbes and parasites and controls blood sugar and blood pressure.

Primarily in diabetes, it helps in the production of more insulin as it protects both the pancreas and the liver from the oxidative stress coming from the bad effects of increasing radicals, or chemical toxins from food or the environment, resulting to the inflammatory damages which these organs receives.

Secondly, Pterostilbene improves the gut flora composition (AKKREMANSIA MUCINIPHILs BACTERIA) which prevents obesity, diabetes and low-grade inflammation.

In the clinics, beneficial effects may be felt instantly with the immediate lowering of the blood sugar, improved sleeping pattern and improved bowel movement.

However, intake of Ecarma capsule should be done immediately before or after meals so as to prevent episodes of Hypoglycemia if so taken or an empty stomach other good effects in general includes improved body resistance, increased vitality and energy.

Suggested dosage is 1 to 3 capsules per meal per day.

Questions?

1.) Can Ecarma capsules be taken simultaneously with the medications prescribed by western doctors?

- Yes. It can be taken simultaneously but with continuous blood sugar monitoring. Once the ideal level is achieved, you may retain the Ecarma capsule and gradually lessen the other medications.

2.) If I have already achieved the ideal blood sugar can I stop the Ecarma capsule?

- Yes but maintenance of at least 1 capsule per day is highly advised.


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