



*EBAN 3D Collaborative™*

**Defeating Diabetes Disparities**

Complementary and Alternative Medicine  
in Diabetes

# Complementary and Alternative Medicine (CAM) in Diabetes

- **Common uses:**
- Botanical & non botanical supplements
- Treatments
  
- **Botanical:**
- Bitter melon/bitter leaf
- Tea
- Cinnamon
- Turmeric
- Garlic



# Complementary and Alternative Medicine (CAM) in Diabetes

## **Non botanical:**

- Chromium
- Vitamin b3, e
- Magnesium
- Alpha lipoic Acid
- Coenzyme Q10

## **Treatments:**

- Acupuncture
- Chiropractic
- Exercise
- Meditation and prayer
- Yoga



# Bitter melon vs Bitter leaf

- Bitter melon



- Bitter leaf



# Actions & Side Effects

- Increase insulin sensitivity
- Decrease glucose and A1c levels
- Anti-inflammatory
- Antioxidant
- None
- Upset stomach
- Nausea
- Dizziness
- Hypoglycemia
- Coma due to over use and large consumption

# Your Experiences

