Aloe Vera Juice Can Reduce Blood Sugar Levels: New Report from BetterDigestion.org

New information reveals that aloe vera juice can help reduce blood sugar and lower the risk of diabetes and insulin resistance.

Boston, MA (PRWEB) March 22, 2014 -- A new report from BetterDigestion.org titled Aloe Vera Juice Can Reduce Blood Sugar Levels by 40% details how this aloe juice can help reduce blood sugar levels and keep them regulated.

It’s no secret that both the gel and latex from the aloe vera plant has been used for hundreds of years to help certain health issues. Aloe is probably best known for the ability to help relieve itching and treating burns. However, it’s also less commonly known to help aid constipation, fever, treat depression, and even sufferers from ulcerative colitis can benefit from aloe vera juice.

A new report and video from BetterDigestion.org titled Aloe Vera Juice Can Reduce Blood Sugar Levels by 40% details information that shows how people who suffer from type II diabetes can benefit from adding this juice to their everyday diet.

Aside from helping to drastically reduce blood sugar levels, there are also a number of other benefits to be expected from adding this juice to the diet and not all of them are associated with diabetes. Aloe vera juice is beneficial for improving health and wellness, further details are provided in the new article and video.

According to Julie Coburn of BetterDigestion.org, “Adding aloe vera juice to the diet will reduce blood sugar levels, help vascular health and improve overall health.”

The complete Aloe Vera Juice Can Reduce Blood Sugar Levels by 40% article and video are available at http://betterdigestion.org/aloe-vera-juice-reduce-blood-sugar/.

As an added bonus, BetterDigestion.org is offering the 15 Foods That Damage Your Heart report for free. This new report shares important findings about the foods that contribute to toxic, harmful inflammation in your body. The report also shares the top 15 foods for your heart. The complete 15 Foods That Damage Your Heart report is available for immediate download and is available at http://betterdigestion.org/Worst-Foods-Report/.

About:
BetterDigestion.org is a new website that was launched in March of 2013 in order to provide premier content for healthy digestion and overall health, specifically by controlling hormones and bacteria found naturally in the body. Recent topics have included Healthy Digestion for Women, Cheat Foods for Fat Loss, Good Bacteria for Food, Hormones for Weight Control, Fat Blasting Foods, and Digestive Disorders: Probiotics for Gut Health, as well as several other highly informative articles to help people understand the connection between digestion and overall health.
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