5 Takeaways

Understanding the Microbiome Series - Herbs for Blood Sugar and Inflammation
with Sanaz Demehry, MS, PA-C
Herbalist and Integrative Medicine Practitioner, UCI Susan Samuel Integrative Health Institute

1. Sugar and Inflammation are intertwined and are responsible for many chronic diseases.
2. Digestive bitters help stimulate digestion juices and aids in the digestion process and reducing cholesterol.
3. Dandelion is an example of a bitter that is also a prebiotic, reduces inflammation and protects the liver.
4. Sprinkle some cinnamon on your food or coffee to help lower your blood sugar.
5. Chamomile topically can be very helpful with eczema or atopic dermatitis.

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