Tea Time

Researchers in Japan and Britain are exploring a new way to control diabetes—and it doesn't involve a pill. Chamomile tea, they say, reduced glucose levels in lab rats.

January 1, 2009 By Laura Whitehorn

In previous test tube studies, two key chamomile extracts were shown to inhibit the enzyme that changes sugar to glucose in the body. The new research not only confirmed these results in animals, but also demonstrated that basic chamomile tea inhibited another enzyme that changes glucose into sorbitol (a sugar alcohol that, in high levels, has been linked to eye and nerve damage). For folks with HIV, many of whom suffer from high blood-sugar levels, this preliminary research holds promise. Ponder it while sipping a nice hot cuppa chamo.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/article/tea-glucose-hiv-15876-8998