



Target P-14

Targeted Minerals and Herbs for Type II Diabetics

Target P-14 is a powerful blend of herbs and nutrients that help to overcome insulin resistance in type II diabetics, and can reduce insulin requirements in type I diabetics. The heart of the formula are chelates of chromium and zinc, bonded to the amino acids glutamine and leucine. Chelating the minerals to these particular amino acids targets them to the pancreas, where they aid in insulin production and utilization. Chromium, in particular, is a very important mineral both for producing insulin and for utilizing insulin at the cellular level.

This amino acid chelates have been combined in a base of fourteen herbs blended to help with diabetes. These herbs help strengthen pancreatic and liver function, improve kidney function and circulation, and overcome insulin resistance. This means the blend helps balance many of the problems associated with diabetes, as well as directly enhancing insulin production, and overcoming insulin resistance at the cellular level.

Here's some information about each herb in the formula.

Goldenseal root is one of the most important herbs in this blend. Although there have been no scientific evaluations explaining why it has this effect, clinical experience has demonstrated that goldenseal will dependably lower blood sugar levels. It appears to either overcome insulin resistance, or to have an insulin-like effect of its own. Goldenseal also has an anti-inflammatory effect, and appears to reduce some of the side effects of diabetes.

Slippery elm is a mucilaginous herb and mild food that soothes intestinal membranes. It helps to reduce inflammation and soothe irritation. Being a source of dietary fiber, it also helps slow the absorption of sugar from the intestines into the blood stream.

Juniper berries are an excellent diuretic. They enhance kidney function, and may have indirect benefits for diabetics.

Capsicum fruit is a major herb for enhancing circulation. Cardiovascular problems are one of the major problems associated with diabetes. Thus, it is very important for diabetics to have support for the circulatory system.

Uva ursi leaves have traditionally been used as a diuretic and antiseptic for the kidneys and bladder. However, a few herbalists, such as Edward Milo Millet, have also claimed uva ursi has a beneficial effect on diabetics.

Dandelion root is an herb that has a primary action on the liver. The liver is involved in the regulation of blood sugar

because it stores sugar in the form of glycogen to be released later by another pancreatic hormone. Dorothy Hall, an Australian naturopath, claims that many cases of diabetes can be cured just by strengthening the liver.

Cedar berries have a blood sugar lowering effect. This was discovered by the famous herbalist, John Christopher, who recommended juniper berries for water retention in a client. The client took cedar berries by mistake, and found they helped his diabetes.

Marshmallow root is a soothing and cooling herb that acts in a similar manner to slippery elm.

Mullein leaves are best known as a respiratory remedy, It has soothing properties like slippery elm and marshmallow, but also promotes better lymphatic drainage.

Nettle herb is an extremely rich source of calcium, chromium, magnesium, and zinc. It is an alkalizing herb, promoting the removal of acid waste via the kidneys.

Garlic bulb is another circulatory enhancing herb. It is very beneficial for helping the circulatory problems that typically accompany diabetes.

White oak bark is an astringent that tones membranes and tissues throughout the body.

Yarrow flowers, a strong and soothing diaphoretic, help with lymphatic and blood circulation.

Licorice root is another important herb that helps balance blood sugar levels. Licorice root has the opposite effect of goldenseal. It helps to raise blood sugar levels when they are low.

Use and Dosage

As a nutritional supplement for diabetes, take two capsules with meals three times daily. Blood sugar levels should be frequently monitored so that dosages of diabetic medications can be adjusted as the formula begins to take effect.

Caution: diabetic medications should be adjusted under the supervision of a physician, and type I diabetics should not be taken off of insulin.

Selected References

The Little Herb Encyclopedia by Jack Ritchason N.D.

Nutritional Herbolgy by Mark Pedersen

The Unauthorized Guide to NSP Products from Health Education Library Publications.

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