

## **Natural Oils: Cure of Diabetes**

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Diabetes is a common disease which spread as fast as nearly 80% world's population may suffer by this. India is establishing itself as capital of this disease. We can fight with diabetes by using right natural oils.

Naturally occurring oils : *Oil of Coriander*-activate  $\beta$ -cells and increase insulin level and thus lower blood sugar level; *Oil of Nigella seeds*- produced significant hypoglycemic effects; *Oil of Cloves*-by reducing level of enzymes related to diabetes, it reduce incidence of type 2 diabetes; *Oil of Fenugreek*-it increases sensitivity of body towards insulin and make diabetic patient more efficient and energetic; *Oil of black pepper*-have several antioxidants' which reduce the level of special enzymes which are responsible for diabetes and high blood pressure; **and several others** by using which, we can controlled and reduced harm of this disease.