



## FENUGREEK

Greek hay or sabre fenugreek is one of the oldest plants used in medicine, and it was first used for medicinal purposes in India and China. In China, it was mainly used to treat and improve skin and other diseases, and in India, this plant is often used in the culinary world. Extracts of Fenugreek have been used for many years in various products such as soaps, cosmetic products, teas, spice mixtures, etc. It is full of essential nutrients, which make it a **powerful antioxidant**. Some of these nutrients include choline, biotin, vitamins A, B and D, and iron.



### **Fenugreek and its healing effects**

Fenugreek has a wide range of uses for treating various diseases. It is used for breathing difficulties, digestive problems, loss of appetite, gastritis, diabetes mellitus, low testosterone, painful menstruation, arthritis, high blood pressure, weight gain, migraine and headaches, muscle pain, etc. A study was also carried out years ago, which showed that the four compounds in Fenugreek had **antidiabetic** properties, reducing intestinal glucose absorption, slowing gastric emptying and improving insulin sensitivity and

function. The use of Fenugreek is recommended for problems that occur when women enter **menopause**.

**Help for lactating mothers:** Breast milk represents the most ideal diet for newborns, as it affects the development of the baby. Many mothers experience problems when breastfeeding, which in turn means insufficient milk production for the child. Many studies suggest that the use of Fenugreek is a safe and natural way to stimulate milk production in the mammary glands, which has a positive effect on weight gain in the child.

**Increase in testosterone levels in men:** Many men use dietary supplements containing Fenugreek, as this has a positive effect on the amount of testosterone in the body. In addition, it has been demonstrated in previous studies that Fenugreek also has a positive effect on libido.

**Effect on blood sugar level:** Consumption of Fenugreek helps regulate blood sugar and, according to other studies, has been shown to help patients with type 1 and type 2 diabetes. Studies have shown that high levels of fibre, found in Fenugreek, affect blood sugar levels.