

## Red Wine and Tea May Reduce Blood Sugar Levels Published by Health News Wires

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Red wine and tea have demonstrated to offer several health benefits, including improved heart health and providing the body with large amounts of antioxidants. Recently, red wine and tea have also been shown to regulate blood glucose levels in those diagnosed with type two diabetes.

Blood sugar levels of people with diabetes tend to increase dramatically immediately following a meal, making it difficult to regulate blood sugar levels and increasing the risk of long-term damage, including heart disease, kidney damage and problems with the nervous system. The natural ingredients and antioxidants in red wine and tea seems to slow the absorption of sugar into the intestines and blood stream, potentially lowering blood glucose levels.

Red wine blocked the function of the key enzyme responsible for absorption of sugar in the intestines by 100% (white wine blocked absorption by around 20%). Various teas also showed encouraging results; black tea being most effective among the teas studied.

The components found in red wine and tea demonstrated no effect on the important pancreatic enzymes that break down important starches. Currently, many of the prescribed diabetes drugs interfere with the production of this important enzyme, leading to the fermentation of unwanted bacteria in the digestive system; this often leads to gas, bloating, and diarrhea.

According to food scientist Kalidas Shetty, "Red wine and tea contain natural antioxidants that may slow the passage of glucose through the small intestine and eventually into the bloodstream and prevent blood sugar spike, which is an important step in managing this disease."

The complete Red Wine and Tea May Reduce Blood Sugar Levels article and video are available at:  
<http://healthnewswires.com/wine-tea-lower-blood-sugar/>

Other tips to regulate blood sugar, burn fat, and reduce risk of diabetes are available at:  
<http://healthnewswires.fixyourbloodsugar.com/never-store-carbs/>

About: HealthNewsWires.com is a new website that was launched in June of 2013 in order to educate the community in the importance of health and wellness. Previous topics covered on the site include Insulin Resistance; upcoming topics to be covered include weight loss, benefits of antioxidants, skin health, joint health, metabolism, digestive health, probiotics, gluten intolerance, cleansing diets, heart health, as well as several other highly informative articles to help people understand the connection between health and a high-quality of life. Most recently, they released a video explaining Ways To Lower Blood Sugar.

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