



5 Takeaways

Understanding the Microbiome Series - Herbs for Blood Sugar and Inflammation

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- 1. Sugar and Inflammation are intertwined and are responsible for many chronic diseases.**
- 2. Digestive bitters help stimulate digestion juices and aids in the digestion process and reducing cholesterol.**
- 3. Dandelion is an example of a bitter that is also a prebiotic, reduces inflammation and protects the liver.**
- 4. Sprinkle some cinnamon on your food or coffee to help lower your blood sugar.**
- 5. Chamomile topically can be very helpful with eczema or atopic dermatitis.**

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