What Happens When A Diabetic Drinks Okra Water For 2 Weeks Transcript

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Okra Water and Blood Sugar Claims

Well, let's Well, let's talk about talk about okra water. If you've been on social been on social media lately, you've seen this. media lately, you've seen this.

Someone cuts up a few Someone cuts up a few okra pods, okra pods, leaves them in a glass of leaves them in a glass of water overnight. In the morning, water overnight. In the morning, they drink this they drink this slippery liquid and slippery liquid and say their say their blood sugar levels have dropped blood sugar levels have dropped 40 points. And you sit 40 points. And you sit and think: is this and think: is this true or just another true or just another internet fairy tale? Here's an internet fairy tale?

How Okra Affects Glucose

Here's an honest answer. There honest answer. There is is is real science behind okra, not a real science behind okra, not a miracle. Real, miracle. Real, humble, measurable humble, measurable science. And I would like science. And I would like you to understand this, not you to understand this, not just believe it. So just believe it. So let's break down what let's break down what actually happens actually happens if you drink if you drink okra water every morning okra water every morning for 2 weeks.

for 2 weeks. The first thing you'll notice is what happens after happens after eating. That slippery eating. That slippery texture that everyone texture that everyone hates. Sorry, hates. Sorry, it's plant slime. This is it's plant slime. This is soluble fiber.

soluble fiber. Once in the Once in the intestines, it intestines, it forms a gel that forms a gel that slows slows slows the absorption of sugar from the the absorption of sugar from the intestines into the bloodstream. So intestines into the bloodstream. So instead of your glucose soaring to 240 after breakfast glucose soaring to 240 after breakfast and then plummeting at 11:00, and then plummeting at 11:00, you get a gentle you get a gentle slope instead of a cliff.

slope instead of a cliff. If you use a If you use a glucose monitor, you glucose monitor, you will see this as early as this will see this as early as this week. You can week. You can test this, and that alone test this, and that alone makes you makes you feel better, because it's feel better, because it's those sudden drops that those sudden drops that cause the shakes, the fog in your head, and the, the fog in your head, and the desire to eat cookies desire to eat cookies at 4 o'clock in the afternoon, right at 4 o'clock in the afternoon, right? The second thing that? The second thing that surprises people: okra surprises people: okra contains the compound contains the compound myricetin, myricetin, myricetin, concentrated in concentrated in the seeds. In the seeds.

Research, Results, and Caveats

In laboratory laboratory laboratory studies, studies, studies, myricetin helps myricetin helps direct glucose direct glucose into muscles and blocks into muscles and blocks the enzyme PTP1B, which the enzyme PTP1B, which interferes with insulin interferes with insulin signaling. Okra also signaling. Okra also moderately inhibits moderately inhibits alpha-amylase and alpha-amylase and alpha-glucosidase— alpha-glucosidase— enzymes that are enzymes that are targeted by some targeted by some diabetes medications. So it's not diabetes medications. So it's not just fiber, there's just fiber, there's actually actually actually metabolic chemistry going on there.

metabolic chemistry going on there. Now about the numbers, right? Now about the numbers, right? Numerous meta- analyses of studies analyses of studies show that okra show that okra reduces fasting blood sugar levels reduces fasting blood sugar levels by 15–30 mg/dL and by 15–30 mg/dL and glycated glycated glycated hemoglobin by 0.4–0.5 hemoglobin by 0.4–0.5 percent. This is a really percent. This is a really good result. This is good result. This is about the same as what about the same as what we see with low we see with low doses of

medication, but it's not a doses of medication, but it's not a panacea, you know? And panacea, you know? And it won't lower your it won't lower your glycated glycated glycated hemoglobin from 9 to 5.4.

hemoglobin from 9 to 5.4. Anyone who says Anyone who says otherwise is either selling you something otherwise is either selling you something or just or just wants you to wants you to watch their watch their video. So, video. So, realistically, after 2 realistically, after 2 weeks: Fasting blood sugar weeks: Fasting blood sugar will decrease slightly, will decrease slightly, spikes after meals spikes after meals will become smaller, will become smaller, energy will be more stable, and more stable, and bowel function bowel function will improve, because this will improve, because this mucus feeds beneficial mucus feeds beneficial bacteria. For bacteria. For goodness sake, those goodness sake, those gut bacteria are gut bacteria are so beneficial. Your so beneficial. Your gut microbes gut microbes actually have a actually have a bigger impact on bigger impact on insulin resistance insulin resistance than than than most doctors realize.

most doctors realize. But at this stage, the But at this stage, the glycated glycated glycated hemoglobin (A1C) indicator will not hemoglobin (A1C) indicator will not change yet. You change yet. You know it know it takes 8 to 12 takes 8 to 12 weeks, right?

weeks, right? Now let me give Now let me give you the caveats that no you the caveats that no one on TikTok one on TikTok talks about. First: if talks about. First: if you take you take metformin, do not metformin, do not drink it with water drink it with water and okra at the same time.

Medication Interactions and Risks

Animal studies show Animal studies show that okra fiber that okra fiber reduces the absorption of reduces the absorption of metformin. Leave an metformin. Leave an interval of 2 hours between them interval of 2 hours between them. The same. The same logic applies to thyroid medication thyroid medication and any other and any other pills that need to be pills that need to be absorbed. Second: absorbed. Second: okra is high in okra is high in oxalates, about oxalates, about 57 mg per half cup.

57 mg per half cup. So if you've ever So if you've ever had calcium oxalate oxalate oxalate kidney stones, this vegetable is not kidney stones, this vegetable is not for you. Third: If for you. Third: If you take insulin you take insulin or a or a or a sulfonylurea, sulfonylurea, sulfonylurea, such as glipizide, okra such as glipizide, okra can enhance the effects of the can enhance the effects of the medication and medication and lower your sugar levels too much.

lower your sugar levels too much. Check your Check your blood sugar levels more often, especially in the first, especially in the first week, and week, and consult consult consult your doctor about your doctor about adjusting your dose. And adjusting your dose. And fourth: don't fourth: don't let okra or let okra or okra water be the okra water be the reason reason reason you stop you stop working on yourself.

working on yourself. Okra doesn't undo Okra doesn't undo the damage from a whole the damage from a whole basket of bread, basket of bread, okay? This is okay? This is a helper, not a hero.

a helper, not a hero. So how to prepare it? So how to prepare it?

How to Prepare Okra Water

Four or five pods, chopped, in a glass of, chopped, in a glass of water, leave overnight water, leave overnight and drink in the morning. It's and drink in the morning. It's simple. But really, simple. But really, just eat okra. That's just eat okra. That's great too. Cooked great too. Cooked okra gives you okra gives you fiber and fiber and myricetin from the seeds, myricetin from the seeds, which remain which remain after steeping in after steeping in water. And if you want to water. And if you want to combine remedies combine remedies that really work that really work, that's what, that's what we've created at sugarmds.com. We have berberine,.

Supplements and Final Takeaways

We have berberine, cinnamon, super- berberine, glucosamine— all of which will improve all of which will improve your your your insulin sensitivity from the inside out insulin sensitivity from the inside out while the okra is working in your while the okra is working in your gut. These are different gut. These are different doors in the same house.

doors in the same house. Always supplement with Always supplement with magnesium, as most magnesium, as most of you have a hidden of you have a hidden deficiency. Magnesium deficiency. Magnesium glycinate—it's great, glycinate—it's great, and this deficiency is likely and this deficiency is likely seriously seriously seriously damaging your damaging your glucose levels. So, glucose levels. So, to summarize: to summarize: okra water is really okra water is really effective, cheap, and effective, cheap, and modest. So modest. So use it as a use it as a tool. Just don't tool. Just don't give her give her tasks tasks tasks she can't handle.

she can't handle. If this video was If this video was helpful, please helpful, please share it and share it and give it a like give it a like for someone looking for a miracle in a for someone looking for a miracle in a glass.

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