



*"Gourmet Spices, Olive Oils & Balsamic Vinegar Taproom"
"We invite you to indulge"*

FENUGREEK

https://www.youtube.com/watch?v=q1NqNIL6_w8

How do you take Fenugreek: Steep 2 tablespoons of dried fenugreek leaves and seeds in 1 cup of boiling water for 10 minutes. Strain the liquid and drink twice per day to help lower blood glucose levels. Or you can soak the seeds overnight and have it first thing in the morning before you brush your teeth.

Reduces Cholesterol: Research studies show that fenugreek consumption helps to [reduce cholesterol level](#). Fenugreek helps to reduce the level of low density Lipoprotein (LDL) significantly, which can prevent various conditions like [atherosclerosis](#), heart attacks, and strokes. Fenugreek is a rich source of fiber, which scrapes excess cholesterol off of the arteries and blood vessels of the body. By reducing cholesterol content in the bloodstream, you reduce the chances of clots forming or becoming stuck in the vessels.

Reduces Cardiovascular Risk: Fenugreek seeds contain 25% [galactomannan](#). This is a type of natural soluble fiber which specifically relates to a reduction in cardiovascular disease.

Controls Diabetes: Fenugreek helps to [alleviate type II diabetes](#). According to one study, it may also help people with Type I diabetes. Studies done by Indian researchers revealed that fenugreek added to type I diabetic patients' diets helped to drop urinary sugar level by 54%. Because of the presence of the natural fiber galactomannan, fenugreek slows down the rate at which sugar is absorbed into bloodstream. A certain amino acid (4-hydroxyisoleucine) in fenugreek induces the production of insulin so therefore, 15-20 grams of fenugreek is recommended for controlling blood sugar on a daily basis. By slowly releasing insulin to the body rather than in massive chunks, overall bodily function is improved, and the plunges and peaks of blood sugar won't be an issue for diabetic patients.

Relief for Sore Throats: Fenugreek's soothing mucilage helps to relieve [sore throat](#) pain and cough.

Relieves [constipation](#): Fenugreek adds bulk to the stool due to its high fiber content. This also makes it helpful in treating [constipation and diarrhea](#), while also relieving minor indigestion.

Good for Kidney Trouble: Traditional Chinese medicine recommends fenugreek for patients suffering from various [kidney conditions](#).

Prevents [Colon Cancer](#): Fenugreek possesses [anti-carcinogenic potential](#). The steroid diosgenin in Fenugreek has been specifically linked to colon [cancer](#) prevention. Furthermore, the various non-starch polysaccharides like saponins, hemicellulose, mucilage, tannin, and pectin, lower cholesterol levels and inhibit bile salts from being reabsorbed by the colon. This can bind to the toxins and protect the colon's mucus membrane, which can reduce colorectal cancer and other conditions that can negatively affect the colon.

Appetite Suppressant: The natural soluble fiber galactomannan can swell in the stomach and thus [suppress appetite](#) by making you feel full.

Fenugreek is also used to treat wounds, inflammation and gastrointestinal ailments. Fenugreek helps in battling free radicals due to its antioxidant capacity. According to ayurvedic and Chinese medicine, fenugreek can be used for inducing labor and aiding digestion. It is also good at improving the body's overall metabolism and health. Irritated [skin](#) conditions can even be soothed by the external application of fenugreek. Furthermore, fenugreek is used for fevers and muscle aches.

HEALTH BENEFITS OF FENUGREEK *Organic Facts*
www.organicfacts.net

Good for lactating mothers

Reduces menstrual discomfort

Good for kidney trouble

Helps prevent cardiovascular diseases

Reduces symptoms of menopause

Helps alleviate type II diabetes

Aids in treating constipation & diarrhea

Reduces cholesterol levels

Prevents colon cancer

NUTRIENTS*

- Dietary Fiber 98%
- Protein 46%
- Calories 16%
- Total Carbohydrate 19%

VITAMINS*

- Vitamin B6 30%
- Riboflavin 22%
- Thiamin 21%
- Folate 14%

MINERALS*

- Iron 186%
- Manganese 61%
- Copper 56%
- Magnesium 48%

Caution: Fenugreek is not recommended during pregnancy

*% Daily Value per 100g. For e.g. 100g of Fenugreek provides 186% of daily requirement of Iron

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