Blood Sugar Balance Tincture - Bitter Root Harmony

DESCRIPTION

Bring Your Blood Sugar Back Into Balance

Bitter Root Harmony is a four-herb tincture for one job: helping your body handle sugar the way it was built to. Every herb in it has been used for blood sugar for centuries — by Ayurvedic physicians in India, by Chinese herbalists, by healers in the Middle East and the Caribbean — long before anyone measured insulin. Modern research is now catching up to what those traditions already knew.

Insulin is the hormone that moves sugar out of your blood and into your cells. When the cells stop listening to it, sugar stays in the blood, the pancreas works harder, and the cycle feeds itself. Bitter Root Harmony works on that cycle from several sides at once: it helps the cells hear insulin again, helps the pancreas release insulin when it is actually needed, and slows the sugar rush after a meal.

The blend:

- **Bitter Melon** — Ayurveda's karela, the most bitter food on earth and the oldest "plant insulin." Its compounds act on the same cellular switch (AMPK) that modern diabetes drugs are designed to target.
- **Cinnamon** — makes cells more sensitive to insulin. Three separate meta-analyses link daily cinnamon to lower fasting blood sugar.
- **Fenugreek** — its rare amino acid 4-hydroxyisoleucine helps the pancreas release insulin only when blood sugar is high, and its fibre slows the post-meal spike.
- **Galangal** — the hot, peppery cousin of ginger. Warms digestion and carries the formula.

The Chinese medicine behind the formula: in TCM, the pattern the West calls diabetes is *Xi?o K?* (??) — "wasting and thirsting," Heat burning up the body's fluids. Bitter melon is cold and bitter, and it goes straight at that Heat. On its own, though, that much cold would chill the digestive fire. So the formula balances it with three warming herbs: cinnamon warms the Kidney's fire at the root, fenugreek warms the Kidney and clears Damp, and galangal guards the stomach. One cold herb to clear, three warm herbs to protect — the classic TCM principle of

pairing herbs so each one's strength is kept and its drawback is checked.

What it does: supports healthy insulin response and steady blood sugar, eases the post-meal sugar spike and the crash that follows, and helps quiet sugar cravings — working with your body's own systems, not overriding them.

Who it's for: anyone watching their blood sugar, anyone who gets the after-meal crash and the cravings that follow it, and anyone who wants the plants every healing tradition reached for, in one bottle.

How to use: place 15–30 drops under the tongue, hold for 10 seconds, then swallow. Take before meals, up to 2–3 times a day. Shake well first. It works best alongside the basics: real food, fewer refined sugars, and moving your body every day.

Ingredients: 80-proof alcohol, Bitter Melon, Cinnamon, Fenugreek, Galangal.

Size: 1 oz (30 ml) amber glass dropper bottle. Handcrafted to order by a small team of skilled herbal professionals.

Disclaimer

This is a handcrafted herbal extract. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional — especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important safety information:

- **If you take insulin or any blood-sugar medication:** these herbs add to its effect. Check your blood sugar more often when you start, and work with your practitioner on your dose.
- Do not use during pregnancy or while trying to conceive — bitter melon and fenugreek can stimulate the uterus.
- Avoid if you have G6PD deficiency, or an allergy to peanuts, chickpeas or other legumes (fenugreek).
- May add to the effect of blood thinners.
- For internal use. Contains alcohol. Not for children. Keep out of reach of children.
- Store in a cool, dark place. Shake well before each use.
- Results may vary.