

Ancient Balance

Chinese Herbal Remedies for Modern Blood Sugar

By Sabbskin Wellness

“Balance is not control — it’s harmony between effort and ease.”

The TCM View of Diabetes

Traditional Chinese Medicine (TCM) calls diabetes Xiao Ke Syndrome — a state of internal heat, dryness, and depleted Yin.

Where Western medicine focuses on insulin resistance, TCM looks at restoring harmony between Yin (cool, nourishing) and Yang (active, warming).

Cooling foods, gentle teas, and mindful daily rituals help your body rebalance rather than fight itself.

Everyday Kitchen Remedies

Simple, everyday foods used in TCM to support healthy blood sugar:

- Bitter melon stir-fry — supports steady glucose and digestion.
 - Goji berry tea — steep 1 teaspoon in hot water for 5–10 minutes.
 - Barley & red bean soup — a soothing, slow-carb dessert.
 - Sweet potato porridge — boosts Qi and prevents sugar crashes.
 - Chrysanthemum tea — cooling when you feel overheated or thirsty.
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Herbal Allies

Five gentle herbs traditionally used for balance:

- Rehmannia Root — cools internal heat, nourishes Yin.
- Astragalus — strengthens daily energy and immunity.
- Ginseng — improves focus and stamina.
- Licorice Root — harmonizes formulas and adds natural sweetness.
- Berberine — a plant compound shown to support healthy glucose levels.

Use each as a light tea: about 1 teaspoon per cup of hot water, steep 10 minutes.

(Always check interactions with any prescribed medications.)

Simple Daily Rituals

Gentle habits that complement both TCM and modern wellness:

- Begin the day with warm lemon water to awaken digestion.
 - Replace one coffee with herbal tea for calmer energy.
 - Walk 10 minutes after meals to aid sugar uptake.
 - Take three slow breaths before eating to ease stress spikes.
 - End the evening by journaling how your body feels.
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Gentle Warnings & Wisdom

Herbs can complement — not replace — medical care.

Monitor glucose closely when trying new teas or supplements.

Buy herbs from reputable sources; avoid overuse.

Healing happens through consistency, not extremes.

Closing Reflection

“In Chinese medicine, healing is not about fighting — it’s about restoring flow.”

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