

## **Functional Medicine; Treating Diabetes with Saffron**

**By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV**

Diabetes is one of the fastest growing diseases in the West, especially in the United States. It's a leading cause of amputations, blindness, and impotence and plays a major role in early heart attacks and strokes. Even slightly elevated blood sugar (prediabetes) is associated with a significantly higher incidence of heart attacks and strokes. In addition, cancer rates are higher among diabetes and diabetics with cancer have a poorer prognosis than people with normal blood sugar levels.

One of the primary effects of diabetes – especially poorly controlled diabetes – is high levels of free radicals and lipid peroxidation products throughout the body. As a powerful antioxidant, saffron would be a major weapon for taming complications of diabetes. Studies of saffron extract on diabetic animals demonstrated that the compound increases antioxidant capacity, lowers glucose levels, decreases cholesterol and triglycerides and reverses insulin resistance (the major cause of Type 2 diabetes).

Saffron extract also lowered inflammatory cytokines levels in diabetic animals. That's one of the most important steps for preventing damage to organs and tissues.

**Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at [Dr.Badanek.com](http://Dr.Badanek.com) and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**