

The Civilization Disease Diabetes Type 2 Is on the Rise but There Is Help, Says MykoTroph

Medicinal Mushrooms Have Proven Helpful in Prevention and Therapy

LIMESHAIN, GERMANY, April 26, 2016 /EINPresswire.com/

-- [Diabetes](#) was in the main focus of this year's World Health Day because the disease has developed into a global problem. According to the World Health

Organization (WHO), the number of affected persons has nearly quadrupled from 108 million in 1980 to 422 million today. Also, not primarily people in the rich industrialized western countries are affected by diabetes.



Alarming Figures

In the United States alone, nearly 30 million people or 9% of the population are affected by diabetes, according to the American Diabetes Association. The vast majority suffers from diabetes type 2 and metabolic syndrome. Responsible for the development of the disease are the small sins of our modern lifestyle including inactivity, unbalanced diet and obesity. Especially treacherous is that diabetes type 2 with metabolic syndrome develops slow and unobtrusive. As a consequence, the disease is discovered in an advanced stage.

[Medicinal Mushrooms](#) Are Helpers from Mother Nature

Good news: Natural remedies like medicinal mushroom haven proven helpful in prevention, and as a support in the therapy, of diabetes type 2. This could be shown by long-time observational studies in naturopathy, for example by MykoTroph - Institute for Nutritional and Fungal Medicine. Medicinal mushroom Coprinus has regenerating effects on the pancreas; it also helps the sensitization of the receptors responsible for the absorption of insulin and claims to have a [blood sugar](#) lowering effect. Medicinal mushroom Maitake has positive effects on the fat metabolism and the sensitivity of insulin receptors. Diabetes type 2 is often linked to circulation problems, vascular diseases and hypertension. Therefore, regular monitoring of the blood pressure, blood lipids, triglycerides and body weight is highly important. The intake of Maitake can help to get a grip on these determining factors.

Doubled Forces: The Combination of Medicinal Mushrooms and Nopal

Within the scope of a holistic therapy of diabetes type 2 with metabolic syndrome, the combined intake of medicinal mushroom powder obtained from the whole mushroom and Nopal juice (prickly pear) can be very reasonable. Nopal juice has a lowering effect on the glycemic index of ingested food. The consequence is a slower release of carbohydrates in the intestines.

A Balanced Diet and Physical Activity

Both, in the prevention and the therapy of diabetes type 2, adjustments of unhealthy lifestyles are of huge significance. Regular activity and endurance sports, e. g. swimming, cycling or walking can reduce weight and the blood sugar level. Fundamental changes of nutrition are recommended by experts. Sweets and fast food should be banned from the menu, in favor of a

diet which is rich in vitamins and vital substances. Perfectly suitable is food which contains a lot of dietary fibers and carbohydrates, for example mushrooms and vegetables. This can help to prevent a rapid increase of blood sugar. Medicinal mushrooms are a good supplement to a well-balanced low-carb diet and diverse physical activities.

About MykoTroph

The MykoTroph AG, Institute for Nutritional and Fungal Medicine based in Limeshain, was founded in 2003 by Franz Schmaus. The agricultural engineer concerned himself with the effects and use of medicinal mushrooms for more than 30 years and is one of the most renowned experts in this field. MykoTroph Institute aims to spread the knowledge of the mushrooms' preventative and healing effects and to make it accessible to a wide public in Germany and Europe.

Further information and studies can be found on the institute's website www.mykotroph.com. Additionally, Franz Schmaus and his team, consisting of mycotherapists and naturopaths, are available for extensive advice from Monday to Friday between 8.00 a.m. and 6.00 p.m. via the hotline +0049 6047-98 85 30. People who are interested can also arrange a personal consultation at the institute via that number. Telephone consultations are free of charge. Comprehensive information on fungal medicine can also be requested for free at MykoTroph Institute.

PR courtesy of Online PR Media.

Matthias Frank
SanTerris GmbH
+49 6101 33888
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2018 IPD Group, Inc. All Right Reserved.