

Berberine

## Description

To Jesus:

Saving this to a “Health” email folder may ease access.

Use this as an aide to your own research and share with your doctor as appropriate.

You can use [drugs.com](https://www.drugs.com) or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Berberine

Berberine appears to reduce blood sugar as much as metformin but with lower adverse side effects & more beneficial side effects, & also ~~reduce fatty liver, depression, anxiety, PTSD, & as a potent pain~~

reliever helps opiate withdrawal.

Reverences from:

[takecontrol.substack.com/p/berberine-natural-option-ozempic#footnote-45-129390089](https://takecontrol.substack.com/p/berberine-natural-option-ozempic#footnote-45-129390089) –

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Yin J, Zhang H, Ye J. Traditional chinese medicine in treatment of metabolic syndrome. *Endocr Metab Immune Disord Drug Targets*. 2008 Jun;8(2):99-111. doi: 10.2174/187153008784534330. PMID: 18537696; PMCID: PMC2467395.

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[ncbi.nlm.nih.gov/pmc/articles/PMC8704877](https://ncbi.nlm.nih.gov/pmc/articles/PMC8704877)

[newsmax.com/health/dr-blalock/depression-anxiety-glutamate-berberine/2017/01/25/id/770423/](https://newsmax.com/health/dr-blalock/depression-anxiety-glutamate-berberine/2017/01/25/id/770423/)

**Category**

1. Uncategorized

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