

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 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) â€”

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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.

Kulkarni SK, Dhir A. On the mechanism of antidepressant-like action of berberine chloride. *Eur J Pharmacol*. 2008 Jul 28;589(1-3):163-72. doi: 10.1016/j.ejphar.2008.05.043. Epub 2008 Jun 3. PMID: 18585703.

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PMCID: PMC8704877.

**[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

**Date Created**

August 27, 2023

**Author**

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