

መርዳሪዎችን ለመመዘን የሚያስፈልጉ ምርመራዎች ለሁሉም ሰው ሊኖሩት ይችላሉ። ለምሳሌ፣ የሰው ልጅ ለሌላ ሰው ለመመዘን ለሚያስፈልጉ ምርመራዎች ለሁሉም ሰው ሊኖሩት ይችላሉ።

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These first tests suggested that all eight plants that the Elders identified have some of the same effects as insulin. To a greater or lesser extent, they may all help the body to store sugar.

COULD ANY OF THE PLANTS HELP REDUCE THE COMPLICATIONS OF DIABETES?

Diabetes can damage the nerves that are far from the centre of the body. This happens because nerve cells die when a person's blood sugar is too high.

- ◆ Nerve cells also die when blood sugar is too low (for instance, if a person takes too much insulin by mistake).
- ◆ When the nerve cells die, people get effects like tingling, numbness, pain, or weakness in their feet and hands.
- ◆ If the nerves in the eye get damaged, people get vision problems and may even go blind.

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In the long run, the scientists want to know if any of the plants can reduce the nerve damage that diabetes causes. The tests they did were a first step in this direction, to see which plants seem to have some effects on nerves. First, they put nerve-like cells in a dish with a lot of sugar, and counted how many of them died. Then they did the same thing again, but also adding the plant extracts, to see if fewer nerve cells would die. It turned out that five of the plants helped to protect the nerve cells against being killed by high sugar levels.

Besides causing nerve damage, diabetes can affect the circulatory system—the heart and the way blood flows through the body. When this happens, people get heart disease. One of the things that

