

# NOPAL

(Nopal, Prickly Pear,

Nopal is being sold under many names via many sites on the web and on TV. This is due to the many clinical studies in the past few years. The one that has the biggest presents is Nopalea, a juice product with a very high price.

<http://www.nopalea.com/>

There are many claims for so many amazing benefits: Prickly Pear Nopal Cactus super fruit Opuntia Ficus Indica uniquely contains all 24 known betalains, a rare class of potent healing anti-inflammatory antioxidants and has been found to be highly successful with the following conditions and more.

- Stabilizing Blood Sugar
- Obesity/Indulgence
- Cleansing the Colon
- Soothes the Stomach
- Lowering Cholesterol
- Protects the Liver
- Scrubs Blood Vessels
- Treating inflammation
- Stiffness and Pain in joints

In our Premium Formula we have included a large dose of Terry Labs' GlySync™ Essence of Nopal, a patented extract method. We also provide Terry Labs' GlySync™ Essence of Nopal in bulk.

For over 12,000 years fresh Nopal cactus has been consumed for its legendary qualities.

Only recently, in the last 20 years, has modern science truly been interested in the investigation of Nopal's nutritional properties.

Nopales (prickly pear cactus – known as Nopal in Mexico) are very rich in insoluble and especially soluble dietary fiber. They are also rich in vitamins (especially vitamin A, vitamin C, and vitamin K, but also riboflavin and vitamin B6) and minerals (especially magnesium, potassium, and manganese, but also iron and copper). Nopales have a high calcium content, but the nutrient is not biologically available because it is present as calcium oxalate, which is neither highly soluble nor easily absorbed through the intestinal wall. Addition of Nopales also reduces the glycemic effect of a mixed meal. Nopales are low carbohydrate and may help in the treatment of diabetes. See <http://en.wikipedia.org/wiki/Nopal>

## Nopal Plant Normalizes Blood Sugar, Treats Diabetes, Boosts Insulin Sensitivity

by M. T. Whitney | [newstarget.com](http://newstarget.com)

The prickly pear cactus – known as Nopal in Mexico – exhibits multiple medicinal effects. As professor of nutrition Dr. Winston F. Craig, Ph.D., **see below**, writes to the HighBeam Encyclopedia, the prickly pear can help with diabetes, lower blood sugar levels and offer other health benefits. See

### What you need to know - Conventional View

- The ability for the prickly pear cactus (Nopal) to lower blood sugar has been well documented by many studies. In traditional Mexican medicine, Nopal is used for treating type-2 Diabetes.
- Mexican researchers found that people with non-insulin-dependent diabetes given broiled Nopal stems experienced a large drop in blood sugar levels.

- It has been shown that daily consumption of 250mg of this plant will lower total cholesterol and LDL cholesterol levels, according to a recent study. HDL cholesterol and triglyceride levels were not affected.
- In India, the cactus has been used to treat whooping cough and asthma.
- Prickly pear fruit and other elements of the cactus are edible as a jelly or jam, as a fruit or as a cooked dish.
- The cactus is naturally found in Arizona, Mexico and other parts of the American Southwest; it is commercially grown in California and also has been exported to Europe and India.
- In the Sonoran Desert, growing a new prickly pear is easy: the cactus grows in a linked "pad" setup, and each pad can be cut off, replanted and in most cases will take root, making a new cactus.

## What you need to know - Alternative View

*Statements and opinions by Mike Adam's NaturalNews editor*

- For many diabetics or prediabetics, Nopal is a complete replacement for prescription blood sugar drugs. It regulates blood sugar with no negative side effects and no liver damage (which is one of the primary side effects of blood sugar prescriptions). Safety note: Do not halt prescription drug use except under the direct supervision of a naturopathic physician.
- Nopal is a key ingredient in many highly effective (and safe) blood sugar regulating nutritional supplements (see resources, below).
- Conventional medicine, including drug companies and the FDA, do not want the public to learn about Nopal because it would cost Big Pharma hundreds of millions of dollars in annual profits from diabetes drug sales. The public is intentionally kept ignorant about natural treatments for diabetes as a way to maximize corporate profits.
- Most doctors have never heard of Nopal, nor its blood sugar balancing effects, because the use of medicinal herbs is simply not taught in medical school. Virtually all M.D.s are nutritionally illiterate when it comes to herbs and food supplements.
- Native Americans, who are suffering under an epidemic of diabetes, desperately need to be re-taught the medicinal uses of desert plants. If Nopal were widely harvested and used to help regulate blood sugar in Native Americans, the diabetes rate would fall sharply. But conventional medicine, dominated primarily by rich white men, chooses to deliberately deny honest information about nutritional supplements to Native Americans. In doing so, Native Americans have been isolated from their land and their medicinal wisdom.

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## Dr. Winston Craig

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### Education:

**PhD in Organic Chemistry**, University of Queensland in Brisbane, Australia

**Master of Public Health**, Loma Linda University, California

**Registered Dietitian** since 1983.

### Biography:

Winston J Craig is Professor of Nutrition and Director of the dietetics internship program at Andrews University in Berrien Springs, Michigan, where he has taught health and nutrition classes since 1987. Dr Craig received his PhD degree

in Organic Chemistry (in the field of terpenoid chemistry) from the University of Queensland in Brisbane, Australia and a Master of Public Health degree in Nutrition from Loma Linda University, California. He is a registered dietitian and holds membership in the American College of Nutrition, the American Society of Nutrition Sciences, the American Dietetic Association and Sigma Xi.

Before his tenure at Andrews University he was a faculty member at Loma Linda University, California and at the University of Massachusetts in Amherst. He has authored 20 articles for scholarly journals and over 225 nutrition articles for health publications. He is a regular contributor to Vibrant Life Magazine and has written seven chapters for various nutrition books. Books he has authored include Nutrition and Wellness: A Vegetarian Way to Better Health; The Use and Safety of Commonly Used Herbs and Herbal Teas; Eating for Good Health; Maintaining a Healthy Lifestyle; and Herbs for Your Health. In 2009, he co-authored the ADA position paper on vegetarian diets.

His research interests include the health-promoting properties of phytochemicals, the role of plant-based diet in preventing chronic diseases, and the disease-preventing properties of herbs and spices. His hobbies include wildlife and wildflower photography, travel, hiking, birding and backpacking.