

A CASE FOR DIETARY AND HERBAL SUPPLEMENTS IN DIABETES



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For more than two decades we focused on developing alternative therapies for CVD risk reduction. Our current research is based on traditional medicinal herbs, seeds and dietary fibers, with complementary mechanisms of action, representing a multifaceted approach in the management of diabetes and concomitant CVD risk factors. Using these concepts, hand in hand with conventional treatment and a healthy diet, individuals affected by diabetes may better control the disease by simply adding dietary/herbal supplements to their daily diet and pharmaceuticals. We believe that our approach can be considered as an easy-to-implement self-management tool and part of lifestyle therapy utilizing old medicine to propelled into new forms of treatment.

This presentation will illustrate the scope of this work by highlighting some of our contributions to the field of alternative therapies in management of diabetes, also focusing on knowledge translation via meta-analysis and commercial product development. It will outline the model that we have developed by briefly describing each of the selected interventions and their combination, including a particular type of proprietary fiber blend, the omega-3 rich seed Salba-Chia and ginseng. Specific research findings will be presented for both their individual and combined use, paving the “new way” to control glycemia, vascular function, appetite and body weight in humans.

Dr. Vuksan has been educated at the University of Zagreb. He believes in the value of dietary fiber, medicinal herbs and oily-seeds, taken individually or in combination in the management of diabetes and heart disease. He has published more than 150 papers in the leading scientific journals including the Lancet, NEJM, Circulation, Diabetes Care, Hypertension ect., and holds an H-factor of 46 (Scopus). He has received numerous awards in recognition of his contribution to nutrition, including the 2010 Charles H. Best award for his innovative work in diabetes; 2012 Korean National World Science Award for his ginseng research and 2014 Graduate Teaching Award at Faculty of Medicine, University of Toronto, in recognition of excellence in academic mentorship.