The Control of Type 2 Diabetes with Specific References to Dietary Factors

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Abstract : The purpose of this research study is to identify the beneficial effects of Nigella sativa seeds, cherries and Ajwah dates on blood glucose levels among people with type 2 diabetes in the KSA population and healthy people in the UK. My hypothesis questions whether or not people with type 2 diabetes can lead a healthier life using these dietary supplements.

Keywords: diabetes type 2, cherry, nigella seeds, Ajwa date

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