

# Berberine

Hey guys!

A while back, I talked about a very special supplement called Berberine. It was social media famous. It's basically been tagged as the Nature's Ozempic. So, what the heck is it? Should you consider it? Here's what you need to know.

There's this huge national shortage. It's frustrating. People who are on Wegovy, Ozempic, and even Mounjaro are having a hard time finding it pharmacies, and I hate to say it, even with these pharmaceutical companies that have billions of dollars, they can't keep up because it is just a lot of money, a lot of manufacturing, and they're coming out with new injections, new pills, but it's going to take quite a while before we catch up. So, let's talk about berberine.

So, berberine is a natural supplement. It is a compound that's found in various plants that activates an enzyme that can potentially do a lot of different benefits.

1. It can lower your blood sugar. It treats insulin resistance to really help you effectively metabolize that sugar into energy rather than storage.
2. In a 12-week study, they took several patients who were looking to lose weight, lost about 3.6% during that study of their body weight. Not too bad, obviously not compared to the 15% or more with the injections, but again, this is a natural root. It helped with appetite suppression and helps people metabolize and burn calories more effectively.
3. It lowers your cholesterol, and can reduce your risk for heart disease. And then also a lot of my patients have been discovering something that you may not be aware of on fatty liver disease.

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Remember, berberine is an herbal supplement. Technically, it is not FDA approved if you decide to do it. It's so important to consult with your doctor or hop on a phone call with me, especially if you're taking other medications. We want to make sure there are no negative interactions. But if you're healthy otherwise, and you just take vitamins and you're looking to figure out, okay, how do I get out of this mess of injections? I almost don't even want to mess with it anymore. I also want to help you and feel like you can do this on your own and not be dependent on a prescription medication to manage your weight.

I have a special for you, it is part of our **essential Winter Survival** kit, but we are opening it up so that you can even use it to not only get through the winter months, but this could potentially be your key to really doing this on your own.

So, make sure you check out the information that we sent you. This is important and check out the [TV segment](#) that I did. It's a lot of good information and it is something worth looking into if you want to just get out of the hot mess of the medications and start learning how to do this on your own.

*Dr. Angela Tran DO.*