False Buckwheat



False buckwheat helps control blood sugar levels. Holistic nutritionists have extolled the virtues of buckwheat for years. A 2003 Canadian study found that when extracts of buckwheat seed were fed to diabetic rats, the animals' glucose levels went down by twelve to nineteen percent. The seeds are also used in soups and as porridge to lower blood pressure.



Compiled by Lawrence Barkwell Coordinator of Métis Heritage and History Research Louis Riel Institute