

NONI TO HELP LOWER BLOOD SUGAR LEVELS IN DIABETICS WITH BOOKLET MEDIA

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SUMMARY

Background: Diabetes mellitus (DM) is a metabolic disease characterized by an increase in blood glucose levels in the body that exceed normal limits (hyperglycemia). Typical symptoms in people with diabetes mellitus are a lot of urine, lots of drinking, lots of eating, weight loss drastically, blurred vision. Hyperglycemia in diabetes mellitus sufferers can be treated with pharmacological and non-pharmacological therapy. Pharmacology uses drugs while non-pharmacology uses various ways one of which is noni juice. Noni juice can reduce blood sugar levels because of the content of xeronine and proxeronine which regenerates damaged pancreatic beta cells so that they can function again. Noni juice is given 2 times a day, namely 20-30 minutes before breakfast and 20-30 minutes before dinner as much as 200ml. **Method:** The technique of the process of making noni juice to lower blood sugar levels is in the form of a booklet that diabetes mellitus sufferers can practice at home. **Result:** One of the media used to provide information is a booklet. Booklet media are useful media to provide specific and clear information as alternative media to be studied at any time and make it easier for people to understand because they use an attractive design and use simple and easy to understand sentences. **Conclusion:** Media booklets noni juice can reduce blood sugar levels in people with diabetes mellitus. To get effective result, do noni juice therapy with booklet media regularly.

Keywords: *Noni, Diabetes Mellitus, Blood Sugar, Booklet*