



April Highlight

Herbs For The Pancreas

The pancreas is a large endocrine gland that is mainly concerned with secreting digestive enzymes to break down protein, fat and carbohydrates. It also produces two hormones, insulin and glucagons, to control the handling of glucose and fatty acids in the body. The pancreas works in close relationship with the other endocrine glands and any changes in the chemical patterns of one gland will affect the others. I see the pancreas as the thermostat in the body. Think of your stomach as your furnace. It produces energy from ingested nutrients. Your adrenals store the energy (similar to a gas tank in your car). The pancreas regulates and distributes the energy to various portions of the body, be it organ, muscle, etc. For example if your liver says I need more energy, it sends that signal out to your pancreas, your pancreas says well in relationship to everything else we give you this much. Very similar to a thermostat, it regulates how much energy is given out, not too much or too little. That's why individuals with pancreatic imbalances experience high fluctuations in energy levels, and frequently are on a rollercoaster with their emotions. Whenever there is a blood sugar imbalance, look to the other glands in the endocrine system, especially the adrenals and thyroid.

The best herbs indicated to balance the pancreas are:

Jerusalem Artichoke

Jerusalem artichoke balances and stabilizes blood sugar levels, reduces sugar cravings and hypoglycemia, improves calcium absorption and has a positive effect on intestinal flora. Recently, Jerusalem artichoke made front page news as a significant weight loss herb www.mehndiskinart.com/helix.

Gluco Balance

The herbs in this formula have traditionally been used to support and stimulate the pancreatic system. It balances and regulates insulin injected into the system. For both low and high blood sugar. The herbs in this formula are high in Inulin, which is a pre-cursor for Insulin.

Sugar Balance Tea

This blend has been used in Mexico to balance glucose levels. With exercise and a controlled diet this tea is known to stop and even reverse diabetes.

Gymnema

Gymnema has a molecular structure similar to that of sugar and can block absorption of up to fifty percent of dietary sugar calories. This sugar blocking action works well in cases of diabetes, reducing insulin requirements, and for weight loss in people on high sugar/carbohydrate diets.

Cinnamon

Recently made popular, cinnamon stimulates digestion and pancreatic activity.

Olive leaf

Olive leaf extract is being used in Europe for diabetes, hypertension and impaired circulation.

Professional advice is definitely recommended in cases of diabetes and other blood sugar imbalances. Other herbs like nettles, burdock, oats, goats rue and jambul can be considered for diabetes although treatment will vary with different conditions.

Diet should be high in protein, such as beans, legumes, nuts, seeds, etc. People with blood sugar imbalances have a tendency to eat everything but protein. They are looking for something to fuel the body. Sugars, unlike proteins, metabolizes differently into the body. It's like putting high octane fuel into a low octane motor. It burns you out, and you end up with a diabetic condition. It's just too hot for the body.

If you have a sugar imbalances consider wearing calming colors such as browns, greens, blues, beige, khaki. Stay away from reds, orange, yellow, pink and violets.