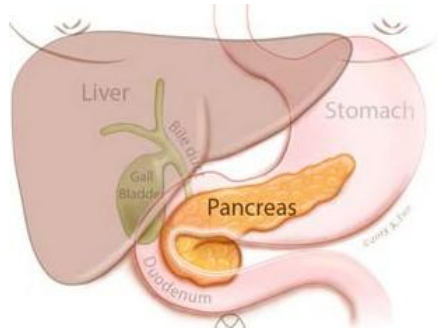


Pancreas

The pancreas is an elongated organ that tapers across the back of the abdomen, behind the stomach. The right side of the organ (called the head) is its widest part that lies in the curve of the duodenum (the first section of the small intestine).



The tapered left side extends slightly upward (called the body of the pancreas) and ends near the spleen (called the tail).

The pancreas is made up of two types of glands:

- **Exocrine**

The exocrine gland produces digestive enzymes. These enzymes are secreted into a network of ducts that join the main pancreatic duct running along the length of the pancreas.

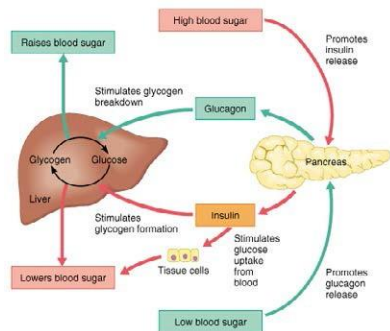
- **Endocrine**

The endocrine gland, which consists of the islets of Langerhans, secretes hormones into the bloodstream.

Functions

The pancreas has several digestive and hormonal functions. These are:

- The enzymes secreted by the exocrine gland in the pancreas help break down carbohydrates, fats, proteins and acids in the duodenum. The exocrine tissue also secretes bicarbonate to neutralise stomach acid in the duodenum.

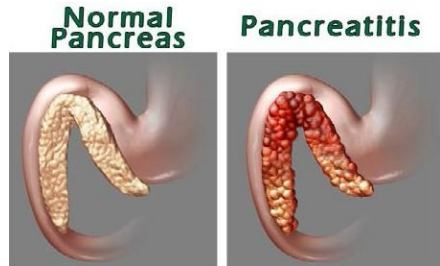


- The endocrine gland in the pancreas secretes insulin and glucagon hormones (which regulates the level of glucose in the blood), as well as somatostatin (which prevents the release of the other two hormones).

Problems

Problems with the pancreas can lead to many health issues, including -

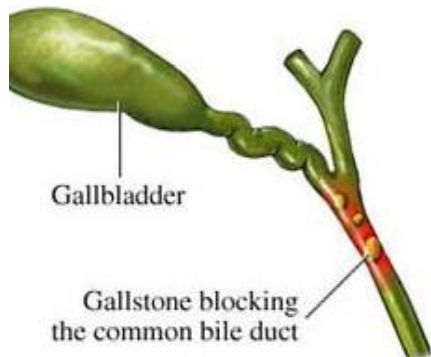
- Pancreatitis or inflammation of the pancreas (the digestive enzymes start digesting the pancreas itself)
- Pancreatic cancer
- Cystic fibrosis, a genetic disorder in which thick and sticky mucus can block tubes in the pancreas
- The pancreas also plays a role in diabetes. In Type 1 diabetes, the beta cells of the pancreas no longer produce insulin because the body's immune system attacks them. In Type 2 diabetes, the pancreas loses the ability to secrete enough insulin in response to meals.



Causes

There are different causes of pancreatic disorder, such as -

- Excessive alcohol intake
- Gallstones blocking the bile tubes
- Infection
- Tumours
- Mumps
- Excessive medication and drugs
- Excessive intake of sugar in the form of sweets, biscuits, cookies, cakes, pasta and bread
- Genetic abnormalities

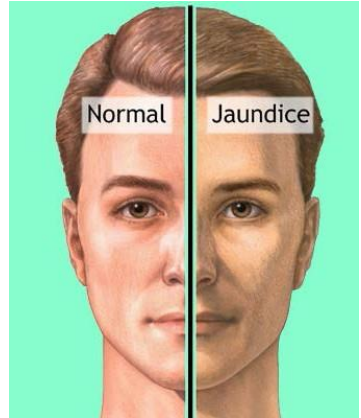


Symptoms

The symptoms of pancreatic disorders are:

- Spots (on pancreas)
- Pain in the upper abdomen

- Jaundice (yellowing of the skin and eyes)
- Bloating
- Back pain
- Loss of appetite
- Vomiting
- Nausea
- Diarrhoea
- Weight loss
- Fever
- Rapid pulse
- Dehydration, low blood pressure, shock, organ failure and even death (in case of acute pancreatitis)



Pancreas Cleanse

A Pancreas Cleanse involves cleansing the bowels, then clearing dental problems (if required), followed by a Kidney Cleanse and lastly, a Liver Cleanse. By clearing parasites and toxins from your body in this order, you will be able to cleanse the pancreas optimally.

Pancreas cleanse juices

There are many herbs that can promote pancreatic function. While doing a cleanse, you should drink at least two litres of water daily. The cleanse may last as long as three days to a week or more.

Mix the following ingredients and consume them without straining. Also, don't add any lemon or sugar, and drink slowly taking small sips.

1. Lettuce (□□□□), carrot and beet juice

Ingredients:

- A cup of long-leaf lettuce (it contains more sodium than potassium)
- One cup of carrot juice
- A bit of honey

Procedure

Mix the ingredients and sip the juice.



2. Papaya, almond and flax seed juice

Ingredients:

- A large slice of papaya
- A heaped tablespoon of flax seeds
- Three almonds

Procedure:

Blend all ingredients and drink.



3. Orange and lemon juice

Ingredients:

- A glass of orange juice
- Two lemons

Procedure:

Mix and drink.



4. Carrot, beet, apple and asparagus juice

Ingredients:

- Five carrots
- Half a beet
- One apple
- Four stalks of kale or asparagus (Shatavari)

Procedure:

Grind, blend well and drink.



Pancreas friendly diets

1. Fenugreek (□□□□), blueberry leaves (□□□□□□□□) and ginsengs (□□□□□□□□) are often used to promote pancreas health and can be taken as supplements or made into tea.



2. Cinnamon

(□□□□□□□□) may help improve insulin efficiency, reduce stress on the pancreas, as do goldenseal, cedar berries (□□□□□□ □□ □□□□), ginger (□□□□□) and dandelion root

(□□□□□).

Benefits

Pancreas Cleanse gives positive results in a week, including –

- Improved circulation throughout the body
- Improved eyesight
- Reduction in weight by 4 to 5 kg
- Normal blood sugar levels that do not fluctuate Natural secretion of pancreatic fluids, enzymes, pancreas juice and insulin Stimulation, revitalization and repair of the pancreatic gland
- Normalized blood pressure
- Stimulation of peristalsis (bowel movement) that keeps the colon clean
- Increased urination and quantity of fluid expelled from the body
- Repair, strengthening, nourishment and cleansing of the kidneys
- Improved metabolism of fat, carbohydrates and protein

A Liver Cleanse improves the functioning of pancreas.