



# Pancreas Health



Here are traditional and contemporary ways to enhance the health of the pancreas which may be used as prevention or to restore balance. If you have a known problem it is essential to monitor blood sugar levels carefully in conjunction with the advice of a qualified health practitioner.

## Supplements

**Herb Pharm Devil's Club ~ Jambul compound**  
Food Enzymes with meals  
GTF Chromium maximum 200 mg daily with food  
Licorice extract 1/4 dropperful 1-2x daily (not for diabetics)

**Himalaya Herbs GlucoCare™**  
Cedar Bear Naturales Pancrea.aid™  
Flax Oil/Evening Primrose Oil  
Weleda or Dr. Hauschka Rosemary Oil  
massaged over pancreas

## Nutrition

**Savor** A varied diet including zucchini, patty pan, chayote/chocho and other squashes including bitter melon (a vegetable from Asian groceries) and cauliflower. Shelled pumpkin seeds purchased raw and toasted while stirring constantly in an ungreased frying pan. Use whole grain breads, preferably sprouted and brown rice. Eat sufficient fiber. A wide variety of seasonings and spices. Use cinnamon extravagantly. Consume food at room temperature or heated up. Eat protein at every meal. Drink unsweetened fenugreek seed and bean pod tea regularly: 1 tablespoon per cup of hot water, cover, drink while warm. See: *The Whole Foods Diabetic Cookbook* by Patricia Bertron, R.D.

**Reduce or eliminate** High glycemic index foods including white flour, white bread, white rice, white potatoes, soda pop (one liter contains 120 grams / 1/4 cup of sugar) and sweets. (see [glycemicindex.com](http://glycemicindex.com)) Use fruit juices sparingly and even then dilute with 50-90% water. Avoid cold foods and beverages. Yes, ice cubes are cold!

## Lifestyle

Balance work with a wide variety of activities. See exercise as play and maintain proper weight. Create opportunities for playfulness and joy! Jump on a mini-trampoline. Swing on swings in the park. Include unstructured play and humorous books, plays and movies in your life. Read the comics. Play with children. Turn off the T.V. This means you!

**Aromatherapy** Wear Attar Bazaar™ scented oils: Sudanese Coconut or Tunisian Honeysuckle.

**Color Therapy** Wear blue clothes. Eat orange colored foods and decorate with the color orange.

## Deeper healing approaches

Seek healing for unresolved childhood issues especially those pertaining to the relationship with mother and old issues of anger. Traditional use: Adults 2 drops 4x daily under tongue. Flower essence possibilities include:

**Zinnia** ~ for playfulness and joy

**Mariposa Lily** ~ to resolve feelings of neglect, abandonment or abuse by mother

**Willow** ~ for feeling bitterness that life has been unfair

**Wild Rose** ~ for feeling that things cannot improve

**Self Heal** ~ to reawaken the ability to heal

**Scarlet Monkey Flower** ~ to resolve feelings of anger and powerlessness. Do other essences first.

A family owned independent health food store. Extensive selection.  
**Heritage Health Foods** 4051 W. 183rd, Country Club Hills, IL 60478 USA  
Tel. (708) 957-0595 Fax (708) 957-5569  
~ Mention Isadora's referral for 10% off ~

Flower Essence Service (FES) or English (Healing Herbs) essences:  
**Flower Essence Service** P.O. Box 1769 Nevada City, CA 95959 USA  
Tel. (800) 548-0075 or (530) 265-0258 Fax (530) 265-6467  
[www.fesflowers.com](http://www.fesflowers.com) e-mail: [info@fesflowers.com](mailto:info@fesflowers.com)

Superior quality organic herbal formulas. Highly recommended:  
**Herb Pharm** P.O. Box 116, Williams, OR 97544 USA  
Tel. (800) 348-4372 or (503) 846-6262 Fax (503) 846-6112  
[www.herb-pharm.com](http://www.herb-pharm.com) e-mail: [info@herb-pharm.com](mailto:info@herb-pharm.com)

Good tasting, alcohol-free liquid herbs suitable for children:  
**Cedar Bear Naturales** P.O. Box 128, Roosevelt, UT USA  
Tel. (888) 854-3727 Fax (435) 722-0643  
[www.cedarbear.com](http://www.cedarbear.com) e-mail: [sales@cedarbear.com](mailto:sales@cedarbear.com)

This article is not intended to diagnose or prescribe. It may be reproduced provided it is not altered in any way or included in other publications unless written permission is obtained.



**Isadora Tavens, Practical Nurse ~Herbalist**  
**Flower Essence Practitioner**

P.O. Box 2802  
Negril, Jamaica  
**(876) 884-5494**

US Voice Mail (773) 509-8586  
[isadora55@yahoo.com](mailto:isadora55@yahoo.com)  
[www.isadoraflores.com](http://www.isadoraflores.com)



Isadora is available for telephone consultations and to travel for consultations and classes.