



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Do-It-Yourself Care and Feeding of YOUR PANCREAS

You may not have stopped to consider proper care and feeding of your pancreas. You probably had a primer course for the care and feeding of your first pet: a cat, a dog, or a horse in your childhood.

Remember that your pancreas has a digestive function and a metabolic function. The digestive function is to breakdown starches using the digestive enzyme amylase which also is produced in your saliva.

The metabolic function of producing the correct amount of insulin for the amount of carbohydrate eaten is abused and overused by the standard American diet and the typical Western diet. These dietary patterns include added sugars of many types and flour-based foods.

Refined, processed, or broken-down carbohydrate substrates require less than normal time for your digestion and your insulin to process. Insulin is released from your pancreas in the quantity anticipated to manage the naturally occurring or unprocessed carbohydrate consumed.

To assist your digestion and your blood sugar metabolism, stir one tablespoon of apple cider vinegar into 8 ounces of water and drink several minutes before your meal. This will minimize food cravings, especially for sweets, and will help you avoid overeating. Brush your teeth after the vinegar drink or swish a little baking soda water in your mouth (but do not swallow it) to preserve your tooth enamel.

The following recommendations are a sure-fire way to keep your pancreas happy and well fed:

Avoid eating processed foods - especially packaged foods, foods with 12 or more ingredients, foods with any refined carbohydrates such as sugar* or milled flour, and especially white flour breads, pasta, pastries, cookies, crackers, pizzas, etc.

**Added/Refined sugars ([saccharose](#)) may include: brown sugar, cane sugar, cane syrup, coconut sugar, confectioner sugar, date sugar, dextrose, fructose, glucose syrup (corn syrup or Karo®), glucose, high-fructose corn sweetener, [invert sugar syrup](#), [invert sugar](#), malt syrup, maltose, palm sugar, raw sugar, simple syrup, sucrose, [treacle](#), white sugar.*

Avoid sugary drinks such as sodas, pops, "power drinks", bottled iced teas, etc.



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All the items mentioned above stress your pancreas, your blood sugar balance, your circulatory system, your heart, your kidneys, and your eyes. Refined sugars are the root of inflammation for many people and may precipitate a variety of disease processes including diabetes, heart disease, fatty liver disease, kidney disease, and many others.

The bottom line is, your pancreas and your entire body love vegetables. Vegetables should be the first course for all meals whether it is a salad, steamed vegetables, raw vegetables, or any creative vegetable dish you can devise. This will set the stage for your carbohydrate metabolism. Next you can eat unmilled whole grains, healthy and unrefined dietary fats, and healthy proteins.

Look for other helpful information in [My Newsletters](#).

Also read chapter 5, Eat What You Are Made Of... in [Your AGING Body Can Talk](#).

You may want to look at some videos by the glucose goddess, Jessie Inchauspé, biochemist:

in [3 DAILY HACKS to Balance BLOOD SUGAR | Jessie Inchauspé](#) - *YouTube*

in [Heal The Body and REDUCE INFLAMMATION | Jessie Inchauspé](#) - *YouTube*

in [Flatten Your GLUCOSE LEVELS | Jessie Inchauspé](#) - *YouTube*

Please do not hesitate to [Contact My Office](#) for specific help with your immune and blood sugar concerns, or for further information about properly caring for your pancreas and spleen.

Dr Susan L Levy