Beat Pancreatitis Naturally

Pancreatitis is a severely painful chronic inflammatory disorder of the pancreas. It happens when the pancreatic enzymes become activated within the pancreas and begin digesting the cellular wall. You can beat pancreatitis with natural healing strategies.

The most common signs and symptoms of pancreatitis include severe, burning pain in the upper abdomen that often radiates into the back with nausea and vomiting that worsens with eating. During an acute attack , the individual goes into a state of dehydration; blood pressure, heart rate, and respiratory rate spike. Chronic pancreatitis will often lead to low energy, nutritional deficiencies, diabetes, and pancreatic cancer.

Pancreatitis and Gall Stones

Pancreatitis is most often associated with excessive alcohol intake and gallstone formation. When gallstones get large they obstruct the pancreatic duct from effectively emptying their enzymes into the small intestine. Pancreatitis is characterized by lab results through blood amylase or lipase levels that will be four to six times higher than normal variations.

When the pancreas is hyperstimulated (alcohol or excessive eating) or when the bile-pancreatic duct is obstructed (gall stones), increased pancreatic duct pressure activates the enzyme trypsin. When intracellular protective mechanisms to prevent trypsinogen and trypsin activation are overwhelmed, it leads to activation within the pancreas with auto-digestion of the pancreatic gland and resulting inflammation. This can result in severe pain common to acute pancreatitis and chronic symptoms associated with chronic pancreatitis.

Steps to Prevent Pancreatitis

The best action steps to prevent pancreatitis flare-ups are to follow an anti-inflammatory nutrition plan that is free of sugars, grains, high fruit consumption, and processed foods of any kind. Meals should focus on good fat sources, anti-oxidants, clean proteins, fiber, and fermented foods.

Be sure to avoid all common food allergens, alcohol, and caffeine as these can trigger further problems. If you have pancreatitis or gallstones, or are at risk of getting these, be sure to make coconut oil your primary fatty acid. The small and medium chain fatty acids in coconut oil are easy to metabolize and do not depend on high amounts of pancreatic enzymes or bile. Use other good fats in moderation to reduce stress on the gall bladder and pancreas.

Load up On SuperFoods

Eat good fat sources such as coconut, avocados, raw chocolate, extra-virgin olive oil, and sprouted seeds. Loads of phytonutrient rich vegetables, lemons & limes and organic herbs should be used. This includes red onions, which are rich in anthocyanins and quercetin and dark leafy greens such as kale, collards, and spinach which are loaded with lutein, zeaxanthin, and chlorophyll.

Clean proteins include organic poultry, 100% grass-fed beef and wild caught fish. Great sources of fiber including sprouted chia, flax, hemp, and pumpkin seeds. The best fermented foods include sauerkraut, apple cider vinegar, kombucha, coconut kefir, fermented herbal botanicals, and fermented raw dairy from 100% grass-fed cows.

A lifestyle build around superfoods and intermittent water fasting for periods of 16-24 hours daily is especially helpful. Intermittent fasting allows the digestive system to

rest and heal. During the fast, drink as much clean water, green drinks, herbal teas, and herbal anti-oxidant extracts as possible. No calorie rich foods or high sugar fruits should be used during this period.

Steps to Alleviate Acute Pancreatitis

If you are suffering with acute pancreatitis then you will want to do a water fast with anti-oxidant extracts. No solid food should be consumed during this period and absolutely no high sugar, protein, or fatty foods as these all require specific pancreatic enzymes to digest.

The best herbal extracts for pancreatic function include turmeric, milk thistle, holy basil, ginger and dandelion. These herbs are best taken in a fermented form with organic acids, enzymes and probiotics for optimal absorption. Drinking lemon water and organic herbal teas is also highly recommended to soothe the pancreatic duct.

One could also juice lemon, ginger, dandelion, cucumber, celery, and kale to make a powerful anti-inflammatory green drink. This should help soothe the pancreatic duct and allow for healthy secretion of pancreatic enzymes. The individual should rest and can do coffee enemas to help move out toxins and relax the pancreas and gall bladder.

Sources For This Article Include:

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