

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

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Pancreas Jacque Wardle, M.H.

The pancreas is part of the endocrine and digestive systems. As part of the endocrine system, the pancreas secretes two hormones, insulin and glucagon. Insulin promotes the transport of glucose across the plasma membranes, which increases the uptake of cellular glucose, and glucagon works with insulin to regulate blood glucose levels. As part of the digestive system the pancreas produces enzymes that digest fats, proteins, and carbohydrates.

When the pancreas fails to produce enough insulin or the body cells do not respond to the insulin, glucose is not available to the cells in the body. When this condition occurs, the liver must compensate by increasing glucose production from glycogen and amino acids. This



causes the blood sugar to rise above normal levels which is known as hyperglycemia or diabetes.

When we have diabetes we are taught to take insulin. When taking insulin into our body, the pancreas does not need to work and will become dormant. Dr. Christopher always taught that we need to cure the cause and not treat the symptoms. I love his story of how a gentleman came to see him one day because he could not urinate very well. Dr. Christopher was in a hurry and didn't have time to mix up a diuretic formula for him. He explained to the gentleman that he needed to chew some fresh Juniper berries and make up some tea with them. This gentleman

agreed to do so since he had a juniper tree growing in his backyard.

Weeks later the gentleman returned because his urination problem wasn't any better, confused Dr. Christopher asked to see the juniper berries he was using. Once seeing the juniper berries, he realized that the gentleman had been eating cedar berries instead of juniper berries. As they spoke the gentleman mentioned that since taking the cedar berries he had reduced his intake of

insulin. Dr. Christopher was excited because this was the break through that he was waiting for on how to heal the pancreas instead of always treating the cause.

Recently I have had the chance to help a family member that was having kidney problems due to diabetes. We started her on the Kidney Formula and a week later she began the Pancreas Formula. By the following week she was reducing her insulin intake. As she continues to work on cleaning up her diet and following with the Kidney and Pancreas formulas, she is receiving great benefits.

I am very grateful for Dr. Christopher and his willingness to listen to the promptings that he received. My family's' lives as well as my own have been greatly enriched from the knowledge I have received from Dr. Christopher and The School of Natural Healing.

***Jacque Wardle** is a Master Herbalist, Personal Trainer, and Group Fitness Instructor. Being a Master Herbalist has allowed her to introduce a more natural aspect into her student's wellness programs. Her contact is jaerostep@yahoo.com*