

HEALTHY PANCREAS, HEALTHY YOU

CONTENTS

Foreword

Part I

STRUCTURE, FUNCTION AND DISORDERS

OF THE PANCREAS

- 1. Pancreas. Explanation of Pancreatic Structure and Function**
- 2. Composition of Pancreatic Juice**
- 3. Decreased Exocrine Pancreatic Function. What are the pancreatic enzymes?**
 - a. Pancreatic digestive enzymes
 - b. Factors Affecting Pancreatic Digestive Enzyme Activity
 - c. Insufficiency and deficiency of pancreatic amylase
 - d. Insufficiency and deficiency of pancreatic protease
 - e. Insufficiency and deficiency of pancreatic lipase
 - f. Three stages of Decreasing of Exocrine Pancreatic Function are “Acidic pancreas and bile”, “Pancreatic Deficiency,” and “Pancreatic failure”
 - g. Exocrine Pancreatic Deficiency
- 4. Acidity Kills the Pancreas**
 - a. Four Acidic Pancreas and Bile Problems
 - b. Pancreas and Acidity
 - c. Acidity vs. Alkalinity

- d. Buffers
- e. The Importance of Bicarbonate
- f. Various Research With Bicarbonate
- g. Trypsinogen Activity
- h. Flushing inactive pancreatic enzymes prevent their premature activation
- i. Acidification of Bile and Bile Refluxes
- j. The Antimicrobial Activity of Pancreatic Juice
- k. What Happens to the Pancreas if the Blood Becomes Acidic?

5. The Pancreas, Liver, and Bile – Counterparts or Huge Enemies

- a. Anatomy and Physiology
- b. Bile
- c. Pancreas and Bile Similarities
- d. Pancreas and Bile Antagonistic Relationship
- e. The vital components of bile are bile acids and bile salts

6. Development of Pancreatic Disorders

- a. Well-Organized Regulation
- b. Normal Structure and Function of the Pancreatic Gland
- c. Efficient Supply of Water, Minerals, Trace Elements, Bicarbonates and Vitamins

7. Biotherapy Functional Clinical Classification of Exocrine Pancreatic Disorders

- I. Acidic pancreas (usually combines with acidic bile)
- II. Pancreatic Deficiency
- III. Pancreatic failure

DISEASES AND DISORDERS WITH DECREASING OF EXOCRINE PANCREATIC FUNCTION

8. Pancreas and the Sphincter of Oddi Dysfunction (SOD)

- a. The Pancreas and the Sphincter of Oddi
- b. The Gallbladder and the Sphincter of Oddi
- c. Sphincter of Oddi Dysfunction (SOD)
- d. How Does the Sphincter of Oddi Dysfunction Occur?
- e. Symptoms of Sphincter of Oddi Dysfunction
- f. Who is affected by SOD?

9. Pancreatitis, Acute Pancreatitis

- a. History of Pancreatitis:
- b. Frequency and Epidemiology of Pancreatitis:

10. Chronic Pancreatitis

- a. History of Chronic Pancreatitis
- b. Chronic Pancreatitis Definition
- c. Who is at Risk for Chronic Pancreatitis?
- d. Classifications of Chronic Pancreatitis
- e. Signs and Symptoms of Chronic Pancreatitis
 - i. Pain
 - ii. Exocrine Pancreatic Deficiency
 - iii. Endocrine Pancreatic Deficiency/Diabetes
- f. Chronic Pancreatitis Complications
- g. What are the Consequences of Chronic Pancreatitis?

11. Alcoholic Pancreatitis

- a. Males vs. Females
- b. Research
- c. Harmful Effects of Alcohol on the Pancreas

- d. Alcohol and Pancreatic Enzymes
- e. Alcohol and Candida
- f. Alcohol and Pancreatitis
- g. Alcohol and Acidity
- h. Alcohol and Toxicity
- i. Environmental Factors and Life Style
- j. Who Is an Alcoholic and How Does Alcoholism Develop?

12. Biliary Pancreatitis

- a. Biomechanical and Biochemical Bile Problems
- b. Basis of Biliary Pancreatitis
- c. Bile and Acidity
- d. Gallstones and Exocrine Pancreatic Deficiency Disorders

13. Chronic Pancreatitis ⇔ Pancreatic Cancer

- a. Who is at Risk for Pancreatic Cancer?
- b. Chronic Pancreatitis Connection
- c. Acidity Plays the Crucial Role in Pancreatic Cancer
- d. Possible Role of the Dysbiosis (Candida-Yeast Overgrowth, SIBO) in Pancreatic Cancer
- e. Alcohol Connection

THE ROLE OF EXOCRINE PANCREATIC DEFICIENCY IN OTHER GASTROINTESTINAL AND METABOLIC DISORDERS

14. Functional Dyspepsia and Irritable Bowel Syndrome (IBS)

- a. Dyspepsia
- b. Irritable Bowel Syndrome (IBS)
- c. Prevalence of the Functional Dyspepsia
- d. Functional Dyspepsia and Irritable Bowel Syndrome (IBS)

- e. Functional Dyspepsia, Irritable Bowel Syndrome and the Pancreas
- f. Functional Dyspepsia, Irritable Bowel Syndrome and the Bile
- g. Patients with IBS may present one of three clinical variants
- h. Functional Dyspepsia, Irritable Bowel Syndrome and Dysbiosis

15. Intestinal Dysbiosis: Candida-yeast Overgrowth, Small Intestine Bacterial Overgrowth (SIBO)

- a. What Is Candida?
- b. What is Dysbiosis?
- c. How Does Dysbiosis Effect Pancreatic Health?
- d. Typical Chronic Candidiasis Patient Profile
- e. Candida-yeast overgrowth can totally disrupt digestion in many ways
 - I. Toxic Yeast Metabolites Directly Influence on Pancreatic Function and Digestive Enzymes*
 - II. Causing chronic body acidity*
 - III. Promoting Leaky Gut Syndrome*
 - IV. Decreasing Immune System Function*
 - V. Promoting Small Intestine Bacterial Overgrowth (SIBO)*
- f. Control of Microorganisms in the GI tract
- g. How Does Small Intestinal Bacterial Overgrowth (SIBO) Occur?
- h. Candidiasis
- i. Why Are Dysbiosis and Candida-Yeast Overgrowth Prevalent Conditions in the Modern World?
- j. What Do Dysbiosis and Candida-Yeast Overgrowth Cause in the Human Organism?
- k. Undetected Candidiasis
- l. Small Intestine Bacterial Overgrowth (SIBO)

- m. The Harmful Effect of Dysbiosis on Exocrine Pancreatic Function and Digestion
- n. Dysbiosis triggers low exocrine pancreatic function
 - i. *Link Between Dysbiosis, the Decreased Activity of Pancreatic Digestive Enzymes Inside the Small Intestine and Subsequent Indigestion*
 - ii. *Deficiency of the Vital Nutrients in Dysbiosis*
 - iii. *Dysbiosis and Body Acidification*
 - iv. *Candida, Alcohol and Acetaldehyde - Toxic Substances for Pancreatic Cells*
 - v. *Candida and Chronic Pancreatic Inflammation*
 - vi. *Candida and Pancreatitis*
- o. Diminished Exocrine Pancreatic Function and the Aggravation of Dysbiosis
 - i. *Decreasing the Antibacterial Activity of Pancreatic Enzymes*
 - ii. *Low Activity of Digestive Pancreatic Enzymes Leads to Fermentation and Putrification in the Small Intestine*
 - iii. *Diminished Exocrine Function of Pancreas May Promote Dysbiosis, SIBO and/or Candida- yeast Overgrowth*
 - iv. *Lower Exocrine Pancreatic Function Propitiating Harmful Changing of Bile Biochemistry*
 - v. *Low Pancreatic Enzymes and Bile Trigger Gut Motility Causing Constipation*
- p. Intestinal Dysbiosis Having a Direct Connection With Any Stages of Exocrine Pancreatic Deficiency Disorders

16. The Role of Exocrine Pancreatic Deficiency in Metabolic Syndrome, Obesity, Diabetes

- a. Pancreatic Functions and Diseases
- b. Metabolic Acidosis, Metabolic Syndrome and Syndrome X
- c. Chronic Metabolic Acidosis, Insulin and Diet
- d. Anatomical and Functional Links between the Exocrine and Endocrine Pancreas

- e. Diabetes Type 3 and Chronic Pancreatitis
- f. Possible Role of Metabolic Acidosis in Development Metabolic Syndrome, Overweight and Diabetes
- g. Metabolic Syndrome
- h. Endocrine function in different stages of exocrine pancreatic deficiency

Part II

HEALING FOOD IN THE DIGESTIVE (PANCREATIC) AND METABOLIC DISORDERS

17.A Healing Pancreatic Diet

- a. History
- b. Eating for a healthy pancreas
- c. Three Revolutions and the Eating Changes of Populations

NUTRITIONAL RECOMMENDATIONS FOR SUPPORTING NORMAL FUNCTION OF PANCREAS AND IMPROVING OVERALL DIGESTION

18. Chewing is Critical to Digestion

SUPPLYING THE BODY WITH NATURAL DIGESTIVE ENZYMES FROM FOOD

19. Raw Foods

- a. Raw Eggs
- b. Raw Avocados
- c. Coconuts and Coconut Oil
- d. Goat's Milk

ADDITIONAL WAYS TO RECEIVE NATURAL DIGESTIVE ENZYMES

20. Sprout Your Way to Pancreatic Health

21. Iron Teeth: Blending is the Key to Pancreatic Health

22. Juicing for Pancreatic health

23. Eating Healthy and Nutritious with Convenient Fast Food

- a. Cooking in a Thermos
- b. Buckwheat and Quinoa
- c. Fermented Foods

SUPPLYING THE PANCREAS WITH THE PROPER AMOUNT OF MINERALS, VITAMINS AND ESSENTIAL AMINO AND FATTY ACIDS

24. Supplementation with Minerals and Trace Elements

- a. Who Is At Risk of Mineral Deficiency?

25. Supplementation with Vitamins

26. Supplementation with Essential Amino Acids and Essential Fatty Acids

27. Alkalizing Diet for Pancreatic Health: In Balance with Nature

28. Chronic Metabolic Acidosis and the Modern Western Diet

- a. Acute and Chronic Conditions Accompanying Metabolic Acidosis
- b. Modern Food and Metabolic Acidosis
- c. Alkalizing Ability of Various Foods
- d. The Pre-Agricultural Diet of Our Ancestors Was Alkaline-Formed

29. Water: Best Friend of the Pancreas

30. Dietary Recommendations for *Acidic Pancreas and Bile Stage*

- a. What Should I Eat?
- b. What Foods Should Be Avoided or Eaten in Very Low Amounts?
- c. Food Combinations

31. Dietary Recommendations for *Pancreatic Deficiency Stage*

- a. Separation Diet

- b. Diet for Candida-yeast overgrowth and/or Small Intestine Bacterial Overgrowth (SIBO)
- c. Fructose Malabsorption
- d. Low FODMAP Diet
- e. Another Hidden Enemy for Digestive Health – Lectin
- f. Multiple Foods Sensitivity, Intolerance and Food Allergies
- g. Elimination Diet
- h. Diet for Gastro-Esophageal Reflux Disease (GERD)
- i. Diet for Metabolic Syndrome, Overweight Issues & Diabetes
- j. Diet for Fatty Liver and Pancreas
- k. Diet for Gallbladder Diseases
- l. Diet for Chronic Pancreatitis

32. Dietary Recommendations for *Pancreatic Failure* Stage

- a. After Lessening of Exacerbation, the Diet Regime May Be Expanded if Tolerated

Part III

HOW TO IMPROVE THE EXOCRINE PANCREATIC FUNCTION, POSTPONE PANCREATIC DETERIORATION, AND HEAL PANCREATIC DISEASE

33. European-Style Healing for Digestive (Pancreatic) Disorders – Karlovy Vary Healing Mineral Water

- a. History
- b. Acid – Alkaline Balance
- c. What causes the body to be acidic?
- d. Alkalize For Health

- e. Karlovy Vary Healing Mineral Water as a Healing Agent
- f. Physiological and Healing Actions of KVHMW
- g. Scientific Explanations On How the Karlovy Vary Healing Mineral Water Helps Pancreatic Disorders
- h. Karlovy Vary Healing Mineral Water Preparation
- i. Synergistic Effects of KVHMW and Colon Hydrotherapy
- j. Genuine Karlovy Vary Thermal Spring Salt Content

34. Acupuncture and pancreatic disorders

- a. The Effects of Acupuncture on the Digestive System
- b. Acupuncture for the *Acidic Pancreas and Bile Stage*
- c. Acupuncture for the *Pancreatic Deficiency Stage*
- d. Acupuncture for the *Pancreatic Failure Stage*
- e. Auriculotherapy
- f. SuJok

35. Herbal Remedies for Exocrine Pancreatic Deficiency

36. Massage, Point Massage, Chiropractic Manipulations, and Abdominal Manual Therapy

- a. Abdominal and Body Self-Massage
- b. Abdominal Manual Therapy

37. Therapeutic Exercises

- a. Recommendation for Performing Exercises
- b. Exercises Have Tremendous Impact on Organs and Systems
- c. Cleansing the Entire Gastrointestinal Tract by Drinking KVHMW and exercises
- d. Role of Physical Activity and Special Healing Exercises in the Pancreatic disorders

38. The Mind /Body Connection and Pancreas

- a. Hypnosis for Digestive Health
- b. Hypnosis for Chronic Abdominal Pain
- c. Hypnosis for Depending on Alcohol and Painkillers

39. Whole Body Cleansing through the Restoration of Friendly Intestinal Flora and Colon Hydrotherapy

- a. Possible Benefits of Colon Hydrotherapy
- b. Inner Toxicity from Medical Standpoints
- c. Pancreas and Inner Toxicity
- d. Program That Decreases Inner Toxicity and Promotes Pancreatic Function

40. Biotherapy Outpatient Program for Alcohol Cessation

- a. Healing the Addicted Person and Addicted Brain Chemistry
 - 1) Elimination of Alcohol and Products of its Metabolism – Detox/Detoxification
 - 2) Brain Chemistry Normalization
 - 3) Acid-Alkaline Balance Normalization
 - 4) Subconscious Programming
 - 5) Healing of Alcohol Related Health Problems

41. A Non-drug Approach for Abdominal Pain

- a. Withdrawal from Opioids

42. Anti-Candida Program

- a. Biotherapy Program for Healing Dysbiosis
- b. Probiotics and Prebiotics
- c. Herbal Remedy
- d. Nutritional Supplementation

43. Nutritional Therapy for Pancreatic Deficiency

- a. 5 Common Causes for Nutritional Deficiency in Chronic Pancreatitis
- b. Magnesium and Potassium for Pancreatic Health
- c. Other Nutritional Problems In Chronic Pancreatitis

44. Enzymes for Pancreatic (Digestive) Disorders

HEAL YOUR PANCREAS, HEAL YOUR DIGESTION, AND HEAL YOURSELF (Non-drug, non-knife healing programs for the pancreatic deficiency)

- a. Relationship Between Gastric and Pancreatic Secretion

45. Healing Program for *Acidic Pancreas and Bile Stage*

- a. Functional Dyspepsia/Irritable Bowel Syndrome (IBS)
- b. Gastro-Esophageal Reflux Disease (GERD) and Bile/Pancreatic Reflux
- c. Hiatal Hernia
- d. Sphincter of Oddi Dysfunction Type III

46. Healing Program for *Pancreatic Deficiency Stage*

- a. Chronic Pancreatitis

47. Healing Program for *Pancreatic Failure Stage*

Some final words

References

About the Authors