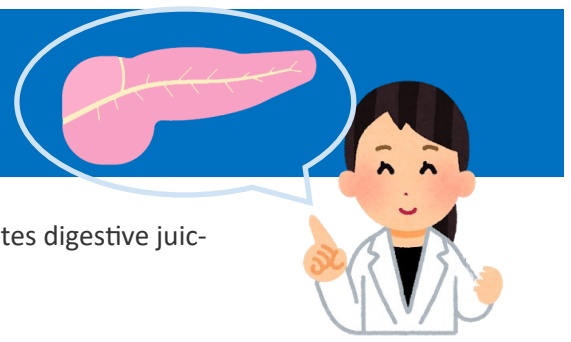


Functions of the pancreas



The pancreas is a 15 cm long organ behind the stomach that has exocrine (secretes digestive juices) and endocrine (secretes hormones) functions.

1-Exocrine function:

The pancreas produces a digestive juice called pancreatic juice in the acini (1) and sends it to the duodenum. Pancreatic juice contains digestive enzymes such as amylase (decomposes carbohydrates), trypsin (decomposes proteins), and lipase (decomposes fats).

Food is digested in the mouth and moves to the duodenum.

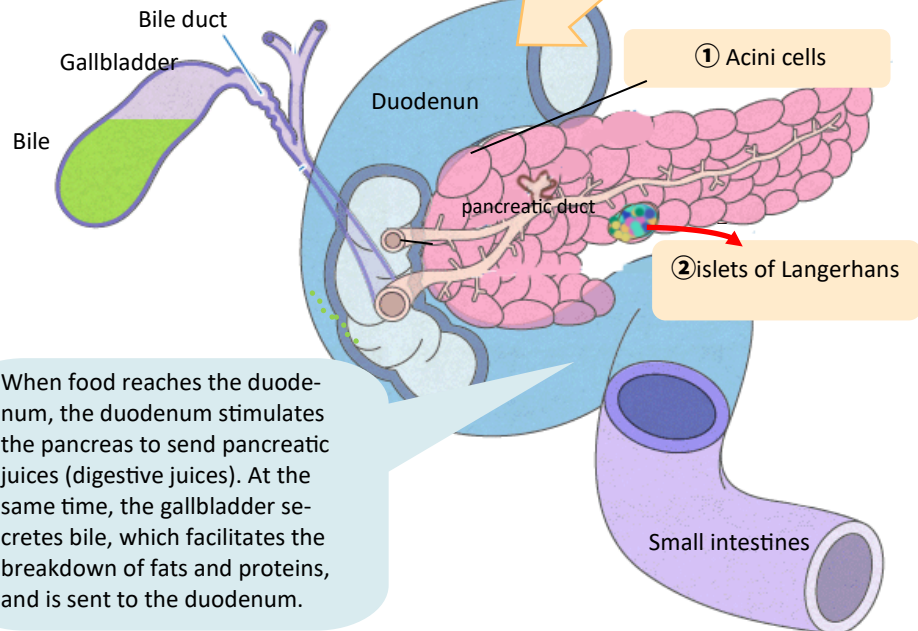
2-Endocrine function:

The pancreas produces a hormone (insulin) that lowers blood sugar and a hormone (glucagon) that raises blood sugar.

The pancreatic islets or islets of Langerhans are the regions of the pancreas that contain its endocrine (hormone-producing) cells. However, when insulin is insufficient or its action weakens, the blood sugar level in the blood increases, leading to the development of diabetes.

When blood sugar drops, glucagon is secreted to raise blood sugar levels.

Insulin and glucagon, thus, create a sugar balance in the blood



Pancreas & Diabetes

Diabetes is a condition in which the amount of insulin, a hormone secreted by the pancreas, is insufficient to maintain the body's balance because of the insulin resistance created by too much sugar in the diet. Therefore, all diabetes treatments are ways to make up for this lack of insulin. The ideal diabetes treatment is to let the pancreas rest and rejuvenate by cutting off carbohydrates and sugars.

Intermittent fasting is a good regimen to allow time for your pancreas to rest. Try skipping breakfast and giving your body a good 16 hours rest before the first meal of the day. Avoid snacking between meals too.

Avoid too much protein. Excess protein is transformed into sugar and stored in the liver.

Exercising actively

Exercise makes it easier for your body's cells to use insulin better, and helps your body maintain its balance even with small amounts of insulin. Also, when muscle mass increases through exercise, muscle consumes sugar, making it difficult for blood sugar levels to rise. we recommend that you exercise between 30 minutes and 1 hour after meals when blood sugar levels are at their highest. Conversely, the worst time to exercise is just before a meal (fasting) when the blood sugar level is the lowest. In other words, exercising when blood sugar levels are high and refraining from exercising when blood sugar levels are low can reduce fluctuations in blood sugar levels. It should be noted that exercise is most effective after dinner and before going to bed.

Mulberry Leaves

Nutrients in mulberry leaves work to keep blood sugar and blood pressure well balanced. Carbohydrates and sugars are culprits in a myriad of ailments. If you are concerned about diabetes or high blood pressure, follow your doctor's instructions and drink mulberry leaf green juice as a supplement.

