

# HYPOGLYCEMIA

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## Definition

Pancreatic malfunction can manifest in one of two ways: diabetes, which is high blood sugar, or hypoglycemia, which is low blood sugar. Though they are completely different, they both stem from the same cause, a malfunction of the pancreas, which is what we have to treat.

## Herbal Aids

- **Dr. Christopher's Herbal Aid for Pancreas and Companion Glands:** An aid for the pancreas and other affiliated glands that through malfunction cause high or low blood sugar (namely diabetes or hypoglycemia). This combination has assisted many that have had hypoglycemia after 6 months or more of using 2-3 caps or tablets 3 times in a day 6 days a week (all herbal aids give faster results in 6 days a week instead of 7) using the same day of the week of each week. They have had a glucose tolerance test with a clean bill of health on the pancreas area. Many reports came in of heavy insulin users who continue using the insulin but by watching litmus paper or other types of diabetic checking have gradually tapered down on the insulin and many, within a year of using 2-3 or more three times a day, 6 days a week of the tablets or capsules, have found complete relief. Of course the closer a person stays on the mucusless diet and eliminates the sugars (unnatural), soft drinks, candies, pastries, bread, etc. the quicker the results. The herbal formula is golden seal, uva ursi, cayenne, cedar berries, licorice root and mullein.
- **Diet and Hypoglycemia:** Most hypoglycemics have problems feeding themselves, for they crave protein and sugar, yet these substances are wearing on the adrenals, which are often exhausted in hypoglycemics. You need to feed the adrenals with licorice root and hawthorne berries, the latter being said to produce natural adrenalin. You need to take high-quality protein, as in the nuts and seeds and legumes. Sprouted sunflower seeds, sprouted almonds, and chia seeds are all high-quality sources of protein. The other seeds and nuts are good as well. You can soak and low-heat legumes, particularly pinto beans, which are high in potassium and easily digested, for satisfying and long-lasting protein. Be sure that you eat plenty of vegetables, both raw and cooked, in preference to too many fruits, which can overload the system with sugar.

When suffering with hypoglycemia, I devised a power-packed drink which helped every time. In a blender place a handful of soaked or sprouted almonds, a cup or two of water, a banana, some pineapple juice, a tablespoon of brewer's yeast, and a handful of chia seeds. Blend until the seeds thicken the drink. This is mild but very helpful in feeding high-vibration protein to the system.

- **Juniper:** Stan Malstrom reminds us that diabetes and hypoglycemia patients always have undergone or are undergoing considerable stress, so that if we wish to treat them, we must build the adrenals as well as the pancreas, Juniper berry being an ideal herb for the

purpose. He mentioned that Hawthorne berries should be used in conjunction with the Juniper to permanently effect healing.

- **Licorice:** LaDean Griffin, in a very interesting article on Licorice, explained the use of Licorice to build the adrenal glands. She noted that we call adrenal exhaustion hypoglycemia in today's modern world. Since we are so stressed at our modern pace of life, the adrenal glands become exhausted easily and frequently. "In hypoglycemia, where sugar is taken to give a stimulating lift in the hope of overcoming (stress), the problem is compounded as sugar leaches the Vitamin B and calcium, causing more stress, losing more potassium and body tone. The insulin is raised to an unnatural high to take care of the sugar, somehow extending past its needs and afterwards dropping to a new low, causing a low blood sugar called insulin shock (overdose of insulin). Immediately we take sugar to lift us up again and a vicious cycle has begun. Having found the herbs that act like cortisone (cortin hormone), I feel it is important for me to make this known". She then described how primitive people used various herbs, including Licorice, to build the endurance, and how the medical world extracted from the herbs the compound we call cortisone. When a person's adrenal glands become so exhausted that they simply do not function anymore, the condition is called Addison's disease, which is a terminal disease. It is characterized by blotchy pigment appearing suddenly on large parts of the body, intolerance to heat or cold, reduction in capacity for muscular work, weakness, inability to stand any stress or emotional excitement, whether positive or negative, sometimes nervous breakdown or even insanity, complete exhaustion, feeling that one is going to die, inability to digest food, and other similar symptoms. The synthetic cortisone is given to supply the need of the natural substance, but it produces complications, side effects and eventual disillusionment as it will not in any way heal the adrenals (Herbalist:1975:16).

Licorice is excellent to use in this condition, as it contains a cortisone-type substance which will help the body restore itself to the point where it will produce its own cortisone. Its sugar-like substance does not increase the demand for insulin in the body, thus giving strength without bringing on insulin shock. LaDean Griffin explains that she is certain that this works, because at a time when she thought she was making a great deal of personal progress, a sudden shock debilitated her so much that she developed Addison's Disease. She found that two capsules of Licorice each day would give her enough strength to begin healing, and to do the day's work. She needed to continue taking the herb, which is not addictive, she explained, no more than food is. You can stop taking the Licorice root without going into shock as you would if you suddenly stopped taking cortisone, she explained.

"When people who have been under severe stress, overworking the adrenals and becoming extremely nervous and irritable, begin to take Licorice, they think they have suddenly spiritually arrived. It is my opinion that many who suffer in mental institutions could be helped with this wonderful herb" (Ibid.).

- **Sarsaparilla:** Sarsaparilla also contains cortin one of the hormones secreted by the adrenal glands. The body will die almost immediately if this hormone is stopped but if there is only a small or insufficient amount the body becomes easily ill and develops nervous depression and general weakness. So many maladies are related to adrenal weakness and exhaustion, including hypoglycemia, so people should take note if they are striving to rebuild their adrenals. Sarsaparilla may be able to help.
- **Blueberry Tea:** Some who have hypoglycemia have reported blueberry leaf tea as very helpful.

- **Dandelion:** Dandelion has been often thought to have good effect upon the functions of the pancreas. Tierra considers the root a specific for hypoglycemia, a cup of tea taken two or three times a day in connection with proper diet.
- **Chia:** We especially like this preparation of chia seed: in a blender put about a cup of milk (goat's, nut, soy, etc. are all good). Add an equal amount of any kind of juice. Add two bananas and 1/4 to 1/2 cup of chia seed. Blend until smooth. Allow to sit a couple of minutes, to develop the mucilage and blend again. Serve. Everyone likes this and it is very nutritious...Chia is excellent for hypoglycemics. If made into a "shake" as described above it can keep the hypoglycemic person in energy and strength for several hours.
- **Apples:** The apple is an excellent fruit for the hypoglycemic because it contains a higher percentage of fructose than other fruits which does not call upon insulin from the pancreas. Fructose is fairly quickly absorbed into the system, goes through the liver and is then available as glucose and may be burned or utilized by the body for energy. A pleasant tea may be made by boiling two or three apples cut in thin slices with their peels in a quart of water for about 15 minutes. A little licorice root may be added for flavor.

## Testimonials

One day a man and his sister, both middle-aged adults, came into Dr. Christopher's office. She had severe diabetes, and his hypoglycemia was so bad that doctors' tests indicated that he could not get any worse, without offering any hope to help him. They both were told to use the mucusless diet and to take the pancreas formula [Panc Tea], although they took the lower bowel formula and blood cleansing formula [Red Clover Combination] before they began on the pancreas formula.

The woman was using around 80 to 85 units of insulin a day, being a severe case. Despite her initial condition, within a year her pancreas was furnishing its own insulin, and she tapered off gradually until she didn't need it at all. Her brother took a glucose tolerance test in six months and received a clean bill of health; his hypoglycemia was completely cleared.

Despite the fact that they had opposite diseases, diabetes and hypoglycemia, both were cleared because each had a family weakness in the pancreas. When their pancreas was cleared, the diseases were removed.