

Pancreas Support – Liquid & Caps

DrFostersEssentials.com

Ingredients: Cedar berry, Burdock root, Devil's club root, Eleuthero root, Red root, American Ginseng root, Bilberry leaf, Gymnema leaf, Mullein leaf.

Therapeutic Actions: Helps regulate blood sugar, accelerate recovery from chronic illness, promotes healthy pancreas function, energizing.

Indications:

- Weak pancreas – due to any cause (autoimmune, etc.)
- High blood sugar – insulin-dependent or insulin-resistant
- Fatigue
- Low energy
- Under a lot of stress
- Chronic illness
- Low hormones
- Additional support for other endocrine organs such as ovaries, pancreas, etc.



Cautions/ Contraindications: Make sure to monitor your blood sugar regularly while taking this formula to see what effects it has on your blood sugar.

How to Take Pancreas Support:

- **Suggested Dose: Liquid:** 2 droppers full 3 times daily in a few ounces of water or juice. If you'd like to evaporate the tiny amount of alcohol in this formula, add a dose of this formula to a coffee mug and add 2 to 3 ounces boiling water to it. The alcohol will evaporate in a white "puff" of steam. Feel free to add a natural sweetener – I like keto sweeteners such as stevia and monkfruit – especially if you are having difficulty regulating your blood sugar. Just before or during mealtime is ideal. For **Capsules:** 3 capsules 3 or more times daily with meals. Check the effect it has on your blood sugar and adjust dose if needed.
- **How Much is a Dropper Full?** (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks

halfway full. If you count the drops, it's about 30 to 35 drops. Your dose can vary over time as your pancreas heals. See "**How Long Do I Take it?**" below.



- **Is it Supposed to Be Opaque/ Have Sediment in it?** Yes! The sediment is there in many of our formulas on purpose to add potency. Your formula could be light or dark in color, opaque or cloudy and it may contain "flecks" in it as well. All are normal. Alcohol is pretty much a perfect preservative. Your tincture will last for around 30 years or even longer. It has NOT spoiled nor has it gone bad – it's completely fine! If your dropper won't work, it is likely clogged with a little sediment. Gently insert a safety pin or sewing needle to unclog it. It will then work just fine. Stop making assumptions about what you think an herbal extract should look like. It's not supposed to be clear, ultra-filtrated, odorless and tasteless. It's supposed to be bitter and it's supposed to have a strong taste. The extracts you've gotten from the health food store or online are often watered down and tasteless and they're pretty weak in effectiveness. This is NOT THAT. This is strong and super potent. Stop comparing it to other extracts you've bought before. Yes, it's supposed to look like that, and yes, I know it looks like that.
- **Could I Take it Straight in My Mouth?** Yes! But you may or may not like the taste. You can also mix this formula with water or juice as well or even add boiling water to evaporate off the alcohol content. The alcohol will evaporate as a puff of white vapor just after you pour the boiling water on top of your dose.
- **Could I Mix it With a Few Ounces of Water When I'm on the Go or In a Hurry?** Yes!
- **Should I Put it Under My Tongue?** You can, and you will probably feel the effects slightly faster, but it's not required. Just get it down.
- **Should I Take it On An Empty Stomach?** You can, but you don't have to. If you have a sensitive stomach or if cayenne bothers you, take this formula with juice, with the Herbal Latte recipe listed above, or with food.
- **When Does it Expire?** Technically, an alcohol extract lasts *indefinitely*. Alcohol is pretty much a perfect preservative, so it will last probably around 30 years or longer - regardless of what it says on the product label. Your

rubber stopper on the dropper bottle will probably deteriorate before your herbs ever do.

- **How Do I Store it? In the Fridge?** No, you don't have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.
- **Can I Mix it With Other Formulas or Supplements?** Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Soothe and other "absorptive" formulas need to work in your system for around an hour before you take anything else.
- **How Long Do I Take It?** Some results should be noticed almost immediately (energy level, blood sugar level, etc.) and the formula will continue to work for as long as you take it with the benefits accumulating over time. Give it at least 6 months if your pancreas is not working well. This is *NOT THE SAME* as a prescription drug that lowers the sugar to a certain level each time that you take for the rest of your life. This is *DIFFERENT*. So, as you are taking the formula and your pancreas is healing, you may notice that the dose needed in the beginning is the highest, and over time, as your pancreas is healing, the dose needed could become lower. The amount of time it will take will vary from person to person and depending on how old you are, how severe the problem is and how long you have had it. This formula will, over time, help to repair the pancreas, and as long as you take it, it will continue to help your pancreas – your entire pancreas – not just the Islets of Langerhans that secrete insulin, but the other parts of your pancreas, too – the head and the tail, the cells that secrete digestive enzymes, glucagon as well as insulin. The eleuthero and American ginseng are adaptogenic herbs that help your body function better when you're under stress – helping every single organ system in your body, and they can also help prolong your life. In my opinion, this is one of the most important formulas you can take daily once you hit age 50. It will help in the fight against aging, help your emotional wellbeing, protect your body from deterioration, help to keep your youthful appearance, help with bone density, your thinking processes and other issues of aging.

Adjusting the taste: If desired, add natural sweetener to taste – stevia and monkfruit work great! If you want to really dilute down the taste, you can also add 2 ounces of boiling water to a dose of this formula, allow to cool for around

5 minutes, then add a few ounces of nondairy milk (rice milk, hemp milk, cashew milk, oat milk, coconut milk, almond milk, etc.)

Adjunct Therapies: Liver Regeneration Program. Cleansing the liver helps relieve strain on the digestive organs (including the pancreas), and can also

Herbal Latte Recipe

*This will make a nice coffee-like beverage that
Disguises most, if not all of the taste of the formula*



- 2 droppers **Pancreas Support Formula**
- 2 ounces **Boiling Water**
- 12 drops **Liquid Stevia** (Hazelnut or other flavor)
- 1 tsp **Grain Coffee Substitute**
- 4 to 6 ounces **Nondairy Milk**

Put one dose in a coffee mug. Add boiling water, coffee substitute & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia.

help regulate blood sugar.

Clinical Notes: Thyroid hormone can also influence blood sugar – when thyroid hormone is too high, blood sugar can also go too high. Cortisol secreted by the adrenals can also raise the blood sugar. Growth hormone can also raise the blood sugar. All of the endocrine organs are connected to each other and they communicate with each other daily through hormone messages. The tendency is to think the problem is only the pancreas, when in actuality, the rest of the hormonal system is involved as well. There is also a tendency to think that simply lowering the blood sugar is enough, when in fact, blood sugar BALANCE is the key. In many cases of diabetes, we also see that when the blood sugar goes too low, the body is slow to raise it back up to normal levels. Think BALANCE and think ENTIRE ENDOCRINE SYSTEM. So, if you have a slow thyroid, overactive thyroid, weak adrenals or overactive adrenals, that also can affect your blood sugar – even if you have insulin-dependent diabetes and your doctor told you it was only a problem with your pancreas.

An Additional Aid for Blood Sugar Balance.....

Sweet Essence Essential Oil Blend:



Ingredients: Organic or wildcrafted Therapeutic grade Essential oils of Dill, Cinnamon, Coriander, Fennel, and Cypress. 100% essential oils with no carrier oil. Gas- chromatograph tested.

Therapeutic Actions: "Endocrine support for men or women suffering from low thyroid function, low pancreas function or insulin resistance/ high blood sugar. Cinnamon essential oil is a highly antibacterial and antiviral essential oil. Fennel oil supports the entire hormonal system, from thyroid to adrenals to ovaries to pancreas. Cypress oil helps stimulate pancreas function. Coriander oil helps digestion and can help regulate blood sugar and dill also helps regulate blood sugar. Compatible with Thyroid

Support Formula for optimal thyroid function.

Dosage/ Administration: Apply one drop to solar plexus area (halfway between the belly button and the upside down "V" at the bottom of the rib cage in the front of the body). Apply at mealtimes to help optimize insulin production and blood sugar support. Can also apply to the pancreas reflex on the soles of the feet at mealtimes as well.

Indications:

- Weak pancreas
- High blood sugar
- Insulin resistance
- Low thyroid function
- Certain types of bacterial or viral infections, flu
- Symptoms of menopause

Cautions/ Contraindications: May lower blood sugar. If you have Type I (insulin-dependent) or Type II (insulin-resistant) diabetes or pre-diabetes, please check your blood sugar often while beginning this formula to see how much of an effect it has on your blood sugar and adjust your prescription blood sugar medications as needed. Some people have sensitive skin and will need to dilute this oil with carrier oil before applying to the skin. Carrier oils include sesame oil, walnut oil, olive oil, jojoba oil, almond oil, coconut oil, carrot seed oil, castor oil and other food-grade oils.

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Adjunct Therapies: Liver Regeneration Program. Cleansing the liver helps the entire hormonal system, including the pancreas, the ovaries, the testes, the pituitary gland, adrenals and the pineal gland. The liver conjugates hormones. If the liver is clogged with toxins, conjugation slows down, causing hormonal imbalance.

Clinical Notes: Some people may be able to get entirely off of their blood sugar-lowering medication with just this formula alone. Or you may need to add Pancreas Support and change your diet as well. Be patient and allow your body the time it needs to heal itself. Others may need additional hormonal support such as the Pancreas Support Formula (for weak pancreas function), Adrenal Support, Femme Pause. See also Thyroid Support, Adrenal Support and Pancreas Support.

Hormone-supporting herbs are NOT medications – they have some symptom-relieving effects up front, but the real power in them is in their long-term use. The longer you take them, the more they help heal and replenish the endocrine system.

- **What if I Have a Reaction?** Most people don't. Most people will feel fine, and some will sleep better and others may have a surge of energy. But **if your body has accumulated a large amount of toxins, you might and you're SUPPOSED TO have reactions when your body is highly toxic and you take strong herbs and go through herbal detoxification. It's the way your body heals and it's the way OUT of your disease and the way to protect yourself from getting every other chronic health condition out there in the future. You, more than anyone else, need to detoxify and get the toxins out of your body that were causing this problem. Your body can be highly toxic even if all your blood tests are normal and if you don't intervene now, you are at high risk to be one of those people who has a heart attack or stroke "out of the blue" for no explainable medical reason.**

Your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. You'll need to remove the "Mucoid Plaque Layer" from your colon, flush out gallstones and pre-gallstones (these show up in people as young as their thirties), clean all of the heavy metals, excess cholesterol, pesticide residues, pharmaceutical medication residues and toxic oils out of your liver as well as from your kidneys. A ton of foul-smelling toxins will pour out of your body during a detox and yet, the week before that happens, your doctor just gave you a clean bill of health and told you everything was fine. This problem with toxicity easily escapes your doctor's lab tests.

If you want to just “get by,” and then find yourself randomly suffering from other health problems in the future because you didn't heal the root cause NOW when you had the opportunity, then follow your doctor's recommendations. If you want to actually **heal yourself permanently from something and avoid getting sick in the future**, then now's the time to learn how. This “reaction” you had is a beautiful gift and a golden opportunity.

When the heavy metals from your silver dental fillings that have been sitting in your liver for decades comes out because you're taking really strong herbs, those heavy metals might cause a headache or a slight rash on the way out of your body. That's **your dentist's fault** for putting those in there – not the herbs' fault. The herbs are helping you get it out. The same with residues from pharmaceutical medications, the pesticides on your food, the car exhaust and other toxic fumes and synthetic chemicals that have been deposited in your body's tissues for decades. The herbs are making them come out.

Therapeutic herbs are very safe and they've been used safely for thousands of years. It's not the herbs' fault, **it's Big Agra's fault, the drug manufacturers' fault, and corporate America's fault** for all the synthetic chemical toxins they pour into our environment that are in your tap water, your food, your medications, and in the air.

When the toxins have been removed, you can take the **same herbal formula and feel completely fine**, so give your body time to remove these toxins so you can actually heal yourself from **everything** and have a bright future ahead without cancer, heart disease, strokes and other chronic diseases.

So, if you get a “reaction” simply lower your dose until you arrive at a dose that's comfortable for you and go through this healing process more slowly.

If you haven't read the “How to Take Your Herbs Flyer, you need to do that **right now** because it explains these reactions in detail, the “Four Stages of Disease,” the entire “Reversal Process” and **exactly what to do step-by-step if you have a reaction**. Please click here: [“How to Take Your Herbs” flyer](#).

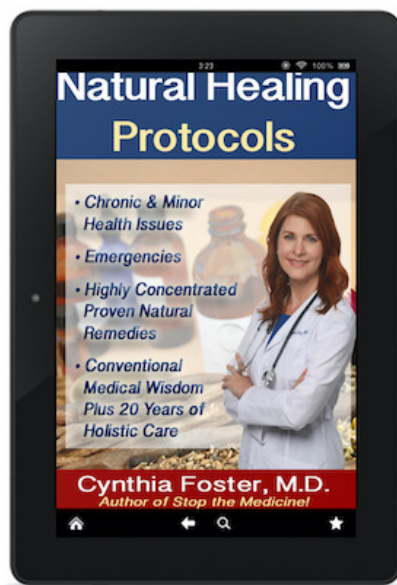
- **Taking the colon cleanse formulas helps prevent most of these reactions.** If you skipped the colon and liver cleanse thinking the Femme Pause Formula was the only important formula for your hormones, I highly recommend you go through [that colon and liver cleansing information now](#) because it could save your life and make a big difference in your hormonal function. Doing a colon and liver cleanse can also help hot flashes heal from the root cause which is often in the liver.

Before you say anything, I'm going to tell you that **I have been doing this for over 20 years and I also have the conventional medical training**. I guarantee

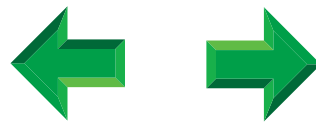
that, unless your medical doctor is one of those very rare specialists in holistic healing, he or she has absolutely no clue what this is, what the “Four Stages of Disease” are, what “Hering’s Law of the Cure” is, what the “Reversal Process” is or how to help you with it.

You will need to be the one to learn about it and you will need to be the one who educates your doctor about it. (Go easy on them – they work really hard, most really do care what happens to you, and they’re doing everything they have been trained to do). This is going to allow you to take all the power back that you unintentionally gave to your doctor. This is also going to make the difference between saving your own life versus “following your doctor’s advice to the grave” because all the experts agreed that your condition was “incurable.”

You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people’s lives with herbs for over 20 years. I’ve made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not even need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and have written 10 books on natural healing. I’ve also spent decades making extracts for my own personal use and taking them for various things so I can learn all the intricate details about how each herb works and what each extract is supposed to look like and taste like. You can’t get this information anywhere else. You need to learn this!



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