Pancreas Support

Pancreas Support is a nutritional herbal combination for the pancreas and the other glands of the endocrine system that work alongside it. It's built as an herbal Support for Low (Hypoglycemia) and High (Diabetes) Blood Sugar Issues, and over the years I've come to rely on it as support for the whole endocrine system — it's the formula I reach for first whenever I feel “off,” not quite myself.

This Herbal Combination



Goldenseal Root — Goldenseal Root is a deeply nourishing herb for glandular tissue, traditionally used to support and tone the pancreas and the other glands involved in blood sugar regulation.



Uva Ursi Leaf — Uva Ursi Leaf lends its traditional support to the urinary system, helping the body manage the extra fluid work that comes with blood sugar imbalance.



Cayenne — Cayenne stimulates circulation, helping carry the rest of the formula's herbs efficiently to the glands that need them.



Cedar Berries — Cedar Berries are a traditional pancreatic tonic, used for generations to support healthy pancreas function.



Licorice Root — Licorice Root is soothing and supportive to the adrenal glands, which work closely with the pancreas in keeping blood sugar on an even keel.



Mullein — Mullein is a gentle, nourishing herb traditionally included to round out the formula's overall support of the glandular system.

Blood Sugar Support

Pancreas Support is formulated as an herbal Support for Low (Hypoglycemia) and High (Diabetes) Blood Sugar Issues. It's a nutritional combination for the pancreas and its affiliated glands, meant to be taken consistently over time as part of an ongoing wellness routine — not a quick fix, but steady support for the body's own blood-sugar-regulating work.

A blood sugar drop can happen in more than one way. After a high-carb meal, the body can release more insulin than the moment calls for, and blood sugar can fall faster than it rose. Emotional trauma and high stress work differently but land in the same place — the stress hormones the body releases to meet the moment burn through glucose reserves quickly, and blood sugar can drop right along with them once the stress passes. Either way, the result can be that falling, unsteady feeling — and it's exactly the kind of moment this formula is built to support the body through.

Other Ways We Use It

Because it supports the whole endocrine system, I've also found Pancreas Support to be excellent for marathon runners and other endurance athletes, whose bodies use up their energy stores over a long run and often pay for it afterward with a serious blood sugar crash — this formula gives their system support while it recovers from that strain. It's also a very stabilizing formula in times of emotional trauma, when the body's stress response can pull blood sugar down along with it.

Diet Note

In traditional practice, results come faster the closer a person stays to a clean, low-sugar diet — keeping added sugars, soft drinks, candy, pastries, and refined bread to a minimum supports the work this formula is doing.

Suggested Use

Take 1 teaspoon three times a day — first thing in the morning, at midday, and last thing at night. As with any nutritional herbal combination, it's meant for steady, ongoing use; many people find it can take six months or more of consistent use to see its full support come through.

From Dara’s Practice

I've dealt with low blood sugar issues all my life, including what's sometimes called a “brown-out” — you can hear what's happening around you but you aren't able to respond. It's an awful place to be. If you fight hard enough you can pull yourself out of it, but you feel a strong pull to go back under, so sleepy it's very hard to get moving again. When I feel that pull coming on — after a larger than usual meal, or just an exhausting day when my resources are low — I take a teaspoon of Pancreas Support, and I do not go under. Within minutes I'm feeling like myself again. I can still be tired and in need of rest, but I don't feel that strong pull to go down hard, which I've come to understand is a blood sugar drop happening. It has never failed to support me when I begin to notice my blood sugar issues trying to surface.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post “Steadying the Body Through a Blood Sugar Drop” at www.daradietz.me.