

## Pancreas

### Description

#### Pancreatitis & pancreatic cancer

Repeated episodes of pancreatitis increase the chances of pancreatic cancer, so working to avoid triggering pancreatitis is essential in cancer prevention.

Use this as an aide to your own research and share with your doctor as appropriate.

Saving this to a "Health" email folder may ease access.

Drugs.com and/or other trusted health websites have the latest information on prescription & herbal drugs possible side & interaction effects.

Herbs/supplements (vitamins, minerals & body chemicals like melatonin) that are independently tested- USP (best), GMP (sport), NSF, UL, or Consumerlab.com are likely better, as well as ones manufactured to pharmaceutical grade.

What would I do if I had pancreatic cancer or pancreatitis ?

I would avoid cooking with teflon, getting Lithotripsy (sound waves for gallstones), pop, all sugars especially high fructose corn syrup, charred meat, coffee, wheat, yogurt, probiotics, Exenatide (Byetta), sitagliptin (Jabuvia or Janumet), valproate (for seizures), nilotinib (for leukemia), bexarotene, ribavarin, phosphorous

I would do all the pancreatic & cancer treatments on infopathy.com It works (I've tried & discarded thousands of treatments), has no adverse effects & is free the first month, only \$10/mo after, & \$65 for the device. After using it for a couple months most people upgrade the device to the watch or light infuser & borrow out the magnetic base to friends to try.

I would Take 50K/1.25mg of vitamin D3 under the tongue daily with 500mg of vitamin K2 or organic natto or make it from starter spores in favorite bean or vegetable. Vitamin D3 appears to reduce a lot of cancers by over 80% when going from below 20ng/ml in the blood to over 70ng/ml as well as most viral infections & prevents hundreds of diseases at over 75ng/ml.

I would take metformin & also 600mg of alpha lipoic acid on wakeup & before a meal 4-6x a day & sustained release vitamin B complex after breakfast. Since pancreatitis/cancer appears to be very sensitive to blood sugar & lipoic acid is more effective against diabetes, heart disease & cancer more than any other supplement.

I would eat 100% organic as if my life depended on it.

I would eat a lot of organic low sugar vegetables like kale & baby greens & at the end of a meal, sweet potatoe

exercise after every meal to starve the cancer of sugar rise

consider an endoscopic necrosectomy,

brush my gums then my teeth with dental molecular iodine like lorinse every day for a week to stop any periodontal disease

go on a ketogenic diet &

only use raw honey or stevia/monk fruit/allulose (lowers diabetes, blood sugar & cancer) as sweeteners,

take pancreatic enzymes/pancrelipase (amylase, lipase, protease) & milk thistle every four hours,

lecithin liposomal vitamin c every four hours

organic coconut or MCT oil & black seed oil

spirulina,

ground organic flaxseeds with a vegetal meal and/or MSM,

folinic acid (not folate form),

methione,

Pao pereira & rauwolfia vomitoria

Papain

Base notes- follow up with research & physician discussion!

Fine needle biopsy led to extended survival in one study.

Triggers of pancreatitis

For people sensitive to wheat (especially white/processed) it may increase pancreatitis 3X & pancreatic cancer vs taking organic whole grains.

Lei, Qiucheng MD; Zheng, Huazhen MD; Bi, Jingcheng MD; Wang, Xinying PhD; Jiang, Tingting PhD; Gao, Xuejin MD; Tian, Feng PhD; Xu, Min MD; Wu, Chao PhD; Zhang, Li PhD; Li, Ning MD; Li, Jieshou MD. Whole Grain Intake Reduces Pancreatic Cancer Risk: A Meta-Analysis of Observational Studies. *Medicine* 95(9):p e2747, March 2016. | DOI: 10.1097/MD.0000000000002747

[journals.lww.com/md-journal/fulltext/2016/03010/whole\\_grain\\_intake\\_reduces\\_pancreatic\\_cancer\\_risk\\_.15.aspx](http://journals.lww.com/md-journal/fulltext/2016/03010/whole_grain_intake_reduces_pancreatic_cancer_risk_.15.aspx)

Ingesting yogurt or probiotics may decrease survival by 3x, cause ischemic bowel obstruction.

Exenatide (Byetta) and sitagliptin (Jabuvia or Janumet) used for diabetes may increase pancreatic problems, as may valproate (for seizures), nilotinib (for leukemia).

Mumps may trigger an episode or an exacerbation of pancreatitis.

Sugars, alcohol, and especially high fructose corn syrup may increase triglycerides & trigger pancreatitis. Seven ounces of alcohol may increase the risk over 50%.

Bexarotene, ribavarin, phosphorous may trigger pancreatitis.

Eating PFOA (teflon) cooked foods appear to trigger pancreatitis. The PFOA offgasses in the air during cooking.

Coffee appears to not increase pancreatitis & pancreatic cancer.

Ran HQ, Wang JZ, Sun CQ. Coffee Consumption and Pancreatic Cancer Risk: An Update Meta-analysis of Cohort Studies. Pak J Med Sci. 2016 Jan-Feb;32(1):253-9. doi: 10.12669/pjms.321.8761. PMID: 27022386; PMCID: PMC4794517. [ncbi.nlm.nih.gov/pmc/articles/PMC4794517/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4794517/)

A meta-analysis of coffee consumption and pancreatic cancer

F. Turati, C. Galeone, V. Edefonti, M. Ferraron, P. Lagiou, C. La Vecchia, A. Tavani

Annals of Oncology Volume 23, Issue 2, February 2012, Pages 311-318

[doi.org/10.1093/annonc/mdr331](https://doi.org/10.1093/annonc/mdr331)

[sciencedirect.com/science/article/pii/S0923753419344102](http://sciencedirect.com/science/article/pii/S0923753419344102)

Preventing gallstones may prevent pancreatitis outbreaks.

Lithotripsy (sound waves to break up gallstones) may be problematic in pancreatitis.

Saturated fat may increase pancreatitis by 50%.

Soda pop may double the risk of pancreatitis.

Charred meat may increase pancreatitis.

## Treatments for pancreatitis

Milk thistle may help to prevent and treat pancreatitis, metastatic cancer, breast & lung cancer, uterine fibroids, lung cancer, multiple sclerosis, gallstones, bleeding gums, hepatitis, liver problems, nosebleeds, psoriasis, and halitosis (bad breath). It helps to detoxify the body, it helps to protect the liver, to recover from drug withdrawal, to slow digestion, and in women breastfeeding to stimulate milk production.

Taking 4000 or more of vitamin D3 under the tongue/in mouth (must take with fat if swallowed) appears to cut the risk of pancreatitis in half. For every 50K/1.25mg of vitamin D3, 500mg of vitamin K2 moves calcium away from soft tissues & to the bones & reverses osteoporosis.

(look at graph)

[vitamindwiki.com/Overview+Cancer+and+vitamin+D](http://vitamindwiki.com/Overview+Cancer+and+vitamin+D)

[vitamindwiki.com/Cancer+Pancreatic](http://vitamindwiki.com/Cancer+Pancreatic)

[vitamindwiki.com/tiki-index.php?page\\_id=7691](http://vitamindwiki.com/tiki-index.php?page_id=7691)

## Metformin

Metformin appears to help to strongly prevent & treat pancreatic cancer and pancreatitis.

Survival Benefit of Metformin Use for Pancreatic Cancer Patients Who Underwent Pancreatectomy: Results From a Meta-Analysis Junqiang Zhang, Jichun Ma, Lingyun Guo, Bo Yuan, Zuoyi Jiao and Yumin Li

Front. Med., 30 July 2020 Sec. Gastroenterology Volume 7 “ 2020  
| <https://doi.org/10.3389/fmed.2020.00282>

[frontiersin.org/articles/10.3389/fmed.2020.00282/full](https://frontiersin.org/articles/10.3389/fmed.2020.00282/full)

Organic coconut oil may relieve pancreatitis.

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Anti-inflammatories like alpha lipoic acid at 600mg 4x a day when wakeup & before meals, ginger, turmeric, astaxanthin, nigella black seed oil, boswellia (frankincense), celery and tart cherries can help relieve pancreatitis, can help pain, & can help heal the pancreas.

[Alienherbalist.com](https://alienherbalist.com) lookup lipoic acid

Spirulina (has EPA & DHA omega3 fatty acids) taken with a vegetable and with fresh ground organic flaxseed may help symptoms.

[Alienherbalist.com](https://alienherbalist.com) lookup spirulina

Methionine & folic acid may be good supplements against pancreatitis.

Abraxane (albumin coated Taxol) may be tried alone w/out gemcitabine to reduce some of its severe side effects.

Multivitamins may help.

Hyoscyamine may help reduces pancreatic juices.

May replace pancreatic juices in people with pancreatic problems, like pancreatitis.

Like the metformin extracted from it, goatâ€™s rue is good against pancreatitis & constipation.

Good foods may be organic yams, corn, carrots, onions, kale, spinach, broccoli, cauliflower.

Eating a lot of organic vegetables & fruits & fiber (organic frozen/freshly ground flaxseed best) appears to decrease pancreatitis & pancreatic cancer, as does avoiding nonorganic animal products, starchy and/or processed foods, & heavy alcohol use.

Zheng J, Guinter MA, Merchant AT, Wirth MD, Zhang J, Stolzenberg-Solomon RZ, Steck SE. Dietary patterns and risk of pancreatic cancer: a systematic review. *Nutr Rev.* 2017 Nov 1;75(11):883-908. doi: 10.1093/nutrit/nux038. PMID: 29025004; PMCID: PMC5914454. [pubmed.ncbi.nlm.nih.gov/29025004](https://pubmed.ncbi.nlm.nih.gov/29025004)

Lu PY, Shu L, Shen SS, Chen XJ, Zhang XY. Dietary Patterns and Pancreatic Cancer Risk: A Meta-Analysis. *Nutrients.* 2017 Jan 5;9(1):38. doi: 10.3390/nu9010038. PMID: 28067765; PMCID: PMC5295082. [ncbi.nlm.nih.gov/pmc/articles/PMC5295082/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5295082/)

Pancreatic cancer

Liposomal curcumin (a turmeric extract) helps stop a lot of different types of cancer, including pancreatic.

Efficacy of liposomal curcumin in a human pancreatic tumor xenograft model: inhibition of tumor growth and angiogenesis.

Ranjan AP, Mukerjee A, Helson L, Gupta R, Vishwanatha JK.

Anticancer Res. 2013 Sep;33(9):3603-9.

Aspirin & NSAIDs may increase the risk of pancreatic cancer.

The symptoms of pancreatic cancer are fatigue, loss of appetite, nausea, vomiting, weight loss, jaundice, dark urine and abdominal pain that sometimes radiates to the upper back.

If you have a cyst on your pancreas, diarrhea & weight loss of an unknown origin, and/or if you develop diabetes despite being at low risk get checked for pancreatic cancer.

Abdominal ultrasound may be done first & if negative- then pancreatic function test.

If either are positive then endoscopic retrograde pancreatography (88% +/- detection) may help.

Pancreatic cancer may someday be detectable if oral bacteria are tested with a swab to see if GA ^ + NE&SMV.

Gemcitabine improved survival of people after pancreas tumor removal in one study.

Oettle H, Post S, Neuhaus P, et al. (January 2007). "Adjuvant chemotherapy with gemcitabine vs observation in patients undergoing curative-intent resection of pancreatic cancer: a randomized controlled trial". JAMA 297 (3): 267-77. doi:10.1001/jama.297.3.267. PMID 17227978.

## Triggers of pancreatic cancer

Gum disease may increase pancreatic cancer rates, far more common if root canal or tooth pulled but not ligament.

## Surgery

Endoscopic necrosectomy may be many times better than surgery for pancreatic cancer.

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## Treatments for pancreatic cancer

### Vitamin C

Injecting 50-125g of vitamin C once per week doubles pancreatic cancer survival. Making or buying (lecithin) liposomal vitamin C and drinking it before every meal may increase survival far higher, as it may be seven times more effective than injected vitamin C, and can be given far more frequently at home than injections in a medical setting.

Pao pereira & rauwolfia vomitoria may help to treat pancreatic, prostate, and ovarian cancer.

<http://www.biomedcentral.com/1472-6882/12/S1/P38>

Anti-cancer activity of extracts from Rauwolfia vomitoria and Pao Pereira

J Yu, J Drisko and Q Chen

BMC Complementary and Alternative Medicine 2012, 12(Suppl 1):P38 doi:10.1186/1472-6882-12-S1-P38

<http://beljanski.org/engl/pancreatic-cancer-research/>

<http://beljanski.org/engl/pages/the-research-goes-on/>

Thymoquinone in nigella sativa (black cumin) is reported to successfully kill pancreatic cancer cells, according to the Sidney Kimmel Cancer Center at Thomas Jefferson University in Philadelphia, Pennsylvania.

<http://blog.kimmelcancercenter.org/?p=448>

<http://blog.kimmelcancercenter.org/?p=103>

Up to 80%.

Dr. Nicholas Gonzalez treatment protocol

The Gonzalez treatment protocol is NCCAM studied and appears to triple survival length.

It calls for 16 days of pancreatic enzymes orally every four hours & at meals. 150pills/day and supplements like papaya plus, vitamins & minerals, coffee enemas daily, fresh raw fruits, raw & lightly steamed veges & juice.

Dr. Stanislaw Burzynski has an antineoplaston treatment of bio active peptides. It may reverse 50% of pancreatic cancer even after toxic chemotherapy & radiation havenâ€™t helped and have damaged the immune system. Aminocare supplements are used to turn on cancer suppressing genes. The best cotreatment for solid tumors in the pancreas, breast, lungs, stomach, liver, colon, prostate, uterus, ovaries is a vegan diet, highly alkaline, and supplemental magnesium & potassium but no calcium.

Transdermal or injected 2-methoxyestradiol (panzem) may help against pancreatic cancer.

**Category**

1. Uncategorized

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