

# **Mild pancreatitis problem**

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**GUIDELINE BY SANJAY G.M.**

## **Causes :-**

- Plain killer tables etc. medicinal taking regular
- More Alcohol
- Trauma
- Autoimmune
- Vitamin D. Deficiency
- High Triglyceride
- Non timely food habits.
- Junk Food .

## **Symptoms :-**

- Left Side abdominal pain
- Back Pain
- Vomiting
- Fever
- Weakness

## **Solution :-**

- **First Add**- Drink plenty of water, do fast & then be on liquid, like Orange / Lemon juice etc. to cure pancreatitis.
- Reduce weight, Exercise regularly
- Stop smoke & Alcohol
- Eat green leafy & fruits.
- Eat Sweet, Potato, Kismish, Carrot, pomegranates, Fish, Walnut ,Honey.
- Cover D deficiency by 20 Minutes light sunlight

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.