

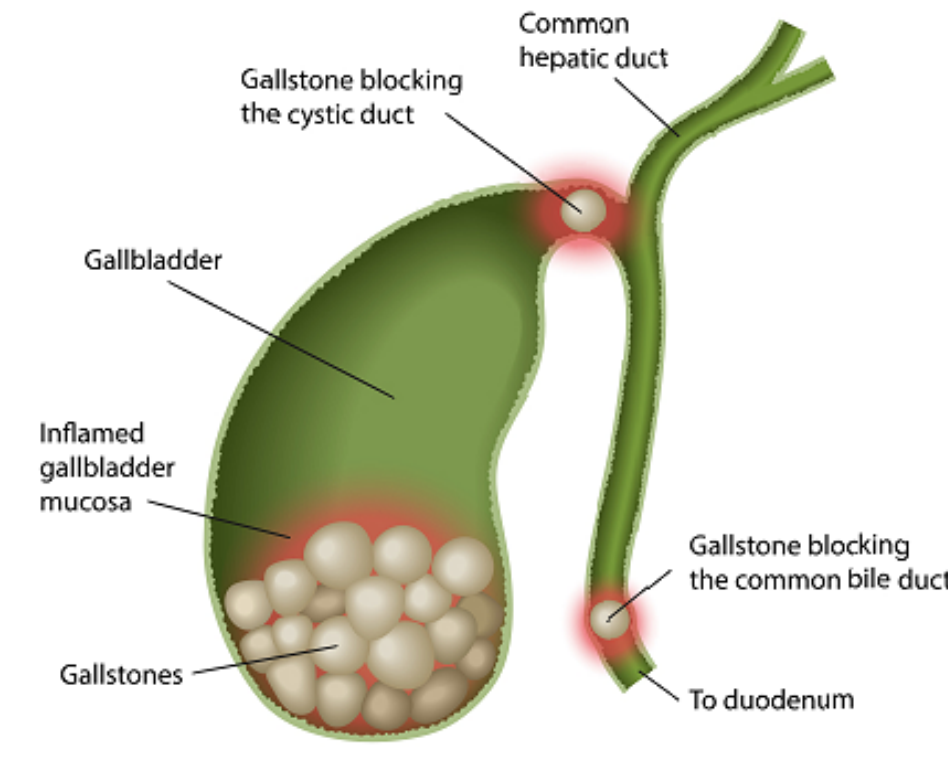


## How Galling the Gallbladder Can Be

More and more I'm seeing people walk into our office and sit down to tell me about the bloating, gas, constipation, fatigue, headaches and stomachaches they're experiencing. My first question is always the same ... "Do you experience any pain on the right side under your ribs?", to which everyone has the same response ... "Why yes, how did you know?"

I know because what they're describing are symptoms of gallbladder distress. I want to remind you that you really do need to become friends with your gallbladder. We really do take our gallbladder for granted and it works just as hard as any other organ in our body, which is why it's important to realize that your gallbladder wants to be as important to you as the liver it helps.

So how galling can gallbladder problems be? Enough to make someone not feel well most of the time, particularly after eating. So how appropriate that we think of anything that's galling as irritating, frustrating or annoying... three words that perfectly describe living with gallbladder distress.



## Sound Familiar? Let Me Tell You More!

So first, let's get rid of an assumption. You certainly can live without your gallbladder, but like your cell phone, your computer or your favorite pet, you don't want to have to. Let's talk about how to keep this from happening particularly because **5-30% of people experience months or even years of digestive problems including bloating, diarrhea and nausea after having the gallbladder removed.**

Let's start with what the gallbladder does. It sits under the liver and the liquid that the liver makes is stored and concentrated in the gallbladder until it's needed. When is it needed? Whenever you eat anything with fat. Without it, the liquid (actually called bile) is watery and isn't as effective. It's like drinking lemonade that's been sitting in the sun for an hour and all the ice cubes have melted.

### Why is concentrated bile from the gallbladder so important?

- Bile is what allows you to absorb and use fat-soluble vitamins such as D, E, A and K.
- Bile breaks down all fats into tiny droplets which makes them easier to use.
- Bile cleanses the liver by removing heavy metals, excess cholesterol, dead cells and toxins that the liver has removed and neutralized from the blood.
- Bile is essential for the absorption of calcium and iron.
- The salts in bile stimulate bowel movement and lubricate the intestinal tract.
- Bile helps to neutralize the acid used in stomach digestion once the food enters the intestinal tract.
- Bile salts act as "nutrient signaling hormones" which help with hormone balance including insulin.

## Why The Symptoms?

There are three things that can go pear-shaped with the gallbladder. The first and the most common are gallstones. Stones are formed mainly from cholesterol and the main reason they form is that the liver isn't making bile with enough bile salts. Less salts, more cholesterol... more cholesterol, stones form. Having stones then can get stuck in the ducts and pathways that carry bile to the intestinal tract. They can also affect the pancreas because the pancreas uses the same ducts and pathway for its digestive enzymes to reach the digestive tract.

**Just about every patient that I've had with an insulin problem like Metabolic Syndrome X, insulin resistance or even diabetes has a hidden gallbladder problem that was flying under the radar. Sometimes they've already had their gallbladder removed because of all the gallbladder problems.**

The second problem that can occur is inflammation, which over a long period of time can become a poorly understood condition known as adenomyomatosis. Inflammation is a part of normal healing but it begins as a response to irritation (like gallstones will cause) or as a protective mechanism against infection. Which brings us to the third problem that can emerge in the gallbladder, infection. One of the most common causes of infection is food poisoning which can happen due to any bacteria in food or water. Infection can also occur from something that the liver has cleared from the bloodstream but been unable to neutralize.

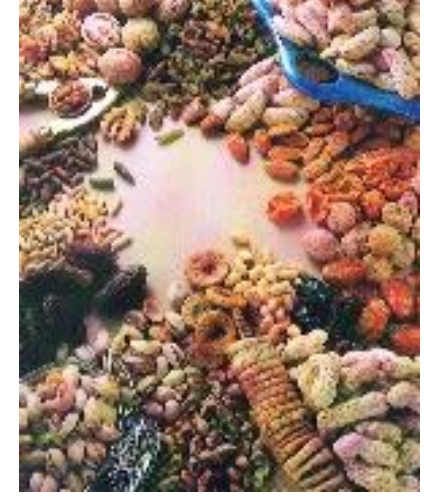
The longer an infection goes untreated and the longer inflammation is present, the more compromised the lining and the walls of the gallbladder become. It can become distended or enlarged. It can become an angry, unhappy gallbladder! I'm sure if it could talk it would tell you that you don't want to see your gallbladder angry!

## What Symptoms to Watch For

Gallbladder symptoms tend to happen 30 minutes to a couple of hours after eating. They tend to be worse with high fat consumption, especially fried food, butter, full fat dairy, luncheon meats, high-fat meats, tropical oils, refined sugars or added sugar and fast food. The longer the gallbladder is in distress, the more acute the symptoms will be. Gallbladder issues can cause some or all of the following symptoms:

- Bloating, especially beginning a while after you eat.
- Burping or gas which happens because there isn't enough healthy bile to break food down correctly.
- Nausea after eating.
- Low blood levels of Vitamins D and A.
- High cholesterol.
- Blood clotting issues.
- Regular bouts of constipation and dry stool.
- Dry skin, hair and nails.
- Feelings of chronic dehydration.
- Headaches.
- Pain, ache or spasm on the right side from under the ribs up through the right shoulder.

## So What Can You Do to Change Your Gallbladder's Destiny?



### Add Fiber

Making sure you have enough fiber in your diet is essential to keep ductwork and pathways clean. It also keeps your bowel function in good shape which reduces sludge and debris from undigested food.



### Skip the Fast Food

Fast food is really high in saturated fats and trans-fats which are incredibly difficult to break down even with the healthiest of bile. They leave film and sludge in the gallbladder, liver and ducts.



### Exercise to Reduce Cholesterol

Most gallbladder issues happen in sedentary people, a lifestyle that promotes cholesterol congestion.



### Peppermint Tea

The mint family is one of the best ways to calm symptoms of gallbladder distress and it also can help make the bile duct more flexible.



### Apple Cider Vinegar Comes to the Rescue

This is a great anti-inflammatory that can reduce gallbladder pain. To treat pain, dissolve 2 tablespoons of apple cider vinegar in warm water and sip until the pain subsides.



### Liver/Gallbladder and the Season of Wood

In Chinese Elemental Medicine the liver and gallbladder are influenced by the element of Wood and the season of wood is the Spring. We offer incredible natural lotions, bath salts, essential oils and clay masks that can be applied directly over the liver/gallbladder area balancing the wood energy. It is the very best healing from the outside in!

## And Now For the Remedies

### Make Your Bile Healthier and Improve the Real Problem - the Liver



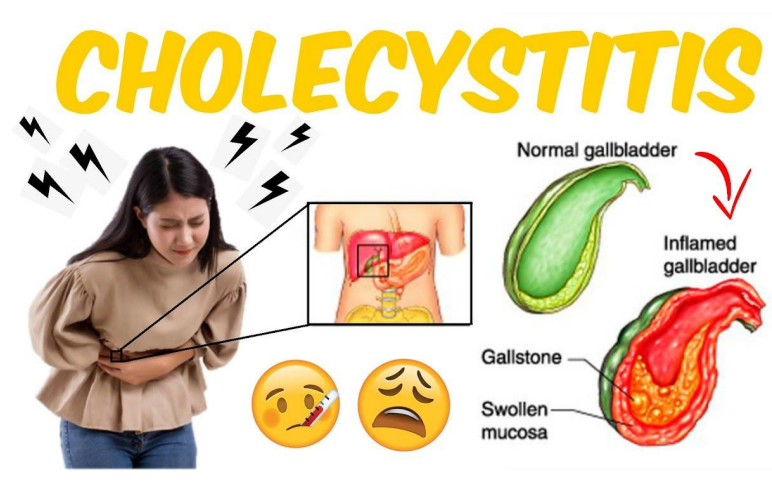
- Livaplex - 3 with breakfast, lunch and dinner.
- Choline - 2 with breakfast, lunch and dinner.
- AF Betafood - 4 with breakfast, lunch and dinner.
- Cholacol - 2 with breakfast and dinner.
- Hepatrophin PMG - 2 with breakfast and dinner.
- Lipaton Complex - 2 just before breakfast and dinner.

### If you know you have gallstones...



- Phosfood - 30 drops in a small glass of water daily.
- GB40 Yuan - 3 capsules with breakfast and dinner.
- Collinsonia Root - 2-3 with breakfast and dinner.
- Betafood - 2 with breakfast, lunch and dinner.
- Chanca Piedra Intrinsic - 2 droppers in a little warm water twice daily.
- Soybean Lecithin - 3 with breakfast and dinner if you already have high cholesterol.

### For Liver/Gallbladder Infection



- AF Betafood - 4 with breakfast, lunch and dinner.
- Cataplex ACP - 2 with breakfast, lunch and dinner.
- Hepatrophin PMG - 3 with breakfast, lunch and dinner.
- Thymex - 2 with breakfast, lunch and dinner.



If you think your liver and gallbladder need some help call us for an appointment.

You won't believe how much better you can feel and your digestive system will thank you!

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