GALLBLADDER

The Gall Bladder is a small pear-shaped sac that stores and concentrates bile. It is connected to the liver (which produces the bile) by the hepatic duct. When food containing fat reaches the small intestine, the hormone Cholecystokinin is produced by cells in the intestinal wall and carried to the gallbladder via the bloodstream. The hormone causes the gall bladder to contract, forcing bile into the common bile duct.

A valve, which opens only when food is present in the intestine, allows bile to flow from the common bile duct into the duodenum (upper intestine) where it functions in the process of fat digestion. Sometimes the substances contained in bile crystallize in the gallbladder, form gallstones. These small, hard concretions are more common in persons over 40, especially in women and the obese. They can cause inflammation of the gall bladder, a disorder that produces symptoms similar to those of indigestion, especially after a fatty meal is consumed. If a stone becomes lodged in the bile duct, it produces severe pain.

Cholecystitis (Gallstone Inflammation)

Removal of the gallbladder is one way to rectify gallstones. Another is laser treatment, blasting the stones into small enough pieces that they can pass through the gallbladder and duct. Many times the gallbladder is just plugged with 'gravel' or 'sludge'. Small stones, gravel, or sludge can be cleansed by flushing the gallbladder (see flushing therapies following). We always recommend having an ultrasound done before flushing to see if there might be a large stone that could get stuck in the duct when trying to flush - in which case you will most likely end up in the emergency admittance at your local hospital.

What makes stones? Research has revealed that eating saturated fats (animal fats, butter) contribute to the formation of stones - and the lack of magnesium in the body which helps to manage the stones and prevent build up. The majority of gallstones are formed from cholesterol (which comprises only about 5% of bile) and grow because the liver begins secreting bile that is unusually saturated with cholesterol. The cholesterol then crystallizes to form stones while in storage in the gallbladder. Around 15% of stones are formed from bile salts and are called pigment stones. Cholesterol stones are usually green in colour, pigment stones are usually brown or black. It is possible to have a combination of both stones.

The formation of gallstones may be caused by a large number of factors:

- *** faulty (i.e. high levels of saturated fats or refined carbohydrates) diet; being over 40 years of age;**
- *** having excess estrogen from pregnancy, taking HRT or the contraceptive pill; obesity;**
- *** sudden and rapid weight loss*; yo-yo dieting*; following a very low calorie diet*; long term fasting*;**
- *** lack of exercise;**
- *** food allergies (the most common of which are, in order of occurrence: eggs, pork, onions, fowl, milk, coffee, citrus, corn, beans and nuts)**
- *** having diabetes, Crohn's disease, cystic fibrosis or cirrhosis of the liver;**
- *** the excessive consumption of sugar;**
- *** taking cholesterol-lowering drugs or using diuretic drugs, certain antibiotics, anti-rejection drugs and prostaglandins**
- *** obesity**
- *** women using birth controls or estrogen replacement therapies**
- *** stress.**

If the stones are VERY large, it can take 6 months to make them small. It may be possible to have

lazer treatments on them to break them up also although we do not hear this being done very often.

Gallstones occur in two phases. In the first phase, stones become lodged in the cystic duct (this is the duct which carries bile from the gallbladder to the intestine). The gallbladder contracts against this obstruction, resulting in "biliary colic," a steady epigastric pain. If the obstruction continues, the second phase begins. The gallbladder then becomes inflamed, causing a steady pain localized in the upper right quadrant. A blockage of the bile to the intestine can also cause a rise of bilirubin in the blood, resulting in jaundice (since the bilirubin can't escape into the bile for excretion).

A *gallbladder that does not contract sufficiently to empty the bile regularly will encourage the formation of gallstones. Researchers believe dieting may cause a shift in the balance of bile salts and cholesterol in the gallbladder. Skipping meals decreases gallbladder contractions, as does eating meals that are extremely low in fat. A meal or snack needs to contain approximately 10 grams of fat to contract the gallbladder normally.*

In the USA gallbladder disease affects an estimated 20 million people! Every year more than half a million people in the USA undergo surgery to remove their gallbladders because of gallstones. Between 10-20% of all adults over 40 years of age have gallstones. Approximately 80% of all gallstones show no symptoms and may remain 'silent' (asymptomatic) for years. If symptoms do occur, the chance of developing pain is about 2% per year for the first 10 years after stone formation, after which the chance of developing symptoms decreases, although the reason for this decrease is unclear. On average, symptoms take eight years to develop. After an attack, the chance of a recurring attack within a year is less than 50%.

Left untreated, gallstones may cause peritonitis, pancreatitis and an increased risk of gallbladder cancer. Gallstones are present in 80% of people with gallbladder cancer, although this is a very rare cancer, even among people with gallstones.

The most common triggers for gallbladder attacks are caffeine, chocolate, eggs, dairy products (especially ice cream) and greasy/deep fried foods.

The presence of gallstones is often a contributing factor to a weak spleen (leading to hypoglycemia), sleep disturbances including insomnia and nightmares, dizziness, a bad taste in the mouth, vomiting of bile, painful flanks, anger and depression.

Since maximum liver function is essential for proper bile formation, it is also important to reduce chemical stress upon the liver (remember, the liver produces the bile which must have proper levels of cholesterol, bile acids and lecithin and synthetic chemicals are well known for weakening liver function). Therefore, it is important you look carefully at your lifestyle habits and eliminate as many chemical sources as possible that may compromise proper liver function. This may include chemicals in the home or job such as solvents, gasoline, paints, fingernail polish, hair sprays, facial cosmetic products, vinyl products, pesticides, artificial food additives (a very important factor), artificial colors, artificial flavors and preservative chemicals such as sodium benzoate and others. In other words, begin eating natural based foods, rather than foods containing petroleum based products used to enhance flavors and shelf life.

SYMPTOMS

*** pain and tenderness in upper right area of your abdomen**
*** pain between your shoulder blades**
*** nausea**
*** discomfort sometimes is upper right abdomen, and wraps around to the back.**
*** gas, indigestion**
*** intolerance for fatty foods**
*** inflammation, jaundice**

DIET FOR GALLBLADDER:

Pectin (found mainly in apples) has a greater effect in stopping gallstone formation and of great interest, was found to dissolve pre-established stones as well!!!

Vegetarians have been shown to have a 12% lower incidence of gallstones that non-vegetarians. Wheat bran, and Lecithin (phospholipid), whole grains (as opposed to refined white flour, noodles etc), vegetable protein (eg. soy products), cellulose foods (celery, crisp fruits and vegetables) all showed support in preventing gallstones.

To help prevent gallstones:

- increase water soluble fiber in diet
- good foods: alfalfa, apples, artichokes, barley, beets, broccoli, carrots, celery, cruciferous vegetables, dandelion greens, fennel, garlic, grapefruit, horseradish, lemon, mustard greens, oats, olive oil, radishes, spinach greens, water chestnuts, watermelon
- eat 75% raw foods if possible.
- Avoid meat, animal fats,eggs, all processed and denatured fats such as margarine and commercial oils, milk and milk products, onions, corn, beans, nuts, citrus.
- Avoid white sugar, refined sweet products, white flour, spicy foods.
- no fatty and refined foods from diet, carbonated drinks, fried foods, alcohol, coffee, tea.

Diet should be lacto-vegetarian with emphasis on raw and cooked vegetables and vegetable juices. Moderate amount of fruits and seeds. Apples and pears should be eaten generously. Include yogurt, homemade cottage cheese, 2 raw egg yolks twice a week and 1 tbsp olive oil twice a day.

Some oil is necessary in the diet to stimulate production of bile and the fat-digesting enzyme lipase. High quality vegetable oil in diet also prevents gallstone formation (use cold pressed safflower oil or olive oil in salads). Butter in extreme moderation. Best oil is sesame oil.

Helpful for stones:

*** Take two tbsp olive oil each day, with 1 quart apple juice.**
*** Up to a year, saturate body with 10,000 mg Vit. C a day. to dissolve stones.**
*** Use 3 tbsp olive oil with the juice of a lemon before retiring and upon awakening. Many stones pass in the stool with this technique. Look for them. Grapefruit juice can be used instead of lemon juice.**
*** many people get relief just by drinking hot water when they have an attack.**

Important: do not overeat! Eat small meals. Hospital records show that most gallbladder patients are overweight.

If Acute Inflammation:

Avoid all eating. Take nothing but distilled water for 2-3 days until acute condition cleared. After this, go on juices for a few more days drinking pear juice and beet top juice intermittently.

BEST JUICES:

*** Pear juice, beet-top juice, grapefruit, lemon, grape. Small amounts of dandelion, radish, black radish juice added to carrot or beettop juice. Pear and beettop juice are two specific juices that have a healing effect on gallbladder conditions including gallstones.**
*** Aloe Vera Juice is a bile stimulator, cleanser.**
*** Apple juice fast cleanses.**
*** Fresh lemon juice in a cup of hot water taken first thing in the morning will help empty your liver and gall bladder and start the day right. Two teaspoons lemon juice before each meal with strengthen the gallbladder.**
Try this: For 5 days consume as much pure apple juice as possible. Add pear juice occasionally. Beet juice will also cleanse the liver.

Once you have cleaned up the problem you can start introducing foods back into the diet slowly, one

food at a time. If you find any particular food is irritating, avoid it.

DAILY SUPPLEMENTS TO SUPPORT THE GALLBLADDER:

Lecithin - 2-3 tbsp of granules with meals prevents formation of stones. Phosphatidylcholine is a purified extract of lecithin, one of the naturally occurring components of bile that helps protect against gallstone formation. Studies suggest 300-2,000 mg a day may aid in dissolution of gallstones. Research continues.
500 mg Choline (fat metabolism)
500 mg Inositol (cholesterol metabolism)
25 mcg Biotin (fat assimilation)
B Complex plus 50 mg extra of B6. Vitamin B Complex helps to empty the gallbladder more efficiently
2 tbsp Olive oil
Digestive formula with Hydrochloric acid (1 tablet after each meal). One theory as to why gallstone forms is because of insufficient stomach acid, as in hydrochloric acid (HCl).
20,000 IU Vitamin A (helps to keep mucosal walls healthy, preventing excess dead cells from entering the gallbladder and bile)
500 mg Vitamin C with bioflavonoids. Vit. C is used by the body to convert cholesterol to bile. With less cholesterol and more acids, the gallstone risk should be decreased. Research continues.
2 tbsp brewer's yeast
600 IU Vitamin E
800--4000 IU daily Vitamin D
1 g L-methionine
10 alfalfa tablets 3 times daily for 2 days with glass of warm water as a liver cleanser.
Extra magnesium needed!
200 IU Vitamin E helps prevent and dissolve gallstones)
Omega-3 oils (flaxseed etc)
Soy lecithin (a fat emulsifier; helps keep cholesterol in solution), the amino acid Taurine, psyllium husks (an excellent source of gel-forming, non-irritating dietary fibre, which alters the synthesis and absorption of secondary bile acids that form in the intestinal tract), milk thistle and dandelion tinctures (which increase the production and flow of bile), peppermint capsules/tablets (enteric coated; keeps cholesterol crystals from forming in bile), chamomile tea and a good quality antioxidant (antioxidant deficiencies can induce gallstone formation).
Turmeric spice is also helpful for any inflammation

The Naturopathic approach for gallstones is to use lipotropic and choleretic formulas.
Lipotropic hastens the removal or decrease the deposit of fat in the liver through their interaction with fat metabolism: choline, methionine, betaine, folic acid, Vit. B12, used along with herbal cholagogues and choleretics.
Cholagogues stimulate contraction of gallbladder to promote bile flow.
Choleretics stimulate bile secretion by liver as opposed to expulsion of bile by gallbladder: dandelion root, silymarin, artichoke leaves, turmeric. Boldo contains substances quite useful to treat gallstones.

HERBAL GALLBLADDER HELP:

Parsley roots: gall bladder problems, stones, gravel, lumbar ache. Take 1/2 cup of decoction 3-4 times daily
Milk Thistle (Silybum marinus): One of our best liver helpers, even for serious ailments such as hepatitis cirrhosis. A large dose as a warm infusion produces a painless emesis purging liver and gallbladder. Most people do two caps in morning and evening on empty stomach to help heal a toxic liver.
Barberry Root: you will often see this included in gallbladder formulas. It promotes bile secretion. Considered a tonic.
Burdock Root: one of the best liver/gall cleansing herbs we have.
White Oak Bark: used to remove gall and kidney stones, cleanses whole alimentary tract.

Peppermint oil to cleanse gallbladder (10 drops in glass hot water).
Dandelion Rt: contains bitter constituents. Anything bitter will have a good effect on the liver, gallbladder and help improve bile flow, reduce inflammation if hepatitis or cirrhosis. Helps dissipate gallstones. Rich source of Vit. A, C,D, B vitamins, Iron, Lecithin, Silicon, Potassium, Magnesium, Zinc, Manganese.
Verbene: Also known as Vervain or Wild Hyssop is a liver remedy and helps inflammation of the gallbladder. Also helps relieve tension, stress and mild depression.
Other: wild yam, fennel, ginger root, horsetail, catnip, cramp bark.

GALLBLADDER FLUSH METHODS

Listed below there are several methods that we have gathered from many sources. Find out which one appeals to you. You will most likely need to do the flush on a weekly basis until the area is cleansed. Remember to find out through ultrasound or other means, whether you have any large stones in the gallbladder that might not be expelled with a flush. If it gets stuck, you will end up in the hospital and probably have the organ removed. Also remember to improve the diet so you don't continue developing the stones in the future. Ultra Sound will sometimes show large hard stones, although in our experience the softer ones don't show up. It is always a good idea to have an Ultra Sound done to see if there are large stones. If you have a large stone, trying to flush it may cause it to be wedged in the duct and that may result in surgery or lazer treatment to get rid of the stone. Most small stones or gravel should pass with little difficulty. If you know that you have large stones from having had ultrasound, then take 6 months to reduce the size of the stone(s) before flushing by using appropriate herbs and diet.

You want the waste expelled from the liver and gallbladder to be carried swiftly out of the body through the large colon and rectum. If you are not having 3 bowel movements a day, it is a good idea to have a colonic or enema before the flush and the day after the flush.

TO SOFTEN GALLSTONES SO THEY CAN PASS:

Drink 1 quart apple juice daily for 5 days.
On day 6, skip dinner, at 6 pm take 1 tablespoonful of epsom salts with water. Repeat at 8 pm.
At 10 pm mix 4 oz olive oil and 4 oz fresh squeezed lemon juice. Shake vigorously and drink right down.
In the morning you will pass green stones varying from the size of grains of sand to some as large as your thumb nail.

IF GALLSTONES ARE VERY SMALL, OR GRAVEL TYPE (PASS EASILY):

Do not use if under 25 years old, or you have large stones.

1. **For 5 days, drink as much apple juice or apple cider as your appetite permits (at least 1 quart daily), in addition to regular meals. Best apple juice comes from a health food store, without additives.**
2. **At noon on the 5th day, eat a normal lunch. Three hours later, take 2 teaspoons of disodium phosphate or epsom salt or baking soda in 1 ounce of hot water. If the taste is objectionable, follow with a little fresh citrus juice.**
   Two hours later, repeat the epsom salt or baking soda and hot water.
   For your evening meal have grapefruit juice, or grapefruit, or other citrus fruits or juice.
   At bedtime, have one of the following:
   a) 1/2 cup virgin olive oil, followed by 6 oz glass of grapefruit juice. OR
   b) 1/2 cup warm, virgin olive oil blended with 1/2 cup fresh lemon juice.
3. **Go to bed immediately and lie on your right side with your right knee pulled close to your chest for 30 min.**
   You may experience discomfort during the night, if it becomes excruciating, go to the hospital.
4. **The next morning, 1 hour before breakfast, take 2 teaspoons of disodium phosphate**

(baking soda) dissolved in 2 ounces of hot water. Your bowel movement will usually have small green stones and sediment varying in size from grape seed to cherry seeds. If there are a large number, repeat the process in two weeks.

5. **1-2 hr later drink 1/2 cup apple juice with 1 1/2 oz lemon juice added. Each bowel movement for 3-4 times will send out more sediment and stones.**

If you experience nausea when taking the olive oil/citrus juice, it will disappear by the time you go to sleep. If the olive oil induces vomiting, do not repeat the procedure at this time.

APPLE CIDER VINEGAR METHOD - TAKES TWO DAYS (not for diabetics)

- **For 1 week before, upon arising, then again mid-morning, again mid-afternoon, and after dinner, drink slowly a 6 oz glass of apple juice with 1/3 teaspoon Apple Cider Vinegar, or dilute with distilled water if hypoglycemic. Apple juice is rich in malic acid, potassium, pectins and enzymes that act as solvents to soften and help remove debris (small stones & slush) and cleanse the body.**
- **No food is eaten during the next 2 day gall flush.**
- **Fill 8 oz glass with 1 part virgin olive oil and 2 parts apple juice (organic is preferred), and add 1 tsp apple cider vinegar. Drink this 3 times the first day. On the second day, take the mixture twice. During both of these days you may drink all the apple juice you desire, but no other liquid, not even water.**
- **Sleep on right side when on flush, pulling right knee toward chest to open pathway.**
- **About midmorning of 3rd day, eat a raw salad of cabbage, carrots, celery, beets, tomatoes, sprouts, lettuce with generous amounts of apple cider vinegar and olive oil. If desired, have a bowl of lightly steamed greens such as spinach, kale, collards, chard or other leafy greens.**

ANOTHER PROGRAM FOR GALLSTONE REMOVAL:

1. For 2 days prior to cleanse, eat only vegetables and fruits (pears) plus soaked prunes, figs and psyllium seeds. If you can, then do an enema to cleanse out the bowel.

2. That night drink 1/2 to 3/4 of a pint of olive oil. After drinking, lie on right side for 2 hours.

3. First thing in the morning on an empty stomach take 1 ounce olive oil, followed immediately with 4 oz fresh grapefruit juice. If grapefruit juice is not available, take lemon juice or 1 tsp apple cider vinegar in 4 oz water.

Take this treatment each morning for several days, even weeks, if necessary.

PRESCRIPTION FOR NUTRITIONAL HEALING:

Take 3 tablespoons of virgin olive oil with the juice of one lemon before bed and upon awakening. You can use grapefruit juice instead of lemon if desired.
To relieve pain try using hot castor oil packs on the gallbladder area. Place castor oil in a pan and heat but do not boil it. Dip piece of cheesecloth or flannel or white cotton material into oil until cloth is saturated. Apply cloth to area, cover with plastic (eg. saran wrap), then place heating pad or hot water bottle on top. Keep pack in place for 1/2 - 2 hr as needed. Cotton material may be reused for next session, just dip in hot oil again and continue.

INNER CLEAN PROGRAM FOR THE LIVER AND GALLBLADDER FLUSH FOR SOFT STONES

1. Commence treatment about 7:00 p.m.

2. Be sure not to eat anything after your midday meal on that chosen day (although you can have normal drinks during the interim hours up to 4:00 p.m.)

3. About 7:00 p.m. take 4 tablespoonsful of Olive Oil and immediately follow this down with 1 tablespoonful of lemon juice (can mix together).

Repeat this every 15 min. until bedtime eg. 11 pm.

4. Finish off treatment by drinking another teaspoon or more of lemon juice.

5. When you retire, start sleeping on your right side.

NOTE: If you feel nauseated during the night, take 1 tablespoonful of knox gelatin dry in your mouth and immediately wash this down with a glass full of warm water.

6. The next morning have a regular breakfast.

Please check the material that comes through with the bowel movements for the next 48 hours.

This gets rid of the soft stones. Please note, it takes about 3 months to break down he remaining ones.
Follow Gallbladder diet. Take digestive enzyme about halfway through each meal. And take the gallbladder remedy designed for you.

FINALLY, A USE FOR COKA COLA- ANOTHER METHOD:

For those that just can't 'stomach' the other methods, try this one:

Eat lightly for 2 days, no red meats.
The day of the cleanse, have only a light meal in the evening (soup or salad).
Wait for at least four hours, then mix and drink:
5 oz Classic Coke
4 oz virgin olive oil
2 tablespoons fresh lemon juice.
Go to bed, lie on right side with knees up to chest.
In the morning drink 10 oz magnesium citrate.
Stay close to home for next 6-8 hours. Little greenies should show in stool.
Drink lots of water in the days following to cleanse bowel.

NOTE: If the stones are very large, it can take 6 months to make them small. It may be possible to have lazer treatments on them to break them up also.

ANOTHER OPTION USING COKE:

1/2 cup extra virgin olive oil
1 large grapefruit (or 3 lemons)
4 Tbsp Epsom salts
3 cup water (or 3 cups freshly pressed apple or grapefruit juice)
1/2 cup Classic Coke
Do when not working, eg. on a weekend.
Take no medicines, vitamins or pills. If doing parasite program or taking kidney herbs, stop the day before.
Eat breakfast and lunch that does not have any fat (eg. cooked cereal, fruit, fruit juice, baked potato or vegetables with salt, but no butter or milk. This allows bile to build up and develop pressure in the liver to help push out more gravel and stones.

2PM **Don't eat or drink after this time or you will feel sick.**
Mix 4 Tbsp Epsom salt in the water or juice, pour into a jar. This makes 4 servings 3/4 cup each. Set in the refrigerator to get ice cold so it tastes better.

6pm **Drink 3/4 cup of the ice cold Epsom Salt liquid. If you didn't prepare it ahead of time, do it right now. You can also add 1/8 tsp powdered Vit. C powder to improve taste. You can also drink a few mouthfuls of water afterwards to rinse your mouth. Now The olive oil and grapefruit out to warm up.**

8pm **Drink another 3/4 cup Epsom salt liquid. Timing is important for success, don't be late or early on the timing.**

9:45 pm **Pour 1/2 cup olive oil into the pint jar. Squeeze grapefruit into a cup by hand. Remove pulp with fork. You will have at least 1/2 - 3/4 cup. You can top it up with lemonade. Add this to the olive oil. Close jar tight and shake ward to mix well.**

Now visit bathroom one or more times even if it makes you late for your 10 o'clock drink. Don't be more than 15 min. late.

10 pm Drink the potion you have mixed. If you can get ornithine caps, take 4 with the first sips to help you sleep through the night. Take 8 if you commonly have insomnia. Drink it standing up. Get it down within 5 minutes (elderly or weak can take up to 15 min).
Adding the Classic Coke equal to the amount of olive oil makes swallowing the mixture much easier.

Lie down right away flat on y our back with head high on pillow for 20 minutes. Go to sleep.

Next Morning - after 6am.
Upon awakening take your third dose of Epsom salts. If indigestion or nausea, wait until gone before drinking the Epsom salts. Go back to bed if you wish.

Two hours later
Take the 4th and last dose of Epsom salts, you can go back to bed if you wish.

Two hours later
You may have fresh fruit juice, than half hr later eat fruit. One hour later you can eat light regular food. By supper you should feel recovered.