



NATURAL HEALING THROUGH THE LAWS OF HEALTH

"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

Cor. Redcliffe and Temple Streets | St. John's | Antigua and Barbuda | +1 (268) 720-0418
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GALLSTONES

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS THE GALLBLADDER AND IT'S FUNCTION?

The gallbladder is a pear-shaped, hollow structure located under the liver and on the right side of the abdomen. Its primary function is to store and concentrate bile, a yellow-brown digestive liquid produced by the liver. The gallbladder is part of the biliary tract. The gallbladder serves as a reservoir for bile that is not immediately used for digestion as it concentrates the stored bile. When food enters the small intestine, two hormones called secretin and cholecystokinin are released, signaling the gallbladder to contract and secrete bile into the duodenum through the common bile duct. The bile helps the digestive process by emulsifying fats and neutralizing acids in partially-digested food.

Any food high in fat must be emulsified. Bile is a degreaser. Goods such as peanut butter or salad dressings are very difficult to digest because of their oil content. If the oil is not degreased, enzymes cannot penetrate the oil to digest the food. This is what bile does. So we need bile to expose the bonds within the food that the enzymes need to break. Therefore, much gas will be formed if the action of bile is not adequate.

Another important step to note is that if there is not enough acid coming from the stomach, sodium and water are removed from the bile and reabsorbed into the blood. Thus the bile becomes thick and its flow very sluggish. This allows the formation of **gallstones** and the symptoms of gas, bloating, pain, and constipation gradually become overwhelming. **Gallstones are small, hard deposits inside the gallbladder that are formed when the stored bile crystallizes.** When the gallstones reach a certain size, or if the gallstone obstructs the bile ducts. Surgical removal of the gallbladder

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(cholecystectomy) is the most common way to treat gallstones.

The gallbladder may be removed to correct the symptoms of gas, indigestion and pain. The surgeon, simply make a direct connection from the gallbladder to the pancreatic duct. When this is done, the liver constantly drips bile and the body actually makes another little pouch. Nothing changes except the symptoms. Remember if there is not sufficient stomach acid, the bile becomes thick, therefore, more stones form in about two to three years.

An excess of cholesterol, bilirubin or bile salts can cause gallstones to form.

SYMPTOMS

Approximately 80% of all gallstones show no symptoms and may remain "silent" for years until they are large enough to cause symptoms. Once symptoms arise, they persist and increase in frequency.

Symptoms may include:

- Skin may turn yellow
- Nausea, or vomiting
- Gas or fullness after a heavy meal
- Right upper quadrant abdominal discomfort or sharp pain
- The pain can also spread to the chest, shoulder, neck or back
- Stones expelled from the gallbladder during contraction may become lodged within the bile duct leading to infection of the bile duct or gallbladder
- Diminished bile flow by the presence of drugs, hyperthyroidism, viral hepatitis.

CAUSES

- A high fat cholesterol diet as the cholesterol crystalizes.
- Cooked fats and fried fats are the most common causes of gall bladder dysfunction.

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- Incomplete digestion of fats and excessive fermentation in the system, cause improper secretion and flow of bile from the liver.
- A Harvard study showed that obese women were 6 times more likely to get gallstones than women of normal weight.
- Excessive fatty rich food and low fiber
- Cholesterol lowering medication
- Women who use birth control are 2 times more likely to develop gallstones
- Low stomach acid: when stomach acid is low, sodium and water is removed from the bile leaving it thick
- Pain after eating high fat meal.
- Common triggers for gallbladder attacks are:
 - Caffeine
 - Chocolate
 - Eggs
 - Dairy products (especially ice cream) and
 - Greasy or deep fried foods

DIET

- Avoid all flesh and its by-products (cheese, ice cream, milk, butter, etc.). **Animal Products** are the highest source of fat in the diet.
- If you so desire to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.)
- It is vital that you increase the amount of **water** you drink!
- Do not use **soft drinks**, caffeine, chocolate, cocoa, pepper, heated nuts, or poppy seeds.
- **Caffeine and alcohol.** Please stay away from all alcohol (vinegar), green tea, chai tea, black tea, sweet tea, lipton iced tea, coffee, decaf tea, white tea. Caffeine and sodium also increase the rate of calcium loss through urine. Alcohol inhibits calcium absorption.
- Do not put **vinegar** into the body. Avoid the use of items with vinegar content such

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as ketchup, mayonnaise or other salad dressings.

- Use **unrefined pin Himalayan sea salt** in your diet.
- Excess fat in your diet can be one of the chief contributors of gallbladder disease. Because your gallbladder must release bile to digest fats, the gallbladder can become clogged if it produces too much bile at once. Avoid high-fat foods like pre-packaged baked goods that contain trans fats and fatty cuts of meat, like a porterhouse steak. Instead, choose healthy fat sources, like cold-pressed olive and coconut oils. These oils have anti-inflammatory properties that can reduce the incidence of gallbladder disease.
- Fiber-Containing Foods - All Refined items, such as white rice, white bread, etc. should be avoided. Use more complex carbohydrates found in whole foods, which also contain more fiber such as whole grains, brown rice, oats, beans, leafy vegetables and fresh fruit.

Foods with fiber help ensure more efficient digestion. High-fiber foods also help prevent future gallstones from forming. This is because fiber binds with other digested materials in your stool to help move foods more quickly through your digestive tract. Because gallstones can form when digested material moves too slowly through your digestive tract, foods with fiber can support the gallbladder. Foods with fiber include most fruits and vegetables, like mangoes, bananas, sour sop, broccoli, kale, green beans and peas. Incorporate these foods into your diet.

- **Foods with Vitamin C** - You are more likely to experience gallstones if you have a lack of vitamin C in your diet. Instead of taking a vitamin C supplement, increase your intake of whole foods that contain vitamin C. This includes citrus fruits like oranges, tangerines and grapefruits. Juices made from these fruits also are vitamin-C sources. Tomatoes, strawberries, broccoli, sweet red peppers, and potatoes also contain vitamin C.
- **Pears** are believed to have specific healing properties for the gall bladder.
- **Watermelon** provides additional water. Eat it 15-30 minutes before a meal.
- Avoid eating **spinach, chard, or beet tops** as these are high in oxalic acid. About

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60% of all stones are calcium oxalate in nature.

- A lack of **vitamin A** can lead to stone formation. It helps to protect the lining of the urinary tract (carrot, dried apricot, mango, red sweet pepper, cantaloupe melon, squash, broccoli).
- Increase **vitamin B vitamins** (garlic, sesame, blackstrap molasses, banana, chick pea, whole grain rice, avocado).
- Increase **Magnesium** (pumpkin seeds, cashew, buckwheat, tofu, date, potato).
- Calcium deficiency is associated with increased risk of gallbladder disease symptoms. Increase **Calcium** (almonds, cabbages, cauliflower, celery, oranges, black strap molasses, legumes, whole grains, brown rice).
- **Flaxseed**. 2 tablespoons freshly grounded daily.
- **Pumpkin seeds**. 1 handful or 1/4 cup at each meal.
- **Lecithin granules**. (2 tablespoons daily with meals) to prevent the formation of gallstones.

LIFESTYLE

- Exercise. **Walking** is the best exercise and this should be done for 1 hour daily. Every time the feet hits the ground in walking, it immediately triggers the absorption of calcium in the body; thus preventing excessive calcium loss.
- Upon awakening, drink at least 16oz. to 32oz. or 2 – 4 8oz glasses of **warm water** squeeze 1/2 **lemon** in one glass of warm water. Lemon helps to dissolve gall stones. During the day drink enough water until the urine is clear. The best way to drink water is gradually, not all at once.
- **Bedtime** should be before 10:00p.m.
- Apply **heat** to the sore place. This will dislodge the stone and give speedy relief.

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- **Avoid skipping breakfast.** One study showed that people who skipped breakfast have a greater incidence of gallstones than those who did not.
- Get adequate amounts of **sunlight** daily to help with calcium absorption in the body. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.
- Nature's process of healing and up building is gradual, and to the impatient it seems slow. But, nature, untrammelled, will do her work wisely and well. (MH p.44)
- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. **If your vitamin D level is less than 30ng/mL, calcium does not absorb.** For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, it would

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recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

HERBAL TREATMENT

Nettle – 1 handful of leaves to 4 cups of hot water, steep for 3 hours, then strain and drink daily.

Stone Breaker – use as directed.

Milk Thistle - If you have gallbladder problems such as gallstones, taking milk thistle may help. Milk thistle in capsule or tablet form may help to prevent gallstones, says the University of Michigan Health System.

Another option to Milk Thistle is **Dandelion** - 2 tablespoons powder in 4 1/2 cups water - drink daily - helps to treat gallbladder pain related to gallstones. Dandelion root contains bitter compounds that stimulate bile production in the gallbladder, explains the University of Michigan Health System. Dandelion may also help the body in processing fats, which helps to support the gallbladder and liver.

Turmeric – 2 tablespoons powder in 4 1/2 cups water - drink daily - works to expel gallstones from the gallbladder.

Peppermint - If you have gallstones, peppermint may help to dissolve them, says the University of Pittsburgh Medical Center. Preliminary medical studies have found that taking peppermint or other essential plant oils helps to dissolve gallstones over the course of several months and can provide increased gallbladder benefits.

Artichoke - the leaves of the globe artichoke may help to support the gallbladder and liver, it is prescribed as an herbal remedy for gallbladder pain associated with

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gallstones. Artichoke leaf may help the gallbladder to contract and push out the gallstones,

General instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 40 minutes to 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 40 minutes to 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 40 minutes to 4 hours.
- Drink as water through the day.

FLUSHING THE GALLSTONES TREATMENT

Step 1: Intestinal Cleansing

1. Soak 1 teaspoon to 1 tablespoon of Bentonite clay in 1 cup of filtered water for 12 hours. Start soaking in the morning.
2. Then add ½ to 1 tablespoon of psyllium husks or plantago seeds to the clay mixture and mix well.
3. Drink and eat the whole cup of mixture immediately and then followed by 1 cup of warm water before bedtime.
4. Drink at least 8 cups of warm water a day including 2 cups first thing in the morning.
5. Repeat the procedure until the stool becomes normal (usually 1 to 2 weeks), when no more intestinal cloggings are coming out.

Please note that intestinal cleansing is not necessary if you have never had constipation problems.

Step 2: Gallbladder Flush

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Olive oil stimulates the secretion of bile, as well as reduce the size of gallstones, thereby expelling small and medium stones.

The following procedure is based on: Natural Liver Therapy by Christopher Hobbs, L. Ac., Botanica Press, Capitola, CA (1993).

1. Eat only whole foods (un-refined foods) without fat for a whole day.
2. About an hour before bedtime (on an empty stomach), drink $\frac{1}{4}$ -cup of extra virgin cold pressed olive oil mixed with $\frac{1}{4}$ -cup of freshly squeezed lemon juice. Repeat this process every 15 minutes until a total of 1 cup each of olive oil and lemon juice is finished. An alternative to this procedure is to replace lemon juice with freshly-squeezed grapefruit juice. $\frac{1}{2}$ cup of grapefruit juice can be used each time. A total of $1\frac{1}{2}$ to 2 cups of grapefruit juice is required. It works well and tastes better than lemon juice.
3. Go to bed immediately and lie on your right side.
4. The next morning take 1 litre (approximately 4 cups) of warm distilled or filtered water containing two level teaspoons of sea salt. Alternatively the addition of juice from half a lemon may be used in place of the sea salt.
5. Eat only softly cooked vegetables and broth the second day. The gallstones should come out some time during the second day.

The stones that come out are usually dark green or black in colour. They may also be brown, off-white, green or, rarely, red in colour.

Step 3: Liver Cleanse and Gallbladder Flush (Alternative Procedure)

An alternative procedure to Step 3 above combines gallbladder flush with liver flush. It uses apple juice fasting, as described below. It is recommended that people with cancer, candida yeast infection, diabetes, hypoglycemia or stomach ulcer should not use this apple juice fasting procedure because of the high sugar content in the apple juice.

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Day 1:

Take 2 cups of 8 oz apple juice every 2 hours from 8 am to 8 pm. Altogether 14 cups will have been taken during this period. Do not take any other food or drinks except plain water.

Please note that the apple juice should not be taken cold from the refrigerator. It should be kept at room temperature or mixed with about 10% hot water before use because cold drinks chill the liver. For people with lots of stagnant bile, the collapsed stagnant bile may rush out after drinking apple juice. It may feel like having diarrhea but is actually stagnant bile (brownish yellow colour).

Day 2:

1. Repeat Day 1
2. At 8:30 pm, take ½-cup (4 oz) of olive oil (extra virgin cold pressed) mixed with ½-cup of lemon juice (squeezed from 3 lemons) or with ¾-cup of freshly-squeezed grapefruit juice.
3. Go immediately to bed and sleep on your right side. If there is a large amount of stones, nausea may be felt after drinking olive oil but this feeling will largely disappear on the third day after taking some food.

Day 3:

1. Upon rising in the morning, take 1 litre (approximately 4 cups) of warm distilled or filtered water containing two level teaspoons of sea salt. Alternatively the addition of juice from half a lemon may be used in place of the sea salt. Wait for at least half an hour before eating.
2. Take vegetable broth and softly cooked vegetables only. The stones should be passed in the stool any time between midnight of Day 2 and morning of Day 4.

Note: The purpose of drinking apple juice is mainly for the malic acid in apple juice. Malic acid is a good solvent for stagnant bile in the liver. Apple juice taken during



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fasting would dissolve and push out stagnant bile in the liver. For someone with a yeast infection or diabetes, apple juice can be replaced by malic acid in capsule or powder form. The fasting procedure is the same except that apple juice is replaced by 1000 - 2000 mg of malic acid taken with 2 cups of warm water.

Guide to using flushing procedures

When gallstones exist, the gallbladder cannot contract efficiently. Therefore only stones in the front area of the gallbladder can be pushed out in the first flush. Then stones from the back area would slowly move forward and may cause problems again. The whole process should be repeated. It usually takes at least 3-4 flushes to clean out all the stones. Basically the flush should be repeated until hardly any stone comes out even though you have a good flush. The weaker your gallbladder is in contraction, the more flushes you will need in order to push out all of your stones.

De-congesting the Liver

If the gallbladder is loaded with stones, there is very limited space in the gallbladder to store the bile. The bile, which is produced in the liver, stays in the liver and leads to liver congestion. When the liver is very congested, nutrients or herbs, which have to go through the liver first, may not reach the gallbladder. This explains why some people with very congested liver cannot flush out their stones unless they decongest their liver first. Another problem is that bile produced in the liver, through olive oil stimulation, has to flow down to the gallbladder in order to push out stones with the help of gallbladder contraction by lemon or grapefruit juice. If the liver is congested, bile flow is restricted. As a result, there is insufficient bile in the gallbladder to push the stones out.

If a stone gets stuck on its way out or if you have a gallbladder attack

It does happen, although very rarely, that a stone may get stuck on its way out. In this situation, the olive oil/lemon juice flush may be repeated. Three teaspoonfuls of epsom salt in a cup of warm water should be taken 2 hours before the olive oil/lemon juice to dilate the duct. Furthermore, if no stone comes out during the flush the day after taking olive oil/lemon juice and you feel uncomfortable, one tablespoon each of Coptis and Curcuma can usually help to push out the stones or other blockages.

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If one tablespoon each of Coptis and Curcuma fail to push out the lodged stone and relieve pain, it is usually due to stone too big to be pushed out.

A stuck stone during the flush is different from a regular gallbladder attack. During the flush, a lot of bile is produced which serves as an excellent lubricant. The pain produced is relatively dull and mild in comparison with the very sharp pain experienced in a regular gallbladder attack.

**PLEASE COMBINE THIS SHEET WITH THE FACT SHEET
TO GET THE BEST RESULT.**

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