

Gallbladder

Gallbladder disease is very common in this country and the typical treatment is surgery to remove the gallbladder. There is something of a folk remedy that has been very successful in both the prevention of this condition, and also its reversal, **without** the need for surgery.

The procedure is called a gallbladder flush. I just finished my own flush and thought I would share the procedure and the results with you. Keep in mind that for procedures such as this, you should consult with your doctor who might know of any reason why you should not follow this process; however, do not expect your physician to be familiar with it. You may need to do your own research on the internet and provide a printout of the procedure for your doctor to review.

To understand this procedure it helps to understand a little about how the gallbladder works. The gallbladder is a thumb sized organ that attaches to the liver. Its purpose is to store bile which is produced by the liver. Bile is used to help the body digest fat. When fatty foods are eaten, they trigger the gallbladder to squeeze bile into the bile duct which then empties into the upper intestine. It then mixes with the consumed fat, helping it to break down. Bile contains a high percentage of cholesterol and the body may use the gallbladder to help eliminate excess cholesterol.

For some reason that is not well understood, the bile can solidify and form stones. It is likely that something in the typical American diet contributes to stone formation. It is also possible that certain medications when taken frequently, can lead to stones.

The more stones that occupy the gallbladder, the less room there is to store bile. Also, with stones present, the gallbladder cannot contract properly to excrete the bile and this can accelerate the formation of more stones. Not only will poor digestion result from a malfunctioning gallbladder, but bile can back up into the liver leading to liver damage.

There are a number of variations of the gall bladder flush. The one I completed is very simple and takes about a day and a half to complete. The first day involves not eating any food with fat in it which means no meat, salad dressings, etc. After 2 pm that day, no food is eaten. At 6:00 pm drink a solution of one tablespoon epsom salts and 8 oz. water. This is repeated at 8 pm. The epsom salts are made of magnesium which helps to relax the muscles of the duct that will pass the stones. Magnesium also acts as a laxative.

Just before bed, drink a mixture of half a cup of fresh lemon juice and a half a cup of extra virgin olive oil. I am not sure if the lemon juice has any other purpose, but it does help get the olive oil down. The oil is the main ingredient of the flush. It triggers the gallbladder to forcefully contract, expelling the stones. You do not normally feel anything during this process, but during the night and part of the next day you will typically have diarrhea and pass the stones. It is not uncommon to pass dozens of small stones and even some very large ones. The next morning you should drink one more glass of epsom salt solution. The stones are a greenish brown color. Some are hard and some are a clay like consistency. Some people like to know how many stones they pass or like to show the stones to their doctor, so they use a colander to collect them.

There is some controversy in the medical community regarding the safety of this procedure. The concern is that a stone may become stuck in the duct and have to be surgically removed. I have known a number of people who have completed a gallbladder flush and none have had any problems. I believe the chances of this are small, but it would be a good idea to discuss this with your doctor prior to performing this procedure. Unlike kidney stones, which can have sharp edges, gallstones are smooth and slippery and typically pass through without any discomfort. Once clear of stones, the gallbladder should function more normally. For more health information, visit our web site, www.lifetouchclinics.com.