

Gall Bladder Problems

The gall bladder is a pear shaped organ sitting below your liver. The liver makes bile, bile is then stored in the gall bladder. Bile is a fat emulsifying agent; it helps digest fat and oils.

What are the symptoms of Gall Bladder Disease?

Indigestion, wind and nausea after eating (especially oil/fatty food). Pain in the upper right abdomen which may radiate to your back or the tip of your right shoulder. Often headaches and a stiff neck are also present.

Conditions

The commonest conditions effecting the gall bladder are gallstones, an inflamed gall bladder and, less commonly, an infected gall bladder.

Gallstones can sometimes be symptomless. The classic group most effected are the 3 F's – Fat, Female and Fifty.

Gallstones are rare amongst people who eat a high fibre diet. Diets high in animal fats and sugar put you at a higher risk. Fructose/corn syrup, eggs, red meats and white flour, bread, pasta, cakes and pastries put you at risk.

Natural Remedies for the Gall Bladder

Digestive enzymes Chewable digestive enzymes may ease many digestive problems including Gall bladder problems.

Oat Bran – low fibre diet is the biggest cause of gall bladder problems. Fibre carries fat out of the body locked to fibre.

Artichoke – increases bile flow. Also cleans the liver and kidneys.

Milk Thistle – the best liver cleanser of all. Increases cholesterol solubility. May dissolve some existing gall stones and thins bile.

Lipotropic Nutrients - Choline, Methionine and Inositol. They are available from our clinic as one tablet sold as 'Lipotropic Factors' Remove fat from liver. They very occasionally cause skin reactions. IF you develop hives or itchy skin stop taking 'Lipotropic Factors'.

Turmeric increases bile flow. It is also an anti-inflammatory and is also useful for an inflamed gall bladder.

If you are taking artichoke or turmeric to increase bile flow, I would also take milk thistle to simultaneously thin bile.

Foods for the gall bladder

- Lemon juice
- Avocados
- Cloudy apple juice
- Beetroot juice

N.B. Turmeric and artichoke have blood thinning properties – if on Warfarin ask for professional advice

Do you have high cholesterol? This suggests you are not eating enough fibre and your gall bladder isn't functioning.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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