

A Fresh Look

Information contained in this newsletter is for advice only. If you choose to use any remedies or follow this advice, you do so at your own risk.

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- **There are 600,000 gallbladders removed annually.** While 10% of all operations give some benefit, 90% do not. Those who receive no benefit are often back in the hospital for greater issues in less than a year.
- The gallbladder is located just below the liver, which is tucked under the right rib. It is often referred to as a holding tank for bile. **What is bile?** Bile is comprised of the body's waste the liver collects from the blood. Once the liver releases bile into the gallbladder, it is held until food passes into the duodenum. There, bile showers food, helping it to breakdown fats.
- Bile is necessary for digestion. **Absorption of fat and calcium depends on bile mixing with food.** When fat isn't absorbed, it stays in the intestines. Fat is lighter than water; it makes stool float. Feces should not float. When the stool floats it is because calcium isn't being absorbed either, leaving the blood in a deficit which will be taken from the bones.
- **Our system is designed to move.** When food goes into the mouth, it is important that it gets out. Likewise, when liver deposits bile into the gallbladder, it must be able to get out. When the system fails to flow properly, or there is an obstruction, this process is hindered. Hence, stones are formed in the liver and gallbladder, and waste is reabsorbed.
- **What happens when the gallbladder is removed?** The liver drips bile into the digestive system constantly, even when there is no food. It does not remove any previous digestion issues.
- **What are gallstones?** Gallstones are made from cholesterol, which comes in through our food, and the body also makes its own. (The liver converts surplus estrogen into cholesterol in order to remove it from the body.)
Interestingly, before the gallbladder has one stone, the liver can have hundreds. Stones are porous so they can easily collect bacteria, cysts, parasites and viruses and become infected by them. This is how "nests" of infection are formed. No stomach infection such as ulcers or intestinal bloating can be healed without removing gallstones.
- **Does that mean cholesterol is bad?** No, it means the system is not flowing properly. Cholesterol is not able to get out fast enough. The input is higher than the output. Cholesterol is important for brain function, longevity, reproduction, and fights against infection.
- **Excessive estrogen** in the body is converted into cholesterol by the liver. High levels are seen after giving birth, having a miscarriage and having an abortion.

Note: Gallstones are not necessarily a result of having the wrong kind of foods. They simply can result from failure to eliminate bowels adequately and being dehydrated. Once there is a problem all aggravating foods must be stopped until stones are purged. Two bowel movements a day minimum for good health. Three bowel movements for better health!

Gallbladder Health... Symptoms to Look For... Fun Facts...

Fun Facts

Cholesterol lowering drugs increase cholesterol excretion, forming stones.

Rapid weight loss deposits fat into the liver forming stones.

Aging increase gallstones: men over 60 increase their chances by 15%, while women increase chances by 40%.

Around 18% of all stones cause symptoms.

Fat and protein trigger release of bile down the common bile duct to the intestines.

Symptoms to Look For

Thumb and hand pain: parasitic and calcium build up— cleanse kidney and liver.

Upper arm pain: excruciating pain in upper arm soft tissue

Wrist pain: pain in wrist or numbness in hand—parasite and liver cleanse relieves pain.

Chest pain: if pain extends up into throat, most likely is it a gallstone stuck in the bile duct.

Shoulder pain: at the time of acute or chronic shoulder pain there is estimated to be about 3000 stones.

Upper back pain: the main pain is a dull ache over a shoulder blade, or between the shoulder blades, or running right through from the front to the back of the chest. This is an indication of gallstones coming out from the liver.

Elbow pain (tennis elbow): inflammation is caused by a liver full of stones and parasites, especially flukes which produce a chemical that affects tendons.

Right shoulder pain: in the night around midnight indicates gallstones.

Floating stool or orangish in color: bile duct needs to be cleared.

A Few Solutions

1. Keeping the system moving is key to healthy organs and digestive tract. (1) eliminate bowels with every meal (2) drink 1 qt. per 60 lbs. of body weight. (3) increase fiber in diet
2. To reduce stones (1) reduce foods high in cholesterol: dairy, eggs, cheese, meat (2) take 1 Tbsp. of Epsom Salts with 3/4 cup of water on empty stomach to relax bile ducts, and flush system.
3. Reduce estrogen rich foods: conventional: meat, dairy, eggs, cheese & soy.
4. Increase enzymes during meals. (1) 1/2 cup of sauerkraut juice before meal aids in digestion. (2) take enzyme capsules with meal.
5. Do regular liver & gallbladder cleanses, and parasite cleanse.
6. Reduce foods such as fried foods, breads, meats, dehydrated foods and caffeinated drinks. All these rob system of water and reduce flow.
7. Gallbladder attack (1) apply heat (2) make fresh juice made out of beet, celery & carrot (3) heat pack to liver to increase circulation (4) drink 1 qt. apple juice daily to help dissolve stones (5) eat lightly such as baked potato and salad, avoid fats. (6) 1 Tbsp. Epsom Salt in 3/4 cup warm water on empty stomach to relax ducts (7) large dose of valerian herb— 6-8 capsules for pain.

Recommendations: Before a liver/gallbladder cleanse can be successful, it is recommended a bowel and parasite cleanse be done first [in that order]. Parasites often are found in ducts and block flow. Use 1/4 cup castor oil once a week to help soften ducts and clean out system – grandma's preventative care.

Case Study: A 72 year old woman had her right arm hanging limp by her side. It was so painful she bent forward to let it hang straight down. After 7 months and 6 liver cleanses, she passed 3000 stones, and her pain was gone.