

TREATING AND PREVENTING GALLSTONES

StoneTree Naturopathic Clinic, Collingwood, ON

The gall bladder is just downstream from the liver, where it stores and concentrates the bile acids produced by the liver each day.

When you eat, these stored bile acids travel to the small intestine to help digest fats.

If your bile contains too much cholesterol, bile salts, or bilirubin, it can harden into gallstones—small, pebble-like objects that form in the gallbladder. Those stones can lodge in the bile ducts, and cause a “gallstone attack”.

Conventional Treatment

The gall bladder’s purpose as an essential organ has often been challenged by conventional medicine, and with the low-fat craze over recent decades, physicians were often supportive of removing it as the “cause” of many abdominal complaints.

In fact, the gall bladder is important, and having yours removed may not be necessary.

Options

- **Diet:** When our body is too high in lipids and cholesterol, we’re more likely to create stones. Cholesterol levels generally rise when our bodies are in an inflammatory state – and simply cutting it out of your diet won’t do the trick because our bodies make it. Eating a balanced diet with lots of vegetables, only complex carbohydrates and small ‘clean’ proteins will keep your inflammation and cholesterol levels down.
- **Supplements:** There are natural substances that can increase the flow of bile and break-down of stones. However, it’s critical that you be monitored by a qualified health professional, as some supplements may cause stones to move and get stuck, causing more severe problems.
- **Prevention:** Bitter and sour tasting foods such as lemon water or coffee stimulate the production and dumping of bile, essentially cleaning out the gallbladder and increasing your digestive capacity immediately before a meal

To learn more, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com