



Gallbladder

The conventional medical view is that you can remove organs and there are no / few consequences. Advice as to how to compensate for removing this important organ is lacking and the general opinion is that the gallbladder isn' t needed. The fact is, that this can lead to a **lifelong deficiency of essential fatty acids**. Why? Because after your liver produces bile, which emulsifies fats for improved fat digestion, half of it goes to the small intestine, and the other half is stored in the gallbladder until it's needed. Once the gallbladder is removed, the body loses its capacity to store bile between meals. So, both bile acids and cholesterol are delivered directly and continuously from the liver ducts to the upper part of the intestine.

Gallstones form when bile is in the gallbladder too long and it collects and settles. Although most gallstones dissolve naturally and produce no symptoms, if one ignores warning symptoms and does not address the reasons why their gallbladder is not functioning properly, then the disease can progress to the point where the pancreas is inflamed or the gallbladder is seriously infected and may have to be removed to save a person's life.

SIGNS OF GALLBLADDER DISEASE

If you have any of the following symptoms then your gallbladder may not be functioning properly:

1. Pain when pressing on the gallbladder, which is directly under the last rib on the right on the same plane as one's nipple. This is usually due to gallbladder "sludge" (thick bile).
2. Stone on a gallbladder ultrasound.
3. Greasy stools that are loose and tend to float to the top of the toilet bowl. This indicates improper fat absorption.

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TREATMENT METHODS

- Regular exercise is one of the best things you can do to address gallbladder dysfunction. This is a proactive prevention step but most people don' t worry about their gallbladder until they have a problem. Unfortunately, by that time exercise alone is not going to 'cut it' .
- At that time a gallbladder flush may provide some relief and once the symptoms abate a cardiovascular exercise program can serve to permanently improve the gallbladder.
- It is also imperative that you clean up your diet. Reduce sugars, reduce or eliminate the grains, drink plenty of water. Make sure you' re eating enough healthy foods (see other information leaflets). The gallbladder is frequently infected when it is diseased so large amounts of high-quality pro-biotics will also be helpful in correcting the problem.

HOMEOPATHY

Homeopathy can help restore balance to the body and alleviate the symptoms associated with gallbladder disease. Moreover treatment by a qualified homeopath will raise the general level of health and so prevent recurrences. Please phone Pauline to discuss this.

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WHAT TO DO IF YOU' VE HAD YOUR GALLBLADDER REMOVED

High-quality fats - especially omega-3 fats - are essential for good health and if you don' t have a gallbladder you will have an impaired ability to absorb them. Trying to digest fat without bile is like trying to wash greasy dishes without soap - it doesn' t work very well. If your gallbladder is removed then you need to compensate by providing an increased level of fat digestive enzymes (**lipase**) to compensate for this.

The other strategy is to increase your intake of essential fats.

RECOMMENDATIONS FOR IMPROVING YOUR INTAKE OF ESSENTIAL FAT

INCLUDE

- Cold - pressed, unrefined vegetable oils such as sesame, sunflower, safflower for salad dressing. Supplement with flaxseed oil. Store them in the fridge.
- For cooking - extra - virgin olive oil
- Butter in moderation for spreading or cooking (organic preferably).
- The use of freshly - ground seeds can improve digestion, prevent and reverse constipation, stabilise blood sugar levels and bring about many other beneficial effects. Grind in a grinder: Flax (linseed) 2 parts, pumpkin seeds 1 part, sesame seed 1 part, ground to a powder (like ground coffee) stored in the fridge and 2 heaped dessert spoons added uncooked to porridge / cereals.
- Nut butters - made without sugar or palm oil.
- Nuts and seeds
- Tahini (creamed sesame seeds) for sauces and dressings.
- Oily fish such as mackerel, sardines, etc.
- Unhydrogenated margarines.

AVOID

- Commercially produced vegetable oils whose labels do not state that they have been cold - pressed or are extra virgin.
- Heating oils to high temperatures.
- Storing oils in the light, i.e., in glass bottles on a window sill.
- Roasting nuts as it destroy the oils
- Palm oil as it is a saturated fat.
- Hydrogenated margarines, (polyunsaturated, hydrogenated oils).

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FISH OIL SUPPLEMENTS

The health benefits of oily fish can mainly be attributed to its fatty acid content. There are 2 types of fatty acid: omega 3 (ω 3) and omega 6 (ω 6). The human body needs not only sufficient amounts of each but also a suitable ratio between the two. Dietary studies have revealed that until the 1850' s a 1:1 ratio between the two types of fatty acid was normal in the human diet. That, however has shifted to around 1 : 2 (ω 3 : ω 6 ratio).

The health benefits of oily fish were particularly brought to light by studies of the Eskimo diet. Eskimos naturally consume fresh fish every day and it has been noted that they rarely suffer **cardiovascular disease** and maintain **normal blood viscosity** throughout their lifetimes.

Fatty acids and a suitable ratio of omega 3 and omega 6 oils have an essential role in normal **brain function**. Science backs up this idea with many published studies linking DHA to normal brain development in the unborn child. They are also necessary for the maintenance of **eye health, cell membrane integrity, skin health, joint mobility** and normal **liver function**.

In view of the foregoing, it is evident that the population in general need to increase their daily intake. Fish oil supplement is therefore the most convenient, available and direct source of the fatty acids EPA and DHA. Although there are known benefits from fish liver oil supplements (particularly cod liver oil) in relation to maintaining joint mobility, there are also disadvantages. Oily fish are often harvested from polluted waters where heavy metals can accumulate in the liver. For this reason select a fish oil that has been through a molecular distillation process to segregate out the two most important Omega-3 fatty acids DHA and EPA, and to eliminate the potential of heavy metals, PCBs and dioxins in the product. Please see 'Fish Oil' leaflet .

For recommended suppliers and supplement advice please contact Pauline. Telephone: 01905 798567
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