

THE Wellness Minute

Nutrition Series: 3.4
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Gall Bladder Syndrome, Part 1

What Is Gall Bladder Syndrome And How Can It Be Prevented?

We must remember that any disease is at first a disturbance in cell metabolism brought about by interference with cell respiration or starvation, and that to survive the way nature intended we must avoid those things which produce these adverse biochemical changes. Gall Bladder Syndrome is one of the most expensive, easily preventable conditions affecting Americans, causing a reported 3,000 deaths and over 800,000 hospitalizations annually. Over 500,000 people undergo surgery for gall bladder disease each year! Amazingly we bring this on ourselves, and with a few key lifestyle changes this condition could be virtually eliminated.

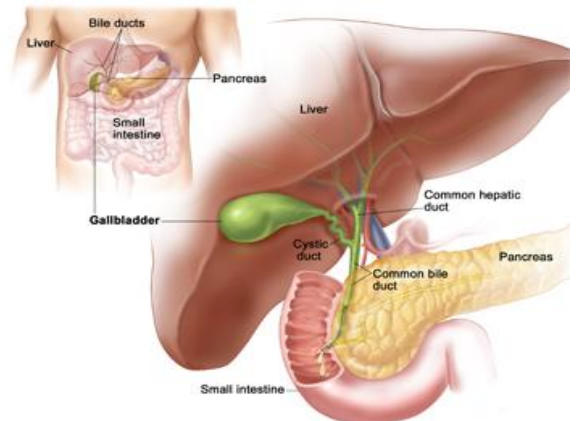
The American lifestyle of unnatural foods, refined sugar, white flour and unnatural fats contributes to gall bladder disease. Follow that lifestyle and someday you too may be one of the unfortunate people who suffer a truly avoidable disease syndrome.

What Are The Warning Signs?

- Belching and Gas
- Indigestion
- Pain between the shoulder blades
- Pain in the abdomen (on right) under ribs and next to the belly button
- Bloating shortly after meals
- Intolerance of fatty foods
- Nausea and vomiting
- Constipation

What is the Gall Bladder?

The gall bladder contains bile which is produced by the liver and aids in the breakdown and assimilation of fats. The gall bladder holds and concentrates bile until a meal comes along for which the bile is necessary. Up to 95% of the secreted bile is reabsorbed... virtually all of the organic compounds in bile are taken back to the liver for later use. In addition to these organic compounds, the bile contains toxins and other waste products of metabolism which are released by the body through the bowel.



What does Bile Do?

Bile emulsifies fats, beginning their digestive process. Bile improves the absorption of the fat-soluble vitamin complexes: A, D, E, K and essential fatty acids. Bile helps bowel muscle tone and stimulates healthy bowel movement. Bile carries certain toxins away from the liver and out of the body through the bowels.

Next week: How to prevent gall bladder disease.