

Gall Bladder Syndrome, Part 2

What is the Bile Duct?

Bile is carried from the gall bladder to the intestines through a tube called the bile duct. Gall Bladder Syndromes nearly all involve some type of restriction of the flow of bile through this tube. For example, pancreas health is very much involved with bile duct health. When the pancreas has been working overtime helping with refined sugars, carbohydrates and proteins, the pancreas can swell. Pancreatic swelling can restrict bile flow which affects proper digestion and causes symptoms. Additionally, toxins concentrating in the gall bladder are known to scar the bile duct and further reduce the healthy flow of bile.

What Is A Natural Approach to Gall Bladder Health?

Hundreds of thousands of people have their gall bladder removed every year, yet 25-43% of postsurgical patients continue to have similar pains and digestive complaints after the surgery. That means gall bladder removal may not be the answer to gall bladder pain. In fact, for those people surgery is only a short-lived attempt to resolve a lifetime of symptoms of indigestion. Gall Bladder Syndrome is associated with other serious health challenges, such as obesity, heart disease, diabetes and cancer. All of these conditions are associated with overeating sugar and unnatural fats, and with lack of exercise. Gall bladder surgery does not protect the

patient from cancer, nor from heart disease, diabetes and obesity! For instance, research shows higher rates of colon cancer in patients who have gallstones, whether or not they have had gall bladder removal. Unless the cause of the Gall Bladder Syndrome is reduced or eliminated, regardless of whether one has a surgical removal of their gall bladder, the problem remains. Try these steps before you have your gall bladder removed and perhaps you never will.

1. **Reduce or eliminate refined sugars.** For many people this is the end of their gall bladder problems. By merely reducing sugars, people digest fats better and gall bladder symptoms are eliminated.
2. **Eliminate all Hydrogenated and Trans-fats.** These unnatural fats cause undue stress on the body, and block normal, healthy fat metabolism, leading to discomfort and disease.
3. **Exercise regularly.** Brisk walking for 45 minutes five times weekly has been shown to improve gallbladder function.
4. **Consume natural foods.** Choose salads, vegetables, fruits, seeds and nuts.
5. **Drink water.** Not soft drinks, no, not even diet drinks. Drink fluids before the meal, not during or after the meal, as this will dilute the digestive "juices" and negatively influence your digestive process.
6. **Maintain regular Chiropractic adjustments.** In two medical studies researchers found in postmortem examinations of gall bladder disease that 88-90% of subjects had spinal damage occurring at either the level of T7 or T8.