

GALLBLADDER

A small, pear-shaped muscular sac, located under the right lobe of the liver in which bile secreted by the liver is stored until needed by the body for digestion. Symptoms of problems usually include pain under the right rib cage or between shoulder blades, nausea after eating or chalk-colored stools.

PRIMARY FORMULA:

- GALL BLADDER FORMULA (Liver Tonic/Digestive Aid)

HERBALS:

- DIGESTIVE BITTERS TONIC - To aid cleansing of gallbladder and digest fats properly
- BLOOD BUILD - Use at least 6 months to strengthen Gallbladder before any gallbladder cleanses
- LIVER BALANCE (Stressed Liver) - Use after a Gallbladder cleanse

VITAMINS, MINERALS & OTHER SUPPLEMENTS:

- HI-LIPASE - Enzyme to digest fats
- BOWEL DETOX - Contains bile salts for digestion, essential if there has been gallbladder surgery
- THAI-GO, VITAMINS A & C (Antioxidants/ Vital Nutrition)

ESSENTIAL OILS:

LAVENDER + GERANIUM, EUCALYPTUS, ROSEMARY or ROMAN CHAMOMILE

GALLSTONES:

- HYDRANGEA - To pass gallstones
- CASCARA SAGRADA - To increase bile flow to dissolve gallstones
- DIGESTIVE BITTERS TONIC - To help the gallbladder empty
- LIVER CLEANSE FORMULA - To pass gallstones
- ESSENTIAL OILS: LAVENDER + GERANIUM or LEMON BIO

PAIN: Castor Oil packs on liver / gall bladder area

AFTER REMOVAL OF GALLBLADDER: HI-LIPASE, BOWEL DETOX,
PROACTAZYME PLUS & FAT GRABBERS - For improved digestion

DIET: Apple juice, applesauce and figs are very good. Pears, pear juice, beet juice. Avoid all fat. Grate 1 Tbsp. raw beet in salad each day.

OTHER: Control blood sugar and caloric intake.

See: *Gallbladder Cleanses, Hiatal Hernia, Liver*