

GALLBLADDER DIET

Do not avoid all fats unless you are in attack or close to attack mode. Even then, a small amount of the flax oil in the beet recipe can be helpful. Fat-free and low-fat diets can be a cause for gallbladder problems as well as too much of the wrong fats. The body needs fats. Use omega 3 oils like flax or hemp. These are both delicious on salads. Cold-pressed, extra-virgin olive oil is also recommended. Use with vinegar or fresh lemon juice.

HELPFUL FOODS	AVOID THESE FOODS	
<p>Beets Cucumbers Green beans - are NOT the same as dried Okra Sweet potatoes Avocados - a good way to get needed fats directly from food Vinegars all types Garlic and onions help with liver cleansing but not processed types like flakes or powder. But some people have trouble digesting them so pay attention Shallots Tomatoes - ripe cold water fish Lemons (lemon juice in the morning with hot water helps to clean the liver) Grapes and fresh organic grape juice apples, berries, papaya, pears Omega 3 oils like flax or hemp. Use these with fresh lemon juice or vinegar on your salads. DO NOT COOK flax oil.</p> <p>Vegetable juices - Beet and cucumber are especially helpful to gallbladder You can add other green vegetables like tender baby greens, swiss chard, dandelion greens, beet greens, celery, carrots -- avoid the cabbage family)</p> <p>Avoid all fruit juices except organic grape juice and organic apple (self-juiced is best).</p> <p>All the vegetables listed above for juicing are good. Use baby mixed organic greens for salads and avoid the bitter greens for now.</p> <p>Fiber such as found in fruits and vegetables and guar gum</p>	<p>Eggs, pork, gluten, onion, fowl, milk, coffee, oranges, grapefruit, corn, beans, nuts Trans fats Hydrogenated, partially-hydrogenated oils Margarine Fried Foods Saturated fats (even coconut oil until feeling better) Red meats Dairy products Eggs (Research showed that eggs caused symptoms in up to 95% of patients. Try substituting flax seed gel in recipes that require eggs for the "glue". That's 1 TBSP ground flax seed to 3 TBSP hot water. Let cool and add.) Coffee, regular or decaf Spicy foods Chocolate Ice cream Black tea Alcohol, beer, wine, liqueur Fruit juice Carbonated water Tap water Turnips Cabbage, cauliflower Colas and all sodas Oats (for some people) Gluten -Wheat, Barley, Rye, Spelt, Kamut and any gluten-containing grains</p> <p>Avoid all artificial sweeteners, sugar, preservatives, refined and bleached foods (like white flour)</p> <p>Avoid smoking if possible as it can exacerbate the symptoms.</p> <p>Avoid all possible food allergens.</p>	<p>Many steamed greens like collard, mustard and kale, also brussel sprouts and broccoli seem to be a problem for some people. Greens (and especially kale and brussel sprouts) are used by the liver to detoxify. It may be necessary to avoid these until you have done some work with the products and flushes as well as diet. Your goal should get to the point where these foods do not cause distress, as they actually target the root of the problem.</p>

GALLBLADDER DIET TIPS

DO NOT OVEREAT

DO NOT EAT UNDER STRESS

EAT ONLY FRESH FOODS - DO NOT EAT PACKAGED FOODS

ORGANIC FOOD IS IMPORTANT

ORGANIC IS IMPORTANT - The liver is the root of the problem here, and the pesticides and herbicides used in commercial fruits and vegetables causes extra burden on the liver and therefore, the gallbladder.

GALLSTONE DIET

HELPFUL FOODS	AVOID THESE FOODS	FOR RELIEF FROM GALLSTONE PAIN
<p>Foods Helpful for Gallstones:</p> <p>USE ORGANIC FOODS Fresh vegetable juices as mentioned above (beet and cucumber especially) Drink lots of water - very important Garlic and garlic oil Avocados Artichokes Ginger root Coconuts Grapes and freshly pressed grape juice (organic grapes only) are especially helpful Apples particularly including apple juice apricots, berries, casaba melons, currants, figs, guavas, lemons, pears, prunes Tumeric (organic) Cottage cheese - lowfat Flax oil Radishes help to dissolve gallstones but may cause some discomfort. Do not use them until your symptoms are gone and then only if they do not disagree with you.</p>	<p>Foods to Avoid for Gallstones:</p> <p>Same list above for general gallbladder problems above. Take special note of the foods most likely to cause gallbladder attacks: eggs, pork, gluten, onion, fowl, milk, coffee, grapefruit, oranges, corn, beans and nuts, alcohol, saturated fats, hydrogenated oils and partially hydrogenated oils</p> <p>NOTE: green beans are not classified as beans.</p>	<p>For Relief from Pain</p> <p>Flax Seed Tea Recipe Boil 1 Tbsp of organic flax seeds in 2 1/2 cups of water for 5 minutes. Steep 10 minutes. Strain and sip slowly. Buy organic flax seed from your local health food store or order it online.</p> <p>Cucumbers and/or cucumber juice</p> <p>The Beet Recipe - see below</p> <p>Maria Ellicot suggests aloe vera juice for gallbladder pain.</p> <p>Use the Gallbladder Starter Kit along with the gallstone diet for quickest relief from symptoms of gallbladder or gallstone pain. Once you are free from pain you can add in the Gallstone Kit to help to dissolve the stones.</p>

DIET AFTER SURGERY

Diet After Gallbladder Surgery:

If you will read the page on gallbladder disease and how you got into trouble in the first place you will begin to understand that gallbladder surgery is not the answer to the *underlying* problem. This is not to say that surgery is sometimes necessary and can be helpful with the pain and other symptoms. The most common question asked on this site is why there is still pain/symptoms after gallbladder removal. Your diet needs to be changed with or without possessing a gallbladder, if you have had any form of gallbladder disease. So follow the

FATS TO AVOID / FATS TO INCLUDE

Fats to Avoid and Fats to Include:

Most important is to avoid fried foods, fatty foods and particular types of fats like trans fats, hydrogenated fats, partially-hydrogenated fats (read your labels) and saturated fats. (Order my newsletter on Good Fats vs Bad Fats for more in-depth information.)

Include essential fatty acids such as flax oil or borage oil. Depending on how severe or acute your gallbladder problem is at the moment, even this may not be possible for you. Experiment slowly. You may have to do a gallbladder starter kit or gallbladder attack kit or gallbladder stone kit before you can add these. Most people, however, are able to eat small amounts. It shouldn't take more than a week on the products before you feel relief enough to try this. If you have used the beet recipe, you have found that those three ingredients in combination do not cause problems but help to move the

dietary recommendations for gallbladder problems of any kind.

stagnation in the gallbladder. I generally advise adding a teaspoon of flax oil with vinegar or lemon juice to salads as a dressing. If you are in pain, you may be able to eat only the green soup recipe for a few days.

Gallbladder Pain Relief Recipes

RECIPE! BEET RECIPE	RECIPE! GREEN SOUP	RECIPE! FLAX SEED TEA
<p>BEET RECIPE Treatment for Gallbladder Pain</p> <p>1 large organic beet or beetroot (raw) washed (not peeled unless not organic) and finely grated</p> <p>juice of 1/2 lemon</p> <p>2 Tbsps flax oil</p> <p>(Flax oil is by far the superior choice here as it is an omega 3 essential fatty acid, but if you only have extra-virgin cold-pressed olive oil in the house, you can substitute it temporarily.)</p> <p>Take one teaspoon of mixture every hour throughout the day. On day two and three make a fresh batch using ¼ of a large beet. Take one teaspoon of mixture 3 to 4 times a day or more.</p> <p>Make this mixture to add to your salads frequently or eat alone as above 2 or 3 times a week. This will keep the bile thin and moving. Note: If you cannot get organic beets, be sure to peel them. Otherwise, use the peel as well.</p> <p>Beets in any form are an excellent food for both the liver and the gallbladder.</p> <p>Eat your regular meals throughout this period, striving to eat lots of fresh vegetables, good fats and to avoid refined sugars and processed foods.</p>	<p>Green Soup Recipe for Relief of Gallbladder Pain</p> <p>One bunch parsley 3 medium zucchini ½ lb. Green beans 5 stalks celery</p> <p>Steam together for 8-10 minutes. Or partially steam and boil in ½ cup water. If you have a steamer, you retain more nutrients and flavor with that method. Puré in a blender.</p> <p>NOTE: THIS SOUP IS NOT FOR A GALLBLADDER ATTACK! Use the products (Phos Drops) or the Flax Seed Tea. Liquids are best during an attack. You could try the Beet Recipe. Many find it helps, but others do better with just liquids. It is wonderful for relief from all sorts of gastric disturbances such as stomach pain, gas, and indigestion. I do not add any fat or salt to this recipe. It can be used anytime but is particularly useful as a three day fast with nothing else but water. It is both nourishing and easy to digest. You can alter the amounts to taste. More beans add more sweetness.</p>	<p>Flax Seed Tea Recipe</p> <p>Useful during a gallbladder attack. Boil 1 Tbsp of organic flax seeds in 2 1/2 cups of water for 5 minutes. Steep 10 minutes. Strain and sip slowly.</p>

PREVENTION

PREVENTION:

protective - vitamin c and low alcohol intake and vegetarian diet
Gallstones: Pathogenesis and Treatment
edited by G Adler, H E Blum, M Fuchs, E F Stange

Note: If you are in severe gallbladder pain, and especially if you also have a fever, consult your doctor immediately. If there is no fever and the pain is mild, or if many foods cause distress or discomfort, use the green soup and beet recipe until you order your gallbladder starter kit or gallbladder attack kit. Only after the discomfort has gone would you be eating a variety of foods.

The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.