Gallstones Removal Report

- 4th Edition -

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While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, the guide, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type, and the specifics of the actual gallstone presentation, successes will vary.
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Introduction

If you are reading this guide, you are likely well acquainted with pain and discomfort. Gallstone disease sufferers experience acute, steady pain that manifests as abdominal aches, nausea, vomiting, and chills. Left untreated, gallstones can lead to fever, enduring pain, and gallbladder infection. If you or someone you know is experiencing gallstone disease, you are not alone. The American Gastroenterological Association states that gallstone disease affects between 10 to 15 percent of the United States population or more than 25 million people. In addition, nearly one million new cases of gallstone disease are diagnosed every year in the United States alone.

Approximately 500,000 persons will undergo surgery to remove their gallbladder this year simply because of gallstones. (MedNet)

The startling fact is that many people are unaware that they have gallstone disease at all. Indeed, often gallstones will form and be present in the gallbladder without presenting any complications for the individual. These are called “silent stones.” However, when a gallstone either blocks the gallbladder duct or moves to the main bile duct, they are silent no more and severe complications can arise.

The purpose of this guide is to share with you a variety of proven alternative methods for preventing and eliminating gallstones. Many of the alternatives do not require surgery and have been recommended to the author by previous gallstone sufferers.

As you read, please do keep in mind that—because each person and his or her situation is unique and different—what may be successful for one person may not be as successful for another. To the best of our ability, we have included a variety of treatment options for you—that address the body and its health on a number of levels. It is our contention that a healthy body is best approached holistically and with self-responsibility.

In other words, when you arm yourself with an understanding your body and how it works as a whole, as well as seek the consult of your primary care physician, you can best begin to determine what courses of action are best suited for your particular gallstone presentation. We wish you the best of luck on your journey and hope for much health and wellness in your future.
Overview of Gallstones

Gallstones: Anatomy

In one way or another, each of us has heard about gallstones. But, to understand exactly what a gallstone is, we must first examine where a gallstone forms: the Gallbladder. The gallbladder is a small, pear-shaped organ located in the right half of the upper portion of the abdomen; just under the liver. The gallbladder has two primary functions:

Store bile. Bile is a yellow-brown liquid produced by the liver, which helps digest fats in the small intestine. Bile is made up of cholesterol, fats, salts, and a pigment that gives the bile its color. Interestingly, the liver can make as much as three cups of bile in a day.

Secrete bile into the small intestine to help with food digestion. The gallbladder is connected to the liver and the small intestine by a series of ducts. The gallbladder and these ducts are called the biliary system. The gallbladder sends bile to the stomach when food is there to help break down the fats in food.

In other words, the gallbladder acts as a sort of ‘helper’ organ—passing bile from the liver to the intestine to ensure that fats are digested properly. Normally, bile is absorbed through the intestine and returns to the liver via the bloodstream where the process repeats itself as part of the ongoing digestive process.

However, when the liver secretes bile that is heavily saturated in fat and cholesterol, gallstones often form.


**Gallstones: Defined**

**What Exactly Are Gallstones?**

Now that we have a better understanding of where they form, we should be able to understand exactly what a gallstone is. When the liver secretes bile that is heavily saturated in fat and cholesterol, gallstones are often the result. The extra cholesterol forms stones or crystals which become stuck in the gallbladder duct or within the bile ducts themselves as bile is being sent to the intestine.

80% of gallstones are of this white or yellow cholesterol type. The remaining types of gallstones are called “pigment stones,” as they are created from excess salts and bilirubin—the pigment that colors the bile—and are usually darkly colored.

It is important to note that the risk factors for cholesterol stones are different than those for pigment stones. The risks associated with cholesterol stones include abdominal aches, nausea, vomiting, and chills, fever, and gallbladder infection. The risks associated with pigment stones include cirrhosis, biliary tract infections, and hereditary blood cell disorders, such as sickle cell anemia.

**Note:** It is important to note that the remedies offered in this guide are meant generally to treat cholesterol-based gallstones. A consultation with primary care physician will help you determine your type of gallstone.

**Size and Shape of Gallstones**

As we have seen, when bile is created in the body with excesses of salt, cholesterol, and bilirubin, cholesterol and/or pigment gallstones can form. When discussing their size and shape, gallstones have been compared to sand granules—although these pieces of sand can vary from the size of a microscopic grain to marble-sized, and in extreme cases, gallstones can be as large as or larger than a golf ball.
In most cases, the gallbladder either develops a single, often large, stone or many smaller ones—up to a few thousand stones in severe cases.

There are numerous ways to describe the physical make-up of gallstones. But, one reality remains constant: No matter its size or shape, if a gallstone blocks the gallbladder or bile ducts, the result can not only be painful, but intensely dangerous.

**Why Do Gallstones Form?**

What is not definitively known is why gallstones form. To date, doctors have not successfully been able to determine why one person develops gallstones and another doesn’t. That is not to say, however, that doctors have not determined a number of things that predispose individuals to gallstones.

These will be discussed in more detail in the demographics and prevention sections of this guide.

**Gallstones: Demographics**

Believe it or not, gallstone disease is one of the more common diseases to affect people. More than one million cases are diagnosed each year with over half that many cases requiring treatment. Currently in the United States alone, more than 20 million people have already been diagnosed with gallstones.

Again, whereas there is no definitive research that proves why one person is likely to develop gallstones over another, there are indicators and groups that are more disposed to their formation.

These higher risk groups include:

- Women between the ages of 20-60 are more than twice as likely as men to develop gallstones.
- Women who have previously used, or are currently using, birth control pills or estrogen replacement therapies (ERT).
- Men and women over the age of 60.
• Some 30 percent of all men will develop gallstones by the ages of 50-60.
• Factors which influence susceptibility include age, heredity, and diet.
• Obesity has proven to be a major risk factor for gallstones. The hypothesis is that obesity generally leads to excess cholesterol in bile, low bile salts, and diminished emptying of the gallbladder—all of which tend to factor into gallstone production. A diet high in fat and sugar combined with a sedentary lifestyle increases your risk of gallstones.
• In addition, low-calorie, rapid-weight-loss diets tend to disrupt your bile chemistry and may cause your gallbladder to contract less often. This makes it more likely you'll develop gallstones. In fact, losing more than 3 pounds a week may increase your risk of developing gallstones when compared with losing weight more gradually.
• People who undergo gastrointestinal surgery to lose weight rapidly, also called bariatric surgery, are at increased risk of gallstones. As many as one-third of people who have bariatric surgery may develop symptomatic gallstones a few months after surgery.
• Individuals involved in rapid weight-loss diets or who undertake long-term fasting.
• Native Americans have the highest rates of gallstones in the United States.
• Mexican-American men and women of all ages.

If you are in a higher risk group and have not experienced symptoms of complications associated with gallstones, a course of preventative diet and exercise is highly recommended. Consult your primary care physician before you begin any new diet or exercise regimen for more specific details to your risk group.

**Gallstones: Signs and Symptoms**

The ironic aspect to gallstones—a potentially extremely painful and dangerous disease—is that many individuals with gallstones don’t even know they have them. As we’ve seen, “silent stones” can go undetected within an individual for years. In many cases, silent stones are found when a patient is undergoing examination for an unrelated physical issue.

However, once a stone blocks a duct, that silence ends and the symptoms show themselves. When no longer silent, the signs and symptoms of gallstones are numerous and can be readily identified.
If you experience any of the symptoms below, you should consult your primary care physician immediately to establish a confirmed diagnosis.

**Common Symptoms of Gallstones**

- Gas
- Inflammation
- Colic Pain
- Jaundice
- Indigestion
- Nausea
- Intolerance for Fatty Foods
- Abdominal/Shoulder Pain

When a gallstone decides to be heard, an individual experiences what is known as a “gallstone attack.” Usually lasting 20-30 minutes, these episodes manifest as intense pain in the upper abdomen and can last up to several hours. In addition, the pain from a gallstone attack might be felt in the back between the shoulder blades or in the right shoulder. Common side effects are nausea and vomiting. Identifying the likely frequency of attacks is less easy. Attacks can be continuous or separated by weeks, months, and/or years. However, once you have experienced a gallstone attack, odds are you will experience additional attacks in the future.

**Gallstones: Devastating Effects of Gallstones**

In addition to the outward side effects (symptoms) of complications due to gallstone disease, there are potentially much more dangerous impacts. For this reason, it is important to treat gallstones as soon as possible to avoid any potentially devastating side effects.

Gallstones that escape the gallbladder often move into the cystic duct, the tube that connects the gallbladder with the small intestine. Stones that get stuck here tend to block the flow of bile and can cause cholecystitis, or gallbladder inflammation. This blockage is commonly seen with gallstone disease.

Other blockages, including a blockage of the bile ducts between the liver and the intestine, can cause intense pain and even jaundice. Gallstones that block digestive fluids made in the pancreas can cause pancreatitis, or pancreatic inflammation.
The fact is that durational blockage of any of the ducts leading to or from the gallbladder can cause harm to your organs, including the gallbladder, liver, or pancreas—all of which can be fatal.

The good news is that gallstones can be effectively treated, removed, and even prevented when attended to shortly after diagnosis. Left untreated, the gallstones intensify and symptoms become more severe. The associated pain and discomfort of such stones is tremendous. If, based on these symptoms, you suspect that you or someone you know has gallstones, do not hesitate to seek the consult of your primary care physician to attain a definitive diagnosis and to explore the treatment options appropriate to your situation.

Fortunately for those afflicted with gallstones, there are numerous treatment options—both surgical and non-surgical—that have high rates of success. We present a selection of these options for your review below.

**How Gallstones Are Diagnosed**

When you first experience the symptoms related to gallstone disease, it is important for you to record your experiences. Be sure to take note of such things as:

- Location of the pain
- Duration of the “attack”
- Associated sensations during the attack
- Anything particular to the time of the attack that might be relevant (e.g., strenuous exercise, current diet, etc.)

In addition, be prepared to answer questions about your dietary and exercise routines and find out whether or not there is a history of gallstones in your family.

Doing a little preliminary research might assist you when you meet with your doctor. At the appointment, the physician will be more readily able to give a diagnosis if he or she has your best presentation of symptoms and medical history.
Once gallstones are suspected, they can be definitively identified in three main ways:

1. An abdominal x-ray
2. A computerized axial tomography (CT) scan
3. An abdominal ultrasound, also known as ultrasonography. Ultrasound uses pulses of sound waves to project an image of the gallbladder on a screen. If you have gallstones, the sound waves will bounce off them and show their presence in the gallbladder. This is the most commonly used diagnostic tool.

For those individuals who are sensitive to the conscious health of their bodies, ultrasound has the advantage of being a noninvasive diagnostic procedure—there is nothing injected or ingested into the body. In addition, ultrasound is painless, has no known side effects, and does not involve radiation.
**Gallstone Treatments**

*Traditional Surgical Treatments for Gallstones*

Traditionally, gallbladder surgery has been the most common method for relieving the pain and discomfort associated with gallstones. Surgical procedures have the benefit of removing the gallbladder and thus removing the cause of the gallstones altogether. However, there are potential side effects associated with the complete removal of the gallbladder. In addition, for personal reasons, many individuals prefer non-surgical remedies when at all possible.

The following two surgical procedures are the standard in the surgical treatment of gallstones.

**Cholecystectomy**

With cholecystectomy, or open cholecystectomy, a surgeon performs major abdominal surgery to remove the gallbladder and gallstones. Through a large, 5- to 8-inch incision in the stomach, the surgeon removes the gallbladder. With this procedure, recovery often lasts at least several weeks, with a minimum of one week spent in the hospital. This is primarily due to the fact that the surgery calls for the major abdominal muscles to be incised and their healing is essential to regaining full mobility and health after surgery.

**Laparoscopic Cholecystectomy**

A newer procedure, laparoscopic cholecystectomy, has largely replaced open cholecystectomy as the preferred treatment for gallstones. In this surgery, several small incisions are made in the abdomen and a surgical instrument with video camera is inserted into the affected area. The gallbladder is located and the cystic duct is cut and the gallbladder is removed through a small incision.

Because laparoscopic cholecystectomy does not require the abdominal muscles to be cut, recovery and complications are seriously reduced. Recovery is usually quicker, though a common complication includes injury to the bile duct connecting the gallbladder to the liver. Injury to this organ causes bile to leak and can lead to a potentially serious infection.
**Alternative Treatments**

When you have been diagnosed with gallstones by your physician there are many options presented to you for treatment. The advantage to modern medicine is the availability of numerous alternatives from which you can work with your physician to choose the best approach for you and your situation.

We present the following alternative treatment options for individuals who want to have access to the full breadth of information available today. The key to good health is taking responsibility to educate yourself with the wealth of resources available on gallstones and gallstone disease. In concert with your physician, you can work to develop a plan of action that will not only address your gallstones, but hopefully will address other chronic aspects of your life, such as improved overall health, diet, exercise, and digestion. Other benefits of cleansing with alternative treatments that patients have noticed include alleviation of allergies and pain and increased energy.

The treatment options recommended in this book are intended for patients with a confirmed history of cholesterol-based gallstones.

**Dissolution Therapy**

The first alternative form of treatment is actually gaining increased usage in medical establishments. Oral dissolution therapy—a procedure that uses medicines ingested orally to dissolve gallstones—eliminates the need for invasive surgical procedures. Working best for small, cholesterol-based gallstones, the medicines are actually made from the acid naturally found in bile. The acids work to break down the gallstones in the same way your body would if it was functioning properly.

This oral remedy is most often used with individuals who are not good candidates for surgical procedures. A downside of the treatment is that—because it may take months to years before the gallstones dissolve—side effects and damage to other organs can be possible.
The most commonly used medicines for oral dissolution therapy are ursodiol (Actigall®) and monocotanoin (Moctanin®) and chenodiol (Chenix®). Side effects include mild diarrhea as well as a temporary elevation in the liver enzyme transaminase and mildly elevated blood cholesterol levels.

**Extracorporeal Shock-wave Lithotripsy (ESWL)**

Another treatment that is finding popularity within the medical establishment is extracorporeal shock wave lithotripsy (ESWL). A non-invasive procedure for breaking up gallstones, ESWL focuses high-intensity shock waves (500-1500 shocks over 30-120 minutes) sonographically on the affected region. With repeated treatment, the gallstones literally vibrate apart and are passed harmlessly back into the system. For best results, ESWL is often used in tandem with the oral dissolution therapies described above. An additional benefit of ESWL is that it typically requires no anesthesia.

**Methyl Tertbutyl Ether Injection**

Although the treatment does include an injection, there is no additional surgical component to treatment using methyl tertbutyl ether. The chemical is injected into the gallbladder and is used repeatedly until the stones dissolve. The procedure, however, has not gained popular medical approval as a number of complications have been reported.

**Liver and Gallbladder Cleanse**

One of the more popular gallstone treatments consists of a liver “cleanse.” With a liver cleanse, you are rewarding your liver for its daily work and in the process you are helping to alleviate the possibility of additional strain being placed on the gallbladder with the excess cholesterol and bile salts that can accumulate with an under-functioning liver.

The liver works hard to remove the incredible number of toxins that build up in your body. These toxins include a wide array of pollutants, including excess fats, alcohol, and, in fact, anything we ingest that needs to be filtered through the body. A liver cleanse helps eliminate buildup of excess toxins and allows the liver to keep performing at its maximum capacity.

An effective liver cleanse requires a day commitment from you to adhere to the prescribed
regimen. Please read through the entire cleanse before beginning. Select the best time for you to conduct your cleanse. Many people find that the weekend presents the most ideal time for a cleanse.

**The key elements of this remedy require that you mix:**

- 1/2 cup olive oil, extra virgin
- 1 grapefruit (Large) or 3 lemons
- 4 tablespoons of Epsom salts
- 3 cups of water
- 4 ornithine capsules
- black walnut tincture

**Upon Awakening:**

Avoid taking any non-required supplements or medications.

Eat a healthy, no-fat breakfast and lunch. This will help promote bile production in your liver.

**2:00 p.m.**

As hard as it may be, begin fasting at this time. In other words, stop drinking or eating anything for the duration except what is prescribed in the liver cleanse. It is very important that you adhere to the fast.

Mix 4 tbs. of Epsom salts in 3 cups of water and pour the mixture into a large container. This salt mixture will make 4 servings of ¾ cup each.

**6:00 p.m.**

Drink one ¾ cup serving of the Epsom salts mixture. Yes, we know, it doesn’t taste good, but you can do it!

**8:00 p.m.**

Drink another ¾ cup serving of the Epsom salts mixture. See it’s not as bad this time, is it?
9:45 p.m.
Pour ½ cup of the measured olive oil into a jar. Squeeze grapefruit or lemon into a cup to measure at least 1/2-3/4 cup of juice and remove pulp. Add juice to the olive oil and combine with black walnut tincture. Shake the jar until ingredients are well mixed.

9:55 p.m.
Before drinking the mixture, avail yourself of the bathroom if need be.

10:00 p.m.
Drink the mixture you have made. You will want to take 4 ornithine capsules with the first sips of the mixture to help you sleep during the night. Ornithine capsules are a natural supplement you can purchase online or in a health food store.

Ornithine is an amino acid that helps your body metabolize fats and also helps your liver function more efficiently.

After you have drunk the mixture, grab a good book and lie down. Again, following the instructions as is important to the success of the overall cleanse. Varying the time schedule or its elements may compromise the effectiveness of the remedy.

Upon Awakening the Following Morning:
Drink a 3rd dose of the Epsom salts right when you wake up.

Then, 2 hours later, take the last dose of the Epsom salt mixture and, if you desire, go back to bed again. After an additional 2 Hours you may “eat” a light lunch consisting of fruit juice, followed 30 minutes later with fruit. One hour later, feel free to eat a light meal, but don’t overdo it. By dinner, you can eat normally again.

**Important Note:** It is important that you do not deviate from the above cleanse. In advance of the flush, there’s a danger of lodging stones in the duct. This is treated by Magnesium sulfate (Epsom salts). It is important that you use Epsom salt even if it does not taste good and it hard to drink.
Substitutions and Alternatives to the Liver and Gallbladder Cleanse

As with any good remedy, cleanses can be modified to best suit your specific needs and sensitivities. We have included a few variations on the above cleanse to demonstrate how it can be customized.

Instead of using water, mix Epsom salts with 3 cups of fresh grapefruit or apple juice. This mixture better helps mask the strong taste of the salts.

For a great mini-cleanse, mix drinking water with lemon juice. This is an excellent way to help begin flushing your system. After you have taken the lemon juice mixture, use the olive oil mixture to give your system an additional powerful cleansing flush.

As we have detailed, there is no one-size-fits-all remedy. That said, if you are more comfortable, you can eliminate the ornithine and black walnut capsules. Though they are excellent aids in facilitating the cleansing process for many individuals, they are not a requirement for success in every situation.

To recognize even greater benefits from a liver and gallbladder cleanse, we recommend that you prepare the body using a “pre-cleanse” technique. The best way to do this is via a colon cleanse.

Colon Cleanse: Semi-Fasting, Clean Food, and Enemas

Colon cleanses help eliminate toxins from the gastrointestinal system, particularly the colon. The easiest way to perform this cleanse is to use an enema. You can purchase an enema kit from any drug store. Some of the best kits available utilize distilled water and lemon juice. Because it is unusually hard on your system, a saline enema is not recommended. For one to two days prior to using an enema, you should perform a “semi-fast.” Structure your diet so that you only eat “clean foods.”
Clean foods are foods that are eaten in their natural state. In other words, when eating clean foods, you should avoid all processed foods, including many breads, pancakes, and many pre-packaged foods. Most processed foods are more difficult for your body to digest and thus cause additional stress to be placed on your digestive system.

By eating clean foods, you are essentially giving your digestive system a break from the hard work it does while digesting processed foods. For optimum results, you will also eliminate meat from your diet during your semi-fast. Consider eating salads and soup broths for at least a day prior to your flush to help prepare your body for the rigors of the remedy.

_Hydrotherapy and Flushing Treatment Options_

An extremely effective way to rid the body of gallstones is through a water flush. Much like the liver and gallbladder cleanse, a water flush helps cleanse the liver of toxins and also serves to dilute the bile secretions that can build up and cause gallstones.

Just as the name suggests, a water flush consists of drinking water and lots of it. Even without gallstone disease, water is essential to the proper functioning of your body.

For the treatment, drink a minimum of 10-12 eight ounce glasses of water. Do not substitute soda or other caffeinated beverages for water. Even diet soda contains many artificial contaminants that may build up and cause toxicity in the system.

If you are not keen on the taste of water, there are a couple of simple techniques you can employ to improve its savor.

Try slicing some lemon or lime wedges and adding to your water. As we have seen, lemon also helps flush the system naturally of toxins.

For an original twist, try adding orange or cucumber slices to your water to add flavor and enhance your sense of energy.
If you are already plagued with gallstones, follow this remedy daily to continue to flush your liver. Maintaining a well-hydrated system is essential to recovering and preserving your good health. Raise a glass of water—or make it 10—to your health today!

**Homeopathic Gallstone Remedies**

Used for centuries by naturopaths around the world, the techniques of homeopathy employ the use of minute doses of natural medicines to treat illness and alleviate pain and discomfort associated with many common health conditions.

Licensed physicians and natural doctors have been using homeopathic remedies to treat conditions such as gallstones for many years. In many regions of the world, including Europe, homeopathic usage is more common than traditional prescription medication for the treatment of many common illnesses.

Working on the principle that “like can treat like,” homeopathic remedies contain a miniscule amount of a substance that might actually cause the symptoms an individual is looking to address if given in a large enough dose. However, when prepared correctly as a homeopathic remedy these substances are diluted to thousands of times less than their normal potency and thus do not have any deleterious effects.

Upon ingestion, the body recognizes these substances as toxins and rallies the immune system to fight off disease and infection. Because the doses are so small, the resultant immunity is often very effective because the body did not have to expend excessive resources to fight the introduced toxin. The result is a body with stronger immunity to the introduced toxin and a predisposition of the body to “fighting” off further instances of such toxins in the future.

Because it is safe and non-toxic to use, homeopathy can be an exceptional remedy option for patients with gallstones. There are many different homeopathic remedies that may be helpful for preventing gallstones; therefore, it is important that you pick the remedy that best fits your profile and medical description. Consulting with a practitioner licensed to
prescribe homeopaths, including doctors who offer natural health care treatment options, is always a good place to start.

Homeopathic remedies can be found at any natural grocery store. They are also available in most vitamin stores and natural health stores. If you do not have a natural grocer near you, you can also purchase homeopathic remedies online.

Just type in the name of the homeopathic remedy you are looking for in your search window and before you know it, you will have a list of dozens of suppliers. In addition, naturopathic doctors often have homeopaths available in their office.

To use a homeopathic remedy you should select a low potency. Consider starting with a 6c or 30c remedy if you are sure you have selected the right remedy. Usually you will need to take a homeopathic remedy between 2-4 times per day depending on the instructions on the bottle and the severity of your symptoms. Here are the most common homeopathic remedies suggested by naturopaths to help eliminate gallstones:

**Berberis Vulgaris:**
Recommended for individuals whose symptoms include:
- Stitching pains that extend from the stomach area to the shoulder
- Twinges of sharp pain in the groin and pelvic area
- Increased pain when standing up or changing positions
- Constipation

If you have multiple and varied symptoms associated with your gallbladder, this might be the right remedy for you to try.

**Calcarea Carbonica:**
Recommended for individuals whose symptoms include:
- Bloated or swollen stomach area, particularly on the right side
- Cutting pains and tenderness
- Pain worsens when standing or when tired, and pain improves when lying on one side
• Often fatigued and sluggish
• Excessive craving for sweets

**Chelidonium majus:**
Recommended for individuals who symptoms include:
• Pain that is located in the back, right shoulder, and shoulder-blade
• A distended abdomen
• Worse pain when moving
• Lying on the left with the legs drawn up helps alleviate pain
• Nausea, especially after eating fat or drinking cold beverages
• Exhaustion

**Colocynthis:**
Recommended for individuals whose symptoms include:
• Sharp cramping pains causing a person to double over in pain
• Pain in the upper right abdomen that radiates into the shoulder
• Increased intensity of symptoms in the evening

**Dioscorea:**
Recommended for individuals whose symptoms include:
• Pain from gallstones is lessened by bending backward
• Pain from gallstones is worse when bending forward or lying flat
• Pain spreads to the back, chest, and arms
• Pain is worse in the evening and at night

**Lycopodium:**
Lycopodium is good, general remedy for many people, particularly recommended for individuals whose symptoms include:
• Bloating and flatulence
• General abdominal discomfort

**Nux Vomica:**
This traditional gastrointestinal tonic is recommended for individuals whose symptoms include:
• Stitching pains in the right upper abdomen
• Digestive cramps
• Nausea
• Excessive fat cravings and stimulants such as caffeine
• Irritability

**Podophyllum:**
Recommended for individuals whose symptoms include:
• Constipation
• Clay-colored stools that alternates with diarrhea

When selecting a homeopathic remedy for the first time, try to match your symptoms with the remedy as closely as possible. Take one or two doses of the remedy and wait to see if your condition improves. If it does not, cease taking any remedies for an entire day and, if desired, begin with another course of homeopathic remedies as soon as the following day.

**Natural Medicines**
While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.
Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors.

While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions.

Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being:
"... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being."

This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs.

Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true.

Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market.

Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name. Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and
offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth.

While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction—which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of gallstones, the following herbal and homeopathic remedies are often used as part of the treatment plan.

**Liver Dr.**

[www.getridofgallstones.com/liverdr](http://www.getridofgallstones.com/liverdr)

Recognizing the need for a healthier and more effective approach, without the side effects of the prescription drugs, Native Remedies has developed Liver Dr. - a 100% herbal remedy containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.
Liver Dr. contains herbs known for their ability to maintain healthy liver performance, improve gall bladder functioning, reduce inflammation, and help dissipate gallstones. Liver Dr. also helps the liver resist damage from toxins and disease, thereby improving overall systemic health.

Liver Dr. contains the following therapeutic herbs in convenient and fast-acting drop format:

**Silybum marianus**: (also known as Milk Thistle) This herb has been used since ancient times for treating a wide variety of ailments but particularly liver problems. Milk Thistle is widely prescribed for preventing and treating liver disorders including viral hepatitis and liver disease associated with long-term alcohol usage. Studies suggest that this herb protects the liver from damage by viruses and toxins including alcohol and drugs and is widely used for treating Hepatitis C. Milk Thistle is also a potent antioxidant and laboratory studies indicate it may have useful anti-cancer properties.

**Taraxacum officinale**: More commonly known as Dandelion, this herbal ingredient contains bitter principles which have a beneficial effect on the liver and digestive system. It is considered a very effective general tonic and is known to improve bile flow and reduce inflammation associated with hepatitis and cirrhosis. Dandelion also improves gall bladder functioning and helps to dissipate gallstones. Dandelion is a rich source of vitamins and minerals, including Vitamin A, D, C, various B Vitamins, iron, lecithin, silicon, potassium, magnesium, zinc and manganese.

**Verbena officinalis**: Also known as Vervain or Wild Hyssop, this herb is native to the Mediterranean region. Used as a hepatic (liver) remedy, it will treat inflammation of the gallbladder and is also used for jaundice. It is well-known for its ability to relieve tension and stress and relieve mild depression.
**Reflexology and Acupressure to Treat Gallstones**

The techniques of reflexology and acupressure employ the use of trigger point therapy to alleviate the build up of bile and pain associated with gallstones.

For example, acupressure—a form of acupuncture in which fingers and thumbs rather than needles are used to press points on the surface of the body—not only relieves muscular tension, which enables more blood—and therefore more oxygen and nutrients—to be carried to tissue throughout the body, but also aids in healing by removing waste products from the body. In addition, many researchers now believe that, like acupuncture, acupressure triggers the release of endorphins, the neurochemicals that serve to reduce and relieve pain.

As amazing as it sounds, there are several reflexes or pressure points located in the feet that—when massaged correctly—can help alleviate gallbladder problems and help the body expel gallstones.

**The following reflex points on the feet have proven effective for patients with gallstones:**

- Solar Plexus
- Diaphragm
- Thyroid
- Liver
- Gallbladder

A certified reflexologist, acupuncturist, and/or acupressurist can help you locate these trigger points on your feet. As instructed by a trained professional, you should massage each of these points a minimum of two times a day to help stimulate proper bile functioning and liver cleansing.
Food Elimination Diet

As we have seen there are no definite reasons why one person develops gallstones and another person doesn’t. But, there are indicators, including diet and body type that predispose an individual to gallstone formation. In fact, researchers have established that certain foods lead to higher rates of gallstones and/or complications associated with gallstones.

Foods to Avoid

To treat gallstones and/or prevent new occurrences, you should consider adopting a food elimination or sensitivity diet to eliminate the offending foods from your diet. Food elimination diets are based on a simple premise: remove the foods to which you might be allergic, allow your body to heal, reintroduce foods back into your diet, one at a time, and see how you body responds.

A responsible food elimination diet can teach you more about your body than you ever imagined possible. By understanding how your body reacts to particularly allergenic foods, you can create a custom diet that will best be suited to your overall health needs as well as help you in your crusade against gallstone disease. Particularly offensive foods that are high in cholesterol can lead to toxic build-up in the liver—a step in the wrong direction toward cholesterol-based gallstones.

Other high risk foods include highly allergenic foods, particularly high fat and fried foods. It is thought that the gallbladder reacts to allergenic foods by swelling up, thus constricting the flow of bile and leading to potential blockage.

Most food elimination diets suggest removing these foods from your diet for one month. Reintroduction of new foods should be undertaken slowly and on a food-by-food basis (e.g., so if you have a particular reaction to the food, you know which food is causing the allergic reaction).
A partial list of high risks foods to avoid include:

- citrus
- corn
- beans
- nuts
- eggs
- pork
- onions
- fowl
- milk

Foods Recommended For Treatment and Prevention of Gallstones

One of the most effective ways to limit gallstones or prevent them in the first place is by increasing the fiber in your diet. Water-soluble fiber, such as that found in many vegetables and fruits and—when you are not allergic to it—oat bran are great sources of fiber.

Additionally, the following list of foods is an excellent way to increase health through appropriate diet.

- alfalfa
- apples
- artichokes
- barley
- beets
- broccoli
- carrots
- celery
- cruciferous vegetables
- dandelion greens
- fennel
- grapefruit
- horseradish
- lemon
- mustard greens
- oats
- olive oil
- radishes
- spinach greens
- water chestnuts
- watermelon
- garlic
Vitamin and Herbal Supplementation

In addition to a health-conscious diet sensitive to your particular needs as a gallstone disease sufferer, vitamins and minerals are suggested for additional corrective and preventative measures. As a rule of thumb, for maximum benefits be sure to drink plenty of water when taking vitamins and supplements.

**Vitamin Supplements**

In the fight against gallstones, vitamin C is gradually being understood as particularly effective. Vitamin C is used by the body to convert cholesterol to bile acids. With less cholesterol and more acids, the gallstone risk should be decreased. Research evidence to this regard is preliminary, but promising.

One theory of why gallstones form attributes the stone formation to insufficient stomach acid in gallstone sufferers. In this case, betaine HCl is prescribed as a supplement.

Phosphatidylcholine (PC)—a purified extract from lecithin—is one of the naturally-occurring components of bile that helps protect against gallstone formation. Studies suggest that 300–2,000 mg per day of PC actually may aid in the dissolution of gallstones. As with vitamin C, the research is still preliminary, but encouraging.

Because they each help reduce toxins within the body, the following food supplements are recommended for people with gallstones:

- 1000 mg of vitamin C three times per day
- 1200 mg of lecithin twice a day
- 2 tsp flaxseed oil per day
- 1 gram Taurine twice per day
Herbs and Herbal Supplements

Many herbs have been identified as potentially beneficial for dissolving and passing gallstones. There are two main types of recommended herbs:

- Cholagogues stimulate the gall bladder to contract.
- Choleretics stimulate the liver to secrete more bile.

Both of these actions—contraction and increased bile production—can help reduce the risk of developing gallstones. The following list contains a selection of herbs, the majority of which are either or both cholagogues and choleretics.

- artichoke
- barberry
- catnip
- celadine**
- dandelion root
- fennel
- fringe tree
- fumitory
- garlic
- ginger root
- horsetail grass
- lecithin
- milk thistle
- Oregon grape
- turmeric

**Please note:** Celandine should only be used with the specific consult of your physician. In addition, with the exception of fumitory and lecithin, all of these herbs should be avoided during acute gallbladder attacks.
Additional Herbal Remedies

Some of the more common herbal remedies used and recommended by naturopathic physicians include the following items:

**Milk Thistle:**
When used in tincture or capsule form, Milk Thistle is a liver tonic that not only cleanses the liver but also works to stimulate bile production. In one study, silymarin (the active component of milk thistle) was shown to significantly reduce cholesterol levels in bile, which is an important way to avoid gallstones formation. The recommended amount to use is 600 mg of milk thistle extract per day.

**Safflower Seed Oil:**
Safflower seed oil is thought to stimulate the gallbladder. When combined with essential fatty acids (found in flaxseed oil and fish such as salmon and tuna), safflower seed oil is very efficient at eliminating toxic buildup in the gallbladder. Supplementing using 2 tsp twice a day is recommended.

**Lipotropic Combination**
This combination of herbal supplements is a safe and effective remedy that can prevent and help minimize gallstones in patients who already have them. This remedy requires that you supplement daily using the following combination:

- 200 mg capsule milk thistle
- 400 mg capsule dandelion root
- 11200 mg lecithin caplet
- 1 capsule peppermint oil
- 2 tsp psyllium husks powder

If, after taking the lipotropic combination you are experiencing milder gallbladder attacks that lessen in intensity, the combination may very well be effective for your symptoms. If your symptoms are not improving, try increasing your dose to twice a day and assess improvement accordingly.
Essential Oils for Use with Gallbladder Symptoms

Essential oils, concentrated pure plant extracts obtained through distillation, are valued for their therapeutic as well as fragrant qualities. In terms of their therapeutic qualities, a number of essential oils have been shown to significantly aid in gallstone dissolution.

The key to this remedy, as with most natural remedies, is persistence. To allow this remedy the best opportunity to be effective, it is important that you take the essential oils over a period of several months. As with all remedies, your body and gallstones may not respond to the particular treatment.

The primary product used by natural doctors in the treatment of gallstones is peppermint oil. When combined with other liver cleansing herbs and teas, peppermint oil is seen to increase the body’s efficiency. As with any course of diet, supplementation, or exercise, the use of peppermint or any other essential oil to dissolve gallstones should only be undertaken after consulting with your primary care physician.
Dietary Recommendations

It may seem obvious, but the number one way to treat gallstones is to prevent them from occurring in the first place. Research suggests that one of the best ways to prevent gallstones is to eat a diet high in water-soluble fiber.

Fiber helps the bowels and digestive system function most efficiently. Some exceptional choices of food that contain high fiber include:

Grain Products:
Including whole grain breads, buns, bagels, muffins, bran flakes, corn bran cereals, whole wheat cereals, brown rice, and whole-grain pastas

Fruits:
Including dried fruits (apricots, dates, prunes, raisins), blackberries, blueberries, raspberries, strawberries, and oranges

Vegetables:
Including broccoli, dried peas and beans (e.g. kidney, lima, beans, chick peas, lentils and soy beans), and corn.

As recommended by the Food Guide Pyramid, you should eat 3-5 servings of vegetables a day and 2-4 servings of fruit. As a side note, because fruit juices are often processed, heavily laden with artificial flavors and sugars, and have much of their dietary fiber removed, they don’t do the trick.

As much as it’s an uncomfortable subject to broach, when introducing fiber rich foods into your diet, you should always do so slowly to prevent excessive discomfort from flatulence build up. Introduce just one or two high fiber foods every day. If flatulence is a problem, a natural product, called “Beano,” contains an enzyme that helps break up the molecules
responsible for flatulence. Charcoal is another substance that is effective at removing excessive flatulence in the body. However, do not take it at the same time you take your vitamins, because your body will not absorb the minerals as well.

**Juice Therapy**

In addition to a healthy, well-rounded diet high in water-soluble dietary fiber, low in saturated fats, and supplemented with a regime of exercise and vitamins and herbs, juice therapies, particularly ingestion of “green” juices, have been shown to help prevent recurring gallstones in patients who have been previously diagnosed with gallstones. Green juices recommended for gallstone prevention include:

- spinach
- parsley
- wheatgrass

Each of these juices contains high levels of chlorophyll—a substance which has a natural cleansing effect on the body, particularly the liver and kidneys.

Wheatgrass is also rich in many trace minerals and vitamins, including vitamin A. Wheatgrass can be readily purchased in many market locations. You can make your own juice or buy wheatgrass tablets at almost any health food store.

Generally, to prevent gallstone formation, drinking at least one to two eight-ounce glasses of green juice per day is recommended.

For a tasty, nutritious, and gallstone-fighting juice combination, try the following recipe.

**Mix equal parts:**

- fresh carrot juice
- fresh radish juice
- fresh prune juice
- fresh black cherry
- celery
- beet
- parsley
- spinach
- cucumber
- Enjoy!
**Trigger Food Elimination**

Certain foods are thought to trigger attacks in patients susceptible to gallstones. You should eliminate or reduce these foods in your diet to improve symptoms and prevent recurrences of gallstone attacks. The following foods have shown to be problematic:

- eggs
- pork
- onions
- alcohol
- fried and fatty foods
- salty foods
- heavy proteins
- cow’s milk
- processed foods
- excessive sugars

**Lifestyle Changes**

In addition to modifying your diet, there are other lifestyle changes that can help prevent and eliminate gallstones. Key among these is the maintenance of a consistent, healthy weight for your body type and age. As we have seen, obesity ranks high on the list of predisposing risk factors contributing to gallstone disease.

Losing weight is a key strategy for patients suffering from gallstones. A commitment to weight loss not only benefits you in terms of gallstones, but opens up a world that is limited by excessive weight.

That said, you should always work to remove excess weight at a reasonable pace. Ironically, rapid weight loss has been associated with gallstone formation. A weight loss program that allows you to lose approximately 1-2 pounds per week over time will decrease your chances of recurring gallstones and also eliminate the likelihood of the formation of gallstones.
Your Health, Your Choice

In the end, your health is of the utmost importance. Taking responsibility to learn all that you can about gallstone disease and the ways to prevent and eliminate the occurrence of gallstones is your choice. If you are ready to accept your responsibility, take the steps necessary to:

- learn about gallstones and the treatments, both surgical and non-surgical that are available
- consult your physician for advice on designing a treatment program that is appropriate for your specific situation
- improve your diet to include a high fiber, low saturated fat plan
- drink 10-12 glasses of water a day
- draw from all the major food groups as suggested by the Food Pyramid Guide
- supplement your diet with appropriate vitamins and herbs
- implement a consistent exercise regimen appropriate for your body size and conditioning
- undertake any of the various remedies and therapies suggested within this guide that are appropriate for your condition (after consulting your physician)

Again, we wish you well on your journey toward good health!
Recent Customer Testimonials

“I tried the liver cleanse option and I eliminated 500 stones! I can’t believe how effective it is! I will continue doing this to ensure that I remain healthy and vibrant. Thanks for the great advice! – Link A.

“I am overweight and in my 40s. During a recent physical my doctor diagnosed me with gallstones. I had been having some symptoms such as liver pains for a while. I also found out my liver was enlarged. I did some research and decided that I needed to make some lifestyle changes to help my liver function more efficiently. First I started eating right. I eliminated excess fatty foods from my diet and reduced my protein consumption so that I was only eating lean meats. I also started eating five servings of fruits and vegetables every day. I lost 25 pounds in the process. I also decided to do a flush. I had many movements and lost a lot of stones in the process! I have felt much better since I’ve made these changes. – Suzanne B.

“I would recommend at least giving a flush a try. I suggest starting with half the recommended dose if you are worried about side effects. I also suggest trying the supplements. Ornithine not only helps with fat metabolism but also helps you sleep. A good sleep is essential for a flush to work properly. I had tried other cleanses that didn’t work, but I had significant results from this one. The combinations of herbs also work effectively to help eliminate gallstones. – Diane P.

“What works for me is a modified diet and supplementation. I occasionally do a cleanse. I had many healthy problems including endometriosis that wouldn’t clear up. My suggestion is a healthy diet and lifestyle and a yearly cleanse. Good luck!” – Jomma

“A while back my wife had a serious gallstone attack. The doctors thought her gallstone would have to be removed. The physicians said surgery and medicine were the best ways to remove gallstones, though ultrasound could be used too. The doctor didn’t really seem to know what he was talking about though... he mixed up statistics and seemed confused about the benefits of surgery. He actually told us that ultrasound would ‘explode’ the gallstones. He next said that it was ok to eat fatty food! Surgery was way too drastic and an expensive option as well. Instead we decided to do our own research and decided to change our lifestyle. We started adopting some healthy eating habits that have improved our life forever! These alternative remedies work, and I strongly recommend that patients use them no matter what their doctors say. I feel like we dodged a serious bullet. Thank goodness we didn’t take our physicians advice!” - J.K. M
“I always thought I led a relatively healthy lifestyle. I usually stick to a clean diet, I don’t drink sodas and I don’t eat fast food except very rarely. I also don’t eat a lot of red meat. Anyway shortly after my fourth child was born I started experiencing bad pain in my stomach that radiated into my back. My doctor suggested that I start taking medication. At first he diagnosed me with irritable bowel. At other times he made me feel like my symptoms were all in my head. Eventually I saw another doctor who did a sonogram and found out I had many stones. He said I needed surgery immediately. I talked to my midwife and decided to take things into my own hands. I started drinking more water first and foremost, something I hadn’t been doing up until this point. I also started supplementing with Flaxseed oil and lemon with warm water. I took digestion enzymes and eliminated some highly allergenic foods from my diet. I also started eating more vegetables and taking peppermint oil. When I had acute attacks I sought the help of an acupuncturist. I also did two flushes. Now I have no pain. I’m here to tell you natural remedies do really work.” – Alexandra

“I have passed more than 1,000 stones in the last month alone. You have to do what is right for your body. I suggest eating a zero-fat breakfast and lunch and following the flush program to the T. You don’t need the supplements, but do mix the grapefruit juice and olive oil. I also recommend using the salts. This remedy really works. Do what is best for your health!” – Chris F.

“These remedies really worked. I am so surprised. I am 60 and quite skeptical. A much better option than surgery however!” – Helen R.

“I had pains and allergic symptoms my entire life. I was diagnosed with numerous juvenile conditions including rheumatoid arthritis. I had severe abdominal cramps for years. Constant fatigue was a constant problem in my life. Then I decided to do a cleanse. I realized that modern medicine wasn’t going to help me. I also started watching my diet and doing exercises such as Tai Chi. I found supplementing with herbs also helped. Many chronic health problems can be helped with natural remedies. Trust someone who suffered most of their life!” - Julia C.
Natural Health Resources

Barton Publishing has one of the fastest growing social sites dedicated to Natural and Alternative Health. This is a FREE membership where you will have access to a wide knowledge base of user generated material, friendly community support, and a place for you to feel at home while ending your dependency dangerous drugs. Take a moment and check it out, but do not forget to sign up!

www.BartonNaturalHealth.com

And, for the latest news and products for optimal health visit the Barton Natural Health Blog at:

www.BartonPublishing.com/blog

About Barton Publishing

Hi, my name is Joe Barton, and I'm the founder of Barton Publishing Inc - www.BartonPublishing.com and many other websites that promote natural health through teaching people like you how to cure yourself using alternative home remedies (like simple grocery store items, herbs, vitamins, exercises and more) instead of expensive and harmful prescription drugs.

My passion is helping other people live healthy, active lives in a natural, drug-free way.

Barton Publishing specializes in providing natural health alternative remedy reports that are safe, effective, affordable, and simple. Our team has developed many successful step-by-step reports, just like this one, that you can access quickly from your home computer.

Each of our reports outlines exactly how you can quickly and easily cure your health concerns, all from the comfort of your home kitchen or local health food store.
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Every month Barton Publishing publishes an online magazine called Home Cures That Work. In Every issue you will discover:

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- "**Ask the Doctor**" Q & A: send in your questions and you’ll get an honest answer from my team of hand-assembled Heartland M.Ds.
- **Healthy Recipes & Eating Ideas**: nothing fancy or expensive or hard to find, every recipe nourishes you and every ingredient is right in your local grocery store.
- **Age-erasing Breakthroughs**: look as young as you feel!
- **Gentle Fitness Tips**: day-by-day you’ll move better, with less pain and more flexibility, as you follow these easy, guided tips from our fitness expert.
- **Product Recommendations**: After sorting through all the health products out there, Your Barton Health-Advocate Team shares the very few we know really work!
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Related Resources

For more information on gallstones, please see the following Web sites.

Gallstones and Gallstone Disease

For an easy-to-understand, yet highly explanatory overview of the function of the gallbladder and the occurrence and surgical treatment of gallstones, The American Gastroenterological Association Web site.
http://www.gastro.org/wmspage.cfm?parm1=2

For an extensive list of resource links all dealing with gallstones and gallstone treatment, see Gallbladder and Gallstones Web site.
http://www.spearsmacleod.com/links/g/gbladder/

Liver and Gallbladder Cleanses

In addition to the liver and gallbladder cleanse and variations contained within this guide, you can find additional information on gallbladder cleansing, including a shopping list for the products you will need to conduct a cleanse at Gallbladder Cleanse section of http://www.curezone.com/cleanse/liver/cleansing_or_surgery.asp

To join in a discussion of common questions regarding liver cleanses, visit:
http://curezone.com/forums/fs50.asp?f=73

Cleansing and Gallstones Frequently Asked Question Forum:
http://curezone.com/forums/s.asp?f=73&ob=s&c=1&m=&t=50&p=0

Exercise, Exercise, Exercise

For an extensive compilation of health and fitness articles geared to help you establish a healthy exercise routine, visit Activity Website.
http://www.cdc.gov/nccdphp/dnpa/physical

For an interesting study that identifies the risks and preventative measures for obese individuals as relates to gallstones, visit the Dieting and Gallstones Web site.
Good Health, Good Diet

For comprehensive information on healthy dietary practices, visit the Food Guide Pyramid Web site.
http://www.cdc.gov/nccdphp/dnpa/nutrition/health_professionals/

To learn more about food elimination diets, visit the Elimination Diets to Food Intolerance Web site.
http://www.diet-i.com/elimination-diet.htm

To learn more about how excess weight is harmful to your overall health, visit the Overweight and Obesity Web site provided by the C.D.C.
http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm

Odds and Ends to Right Living

For a comprehensive understanding of homeopathy and the naturopathic approach to medicine and healing, visit ABC Homeopathy or the National Center for Homeopathy.
http://www.abchomeopathy.com/homeopathy.htm
http://www.homeopathic.org/whatis.htm

For general information about a natural approach to medicine and health, visit the Sharing Health from the Heart Web site.
http://www.sharinghealth.com/

To learn more about Chinese medicine, including acupuncture and acupressure, and how it can help you, http://www.acupuncture.com/