

# Congested? Irregular? Sluggish? Get Your Liver and Gallbladder Draining



## What happens when your liver can't drain?

Your hard-working liver is the most complex and heaviest organ in the body performing some 500+ functions day in and day out. One of those functions is to continuously produce bile—a fluid essential to neutralize the acidic stomach contents as it enters the small intestine, to digest fats, remove built-up cholesterol and hormones, absorb fat-soluble vitamins like vitamin A and D, and for optimal digestive enzyme function. Bile also carries out waste products filtered and processed by your liver for elimination in feces.

Your liver makes one to two liters of bile every day. The gallbladder stores that bile until you eat. When you eat fats, bile is released into your small intestine.

### Why you do NOT want to remove your gallbladder

Without a gallbladder you will suffer from a whole new set of symptoms due to poor digestion, fat malabsorption, and vitamin deficiencies.

And you may not even solve your symptoms: Of 233 people with suspected gallbladder disease, under half actually had gallstones. Of those 81 patients decided to have their gallbladder removed. One year later... there was no difference in symptom relief between those who removed their gallbladders and those who did not.

*Removing the gallbladder for upper abdominal pain coinciding with the presence of gallbladder stones may rest on common practice rather than on evidence-based medicine.*

—M Berger

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Virtually every unhealthy adult in America suffers from insufficient bile production and/or thickened bile. Even slight decreases in bile production, over time, increases the likelihood of disease.

When the bile isn't allowed to flow it becomes thick, and the thicker it gets the faster it hardens, eventually turning to stones. Most people have hundreds, even thousands of these thick sludge-like pebbles in their liver and gallbladder, effectively blocking healthy bile drainage.

### The most common symptoms of gallbladder problems include:

- ☞ Nausea and vomiting
- ☞ Indigestion
- ☞ Intolerance to fatty foods
- ☞ Abdominal bloating
- ☞ Pain in the right upper and central upper abdomen
- ☞ Referred pain may radiate to the back and the right shoulder
- ☞ Chills and sweats
- ☞ Yellowing of the skin or eyes (jaundice)

Over the last 3 decades, we've seen a surge in people suffering from gallbladder problems. An estimated 20-25 million Americans (10-15% of the population) have gallbladder disease (primarily gallstones).

The most common "solution" is surgery. Some 750,000 cholecystectomies (gallbladder removal surgeries) are performed annually in the US. Three quarters of a million people lose their gallbladder every year!

### Nutrition Response Testing Works

# Get your Liver & Gallbladder Draining

Evaluate and address the possible sources of your situation

Minimize and ultimately eliminate processed, packaged foods. Eat organic to avoid food pesticides.

## Foods to Increase

- 🌀 Apples
- 🌀 Artichoke
- 🌀 Avocado
- 🌀 Beets
- 🌀 Berries
- 🌀 Black radish
- 🌀 Celery
- 🌀 Chicory
- 🌀 Coconut oil
- 🌀 Cranberries
- 🌀 Dandelion
- 🌀 Garlic
- 🌀 Ginger
- 🌀 Hibiscus
- 🌀 Leafy greens
- 🌀 Lemon
- 🌀 Mustard Greens
- 🌀 Olive oil
- 🌀 Peppermint
- 🌀 Turnip greens

## Foods to Avoid

- 🌀 Refined sugars
- 🌀 Gluten grains
- 🌀 Commercial dairy
- 🌀 Alcohol
- 🌀 Coffee
- 🌀 Cooked and refined vegetable oils, hydrogenated oils
- 🌀 Excess saturated fats
- 🌀 Fried foods
- 🌀 High-fat meats like pork (Limit animal protein to 10% of diet)
- 🌀 Possibly eggs

## Daily Recipes for Gallbladder Health

Restore liver function and decongest gallbladder and bile/pancreatic ducts.

### Beet Tonic Salad

- 1 fresh beet, peeled and grated
- Juice of 1/2 lemon
- 2 Tbsp. flax oil

1. Combine all ingredients.
2. Eat 1 beet's worth of this salad daily for 2-4 weeks.

### Drainage Smoothie

- 1 bunch parsley
- 3 medium zucchini
- 1/2 lb. green beans
- 5 stalks celery

1. Steam all ingredients for 8-10 minutes, and then mix in blender. You can add a little warm water.
2. Drink 1-3 per day as a meal or with meals, or even as needed for gallbladder pain.
3. Options for more flavor: Add an apple and fresh lemon juice. OR add garlic, ginger and home-made vegetable broth. OR add an avocado to give it a nice creamy texture

### Flaxseed Tea

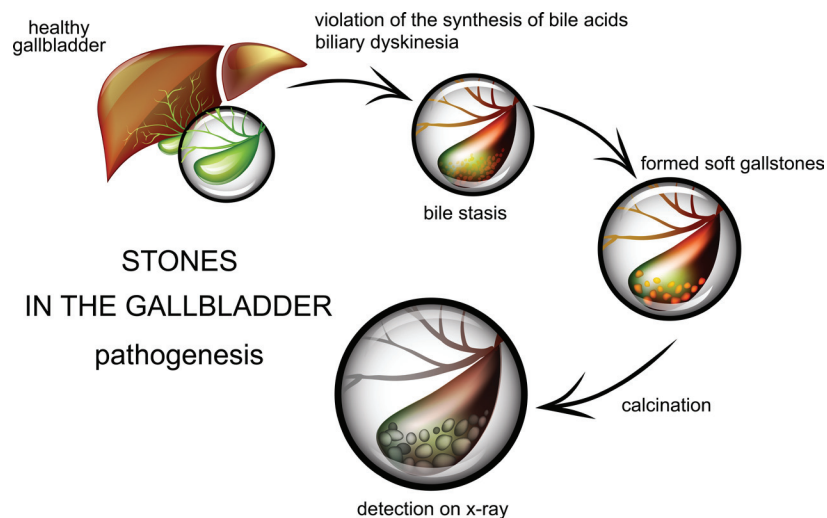
1. Mix 1 tablespoon whole flaxseeds into 2 1/2 cups water.
2. Bring to a boil, and simmer for one hour.
3. Use a strainer to separate the seeds from the liquid.
4. Drink 1 cup each day on an empty stomach.

### Digestion Tea

1. Mix 1 tablespoon each of fresh ginger (chopped), fennel seeds and fenugreek seeds into 2 1/2 cups water.
2. Bring to a boil, and simmer for one hour.
3. Use a strainer to separate the root and seeds from the liquid; can store refrigerated up to 3 days.
4. Drink 1 cup with each meal.

### Apple a Day

Eat at least one green apple a day after a meal. Apples are high in malic acid which help to open up the bile ducts.



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