

## Gallbladder Flush

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- You can thin the bile/sludge in the gallbladder by taking two substances: organic whole beet concentrate and the amino acid L-taurine. (One product that combines both is from Biotics Research called "Beta TCP," and there are others out there.) Also, eating whole beets (cooked is fine) works well, although it should be consistent. The gallbladder can be protected by pickles and a good quality vinegar.
- There are over a million gallbladders removed each year, most of them totally unnecessary surgeries. If you've already had your gallbladder removed, you MUST take bile salts with each meal, especially for meals with substantial fats. Oxbile is sold by health food stores and works well. This will prevent chronic disease problems and malabsorption problems (including fat-soluble vitamins.)
- A one day flush for sediment and stones: In the morning, eat only organic green apples, 5 or more throughout the day. Drink pure spring water and herbal teas (chamomile, decaffeinated green tea, lemon balm). At bedtime, heat 2/3 cup of olive oil to body temperature, mix in 1/3 cup of lemon juice (freshly squeezed). Sip this mixture slowly and go to bed. While lying on your right side, draw your right leg up. In the morning, the stones and sediment should pass in the stool. Avoid fatty foods for a few days after this. Eat organic, unrefined vegetables, grains, beans, fruits. Daily exercise is helpful. Avoid refined sugars.
- Supplements: Use a digestive enzyme tablet with each meal. Add probiotics (either refrigerated or a stabilized type that sits on the shelf: these should include Lactobacillus acidophilus and Bifidobacterium mixture, sometimes with other bacteria. Take two capsules or equivalent powder (1/2 teaspoon) on empty stomach three times a day. (This will help with gallbladder and also with yeast infection.)
- Three other flushes found at [www.mercola.com](http://www.mercola.com): (1) 5-day flush: Milder and slightly less effective. Eat green apples and radishes for five days, and each day, on an empty stomach, take 2 tablespoons of olive oil as well as 2 tablespoons lemon juice. (2) Three-week flush: Slow and gentle. Use if unsure how much gallbladder sediment or how many stones. Do this two or three times a year to keep gallbladder healthy. Avoid high fat foods, meats, cheese, dairy, eating unrefined grains, vegetables, legumes and fruits. Especially eat: pears, parsnips, tumeric, lemons, limes, seaweed and radishes (eat 1 to 2 radishes a day between meals. Drink five cups of chamomile tea a day. For every 160 pounds of weight, pour five teaspoons of cold-pressed flaxseed oil over food for one meal each day. (You can also divided the oil into half and add it to two meals a day instead.) Continue taking the flaxseed oil for six days each week for about two months. (3) One month: At bedtime the first night drink: 5 ounces of classic coke, 6 ounces of extra virgin olive oil, 2 tablespoons of lemon juice. The NEXT MORNING, drink 10 ounces of Citrate of Magnesium. For the next month do the following: drink ½ cup of apple juice immediately on wakening in the morning and just before going to bed, to reduce the nausea and headache side-effects that may occur with a flush. Watch the toilet bowl for the hundreds of gallstones that may be dumped from the gallbladder.
- Regular exercise decreases risk of gallstone surgery for women (and probably men) according to a study published in The New England Journal of Medicine, Sept., 9, 1999, pages 777-784 and 836-837. Even just 2 to 3 hours of exercise a week reduced the risk by 20%!
- The biggest risk factors for gallstones: low exercise levels, diets high in animal fat and refined sugar (lack of fiber and vegetable fats), according to the American Journal of Clinical Nutrition, January 1999, pages 120-126.