

# GALLSTONES

## (GALLBLADDER DYSFUNCTION)

Gallstones are typically made of cholesterol or bilirubin that can build-up in the gallbladder and harden into "stones". Gallbladder health is dependent on liver and bile health so look upstream for root causes.

### POSSIBLE CONTRIBUTING FACTORS



- Hypothyroid function (leads to build-up of LDL cholesterol causing thick/sluggish bile clearance)
- High estrogen (i.e. oral contraceptives) increases cholesterol leading to thicker bile
- Hypochlorhydria resulting in biliary insufficiency
- Fatty liver secondary to toxins, hypothyroidism, insulin resistance/elevated blood sugar & triglycerides
- Infections: E. Coli, roundworms, liver flukes, hepatitis
- Bile remaining too long in the gallbladder (no-fat or low-fat diet for example, hypothyroidism)
- Diet high in refined carbohydrates, hydrogenated fats/oils, fried foods, or conventional dairy
- Obesity/lack of exercise & poor lifestyle habits: smoking, drinking
- Insufficient water intake
- Food sensitivity: conventional dairy, eggs, gluten, citrus, shell fish and night shades are most common

### LIFESTYLE & DIETARY RECOMMENDATIONS



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate all processed & refined carbs, fried foods, vegetable oils, and hydrogenated/trans fats
- If insulin resistant, eliminate sweeteners. Choose 1-2 low fructose whole fruits daily instead for cravings
- Remove gluten and dairy strictly for a minimum of 3 to 4 months. Rule out other food sensitivities.
- Hydrate more (urine should be very light/pale yellow)
- Consider consuming fresh, raw beet with lemon juice daily
- Consider dandelion root tea infusions (steep herb in boiling water for minimum 4 hours or overnight)
- Castor oil packs 3-5 days per week
- Consume foods rich in glycine and taurine
- Increase consumption of extra virgin olive oil, artichoke, and digestive bitters to increase emptying of gallbladder

### SUPPLEMENT CONSIDERATIONS



- D-limonene to dissolve crystallization
- Bile acids to support digestion of dietary fats
- Digestive enzymes high in lipase to support breakdown of dietary fats
- Liver/gallbladder support formula with taurine, milk thistle, curcumin, choline, inositol