Removing Gallstones Without Surgery

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There are so many people in America today that go to their doctors’ office complaining of gallbladder related discomfort. When there are gallstones present in the gallbladder, they can cause minor symptoms, from occasional gas and bloating to the more concerning symptoms like frequent vomiting, ulcers, acid reflux disease and gallbladder attack. Many people are fortunate enough to get an ultrasound and have their doctor diagnose gallstones before an attack, but they are left with the option of taking drugs to cover up symptoms or surgically removing the gallbladder. Surgery is especially convincing when doctors tell patients that they don’t really need their gallbladder anyway (Miskovitz, Betancourt 2010). But that couldn’t be farther from the truth. The gallbladder is essential to proper digestion and in most cases of disease, proper function of this important organ can be restored and troublesome symptoms can be eliminated (Moritz, 2012).

The liver makes a very important substance called bile and stores it in the gallbladder. When a meal is consumed, fats and stomach acid move into the small intestine from the stomach and stimulate the gallbladder. Stored bile is released and travels to the small intestine through tubes called bile ducts. The bile is like a detergent, breaking down fats so they can be absorbed along with fat-soluble vitamins. The liver makes the bile, but the gallbladder stores it because the liver cannot make enough at one time to digest a high fat meal. The gallbladder also helps the body remove toxins. Bile attaches to toxins and carries them out through the bowel. So the gallbladder is a very important organ for helping maintain the body’s health. (Miskovitz, Betancourt, 2010, Group, Edward, Dr., 2016).

As soon as a patient is diagnosed with gallstones, removal of the gallbladder is preferred sooner than later. Stones can wander out of the gallbladder toward the bile ducts and get trapped. If the lodged stone doesn’t cause enough pain on its own to invite surgical intervention, trapped bile in the gallbladder will cause cholecystitis, inflaming the walls of the gallbladder and lead to infection (Group, Edward, Dr., 2016, Staff, 2018). Over time the stagnation will cause a lot of pain and eventually the gallbladder will rupture, what is known as a gallbladder attack. Studies have shown that many cases of gallstones will eventually result in a gallbladder attack (Iranmanesh, Pouya et al, 2014). Instead of examining the stones and waiting for the inevitable, immediate surgical removal of the gallbladder saves the patient a lot of time and money spent in a hospital.

The surgery and recovery time are quick and mostly painless, and because the gallbladder has disappeared, the symptoms should have gone with it (Iranmanesh, Pouya et al, 2014, Staff, 2018). So it may seem obvious why surgery is preferred. Unfortunately, in many cases, if gallstones have formed in the gallbladder, more stones are already congesting the bile ducts of the liver. These lingering stones that are stuck in the liver bile ducts continue to hold up the flow of bile. Even in the case of surgical removal of the gallbladder, the situation remains very problematic for the body (Moritz, 2012). Without the gallbladder pumping bile into the intestinal tract, what little bile is made available by the liver flows uncontrollably if there are stones blocking the ducts. Hacking out the gallbladder sets a person up for major problems with the digestion and absorption of food. Deficiency of fat and fat-soluble vitamins likes A, D, E and K will result because they can no longer be absorbed efficiently (Group, Edward, Dr., 2016). The result is an increasing amount of toxic waste that accumulates in the intestinal tract.

So with that being said, how can the gallbladder be saved? Alternative therapies to removing gallstones are accomplished by dissolving the stones and/or purging the stones from the gallbladder via the intestines. There are different types of gallstones so their size and type determine which treatment option is best. Cholesterol stones are the most common; they are soft like putty and yellow/green in color. Pigment stones are more solid, made of calcium salts and bilirubin-broken down red blood cells that increase in the bile. These harder stones can be several different colors. Bile gives the stones their green color. The longer they hang around in the liver and gallbladder, the darker the color. Small stones are typically the size of a pinhead to about the size of a pumpkin seen. The larger stones can get as big as a walnut. The gallbladder can develop either one large stone, hundreds of tiny stones, or almost any combination (Moritz, 2012).

Bile acid capsules are an alternative therapy to removing gallstones. The capsules have certain chemicals that are naturally produced by the liver. They can be taken orally like supplemental bile to dissolve smaller cholesterol stones. These medicines work by thinning the bile, which allows cholesterol to dissolve. This therapy must continue over several months. The length of treatment is determined by the patients’ body weight. Contact dissolution therapy dissolves gallstones by inserting a small needle into the gallbladder, slowly delivering a solvent through a catheter. This therapy is a good option for patients that show high risk of gallbladder attack. The solvent dissolves stones quickly but there can be some serious side effects such as severe burning pain (Moritz, 2012, Calabro, 2018).

Herbal supplementation in combination with dietary changes is popular because it is a natural therapy for cholesterol stones. Plants and their extracts can stimulate the production and flow of bile to assist in digesting food. It can help improve liver health and reduce inflammation, which are both important for regulating the production and use of cholesterol. Herbs that can help increase bile flow, referred to as “cholagogues” include chicory root, dandelion, hibiscus, milk thistle seed, rosemary, turmeric and more (Stage, 2005-2018).Other common foods include: apples, artichokes, beets, bitter greens, peppermint and cinnamon (Douillard, 2019). “Good” fats, such as olive oil, help reduce cholesterol. Just 3-5 tablespoons a day can have positive effects, preferably taken with lemon or on salads. Good fats are also found in flaxseed oil, fish oil, and raw coconut oil. Grass-fed beef is a good source, although fish is widely considered to be the best source of animal fats (Calton, 2020).

One method of eliminating all types of gallstones from tiny ones to large one is known as The Gallbladder Cleanse. This cleanse is designed to rid the body of gallstones but it can also relieve the liver and the various bile ducts of the undesirable compounds that have built up over a period of many years from foods, fluids, products absorbed through the skin, and toxins inhaled from the air. Once these organs are unclogged they will function to their full potential.

What it boils down to is this: A clean liver will produce cleaner, smoother-flowing bile that can dissolve more cholesterol. A clean gallbladder will be able to store bile without retaining gallstone-causing cholesterol residue. And clean bile ducts will ensure that bile flows quickly to its destination in the small intestines.

With the approval from a qualified medical professional to determine individual needs and whether the gallbladder cleanse can be done, gallstones can be eliminated naturally with minimal discomfort. The necessary supplies are regular household items that are totally affordable so it can be done in the comfort of one’s home. It is best if done over a weekend or whenever a few days off are available to relax and allow the body to recuperate. After all, this cleanse has a tough job to do expelling years of accumulated waste from the liver and gallbladder. Hundreds of stones can safely be removed at one time through the bowels. It is highly recommended to do a series of cleanses because the liver can be packed with literally thousands of tiny stones. With about 1 month between each cleanse, it may take up to 8 – 12 cleanses until the liver is completely free from gallstones. A sign that the liver and gallbladder has been effectively restored is two consecutive flushes with no stones. Then it is recommended as a preventative measure and for maintenance to do a liver flush every 6 months or so (Moritz, 2012).

**The Gallbladder Cleanse Instruction:**

Supplies Needed:

* Six 1 Quart servings of Apple Juice or Six servings of 2 Cups water mixed with 1 TSP Malic Acid powder, if juice can not be tolerated
* 4 TBL of food grade Epsom Salt dissolved in 3 Cups of water to be divided into four ¾ Cup servings
* ½ Cup of Virgin Olive Oil
* 1 big grapefruit, or 3 lemons (enough to squeeze ¾ Cup of juice)
* Two glass pint jars with lids
* 2 TSP Sea Salt dissolved in 4 cups water (Salt Bath) acts like a full GI enema

Preparation

**1.** For 6 days before your liver flush, drink 1 Quart of apple juice or 2 Cups water mixed with 1 TSP Malic Acid powder throughout each day in between meals. Malic acid smoothens the sharp edges of the stones to ease their passage through the bile ducts. Eat lighter meals and make sure bowel movements are regular. Dilute the apple juice with a little water if needed.

**2.** On day 6, eat light with no fat for breakfast and lunch, like steamed rice or oatmeal. This enables the bile in the liver to accumulate, putting pressure in your liver. This pressure will eliminate more stones in the liver.

**3.** At 2:00 PM, the same day, mix 4 TBL of Epsom Salt in 3 cup of water in a jar and shake to dissolve salt. Do NOT drink or consume any foods after 2 PM except for water. This is extremely important! Put this jar in the refrigerator to make it cold. The Epsom Salt mixture relaxes the bile ducts of the liver so that stones can pass.

**4.** At 6:00 PM, drink the first portion of the 3/4 Cup Epsom Salt mixture. It will taste very bad…like the most bitter taste you have ever tasted…but you can add 1/8 tablespoons of powdered Vitamin C to make it slightly more tolerable. Now is a good time to do a salt bath, 2 tsp Sea Salt dissolved in 4 cups water. The salt bath is really great for cleaning the small intestine along with the colon, where an enema only cleans out the colon. Plus the salt bath is much easier to get the bowels moving. Warming the water and imagining drinking a big bowl of chicken broth helps it go down easier. Drink it down within five minutes. Use intuition to drink as needed. Another salt bath may feel good to drink in the morning after another dose of Epsom Salt mixture.

**5.** At 8 PM, drink another 3/4 Cup of this mixture. Get all your errands done, and prepare for the liver flush. You shouldn’t be doing ANYTHING after doing a liver flush, just lying down and sleeping.

**6.** At 9:45 PM, pour ½ Cup of virgin olive oil into a jar. Juice the entire grapefruit into the mix, making sure there is no pulp. You should have ¾ Cups of grapefruit juice mixed with the virgin olive oil the jar. Close the jar, and shake it very hard until it has blended into liquid. This should be consumed at 10 PM, but visit the bathroom if needed.

**7.** At 10 PM, drink the oil-juice mixture. You may drink it through some large straw if that makes it easier for you. Try to get it all down by 5 minutes or so. This mixture stimulates the gallbladder and the bile ducts of the liver while simultaneously lubricating the stones so they can slide into the small intestine.

**8.** Lay down in your bed as soon as you finish drinking the oil-juice mixture. This is crucial for releasing the gallstones. Don’t do any work, don’t even bother brushing your teeth! Just turn off the lights and lay down flat immediately with one or two pillows propping you up. Stay still, and try not to move at all. Try to sleep. Visit the bathroom if needed.

**9.** The next morning preferably around 6 AM, drink a 3rd dose of the 3/4 Cup Epsom salt mixture. You can go back to sleep afterwards.

**10.** Two hours later, drink the last dose of Epsom salts. Follow with a salt bath it feels like it will help with the cleansing process.

**11.** Only after 2 more hours can you eat anything, but do not eat solid fruits just yet. Start with liquids, and move slowly to fruit. Try to ease back into heavy foods so not to upset the intestines.

Doing the Cleanse is like performing your own bloodless operation. There will be no pain and no scar tissue. The little bit of discomfort that may be experienced will be well worth it because of the increased health benefits. (Moritz, 2012)

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