

Understanding and treating Gall Stones:

Gallstones form when liquid stored in the gallbladder hardens into pieces of stone-like material. The liquid, called bile, is used to help the body digest fats. Bile is made in the liver, then stored in the gallbladder until the body needs to digest fat. At that time, the gallbladder contracts and pushes the bile into a tube called the common bile duct that carries it to the small intestine, where it helps with digestion.

Bile contains water, cholesterol, fats, bile salts, proteins, and bilirubin. Bile salts break up fat, and bilirubin gives bile and stool a yellowish color. If the liquid bile contains too much cholesterol, bile salts, or bilirubin, under certain conditions it can harden into stones.

The two types of gallstones are cholesterol stones and pigment stones. Cholesterol stones are usually yellow-green and are made primarily of hardened cholesterol. They account for about 80 percent of gallstones.

A person may have one or many gallstones. They usually range in size from a grain of sand to 1 or 2 inches. Sometimes there may be no symptoms of gallstones. The gallstones lie quietly within the gall bladder and are usually found by chance.

Others may have severe symptoms called a gallstone "attack" because they occur suddenly. A typical attack can cause steady pain in the upper abdomen that increases rapidly and lasts from 30 minutes to several hours pain in the back between the shoulder blades pain under the right shoulder nausea or vomiting

Gallstone attacks often follow fatty meals, and they may occur during the night.

Other gallstone symptoms include:

- abdominal bloating
- recurring intolerance of fatty foods
- colic and belching
- indigestion

If a gallstone is obstructing the gall bladder, there will be severe pain in the upper right side of the abdomen. The pain will come and go in waves as strong muscular contractions. Strong muscular contractions occur because the body is trying to get rid of the obstruction.

Other symptoms are: mild pain under the right ribs. This pain usually occurs after eating fatty foods. It occurs after eating fatty foods because fat in the diet provokes a reflex contraction of the gall bladder.

The pain of a gall bladder attack can be excruciating. One can understand why people get desperate enough to consider surgery. However, it may also make you think about what you have been eating. Maybe its your bodies way of telling you NOT to eat food that is deep-fried.

If there is complete obstruction of the gall bladder, infection of the gall bladder occurs and fever, jaundice, and persistent pain can result. You need to be aware of these warning signs of a serious problem and seek help.

Silent gallstones may not cause problems and even go unnoticed. Sometimes

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gallstones may pass out of the body spontaneously. Those at greater risk of gall stones include the following:-

- people over age 60
- women
- overweight men and women
- people who fast or lose a lot of weight quickly
- pregnant women, women on hormone replacement therapy, and women who use birth control pills .

Laparoscopic surgery to remove the gallbladder is the most common treatment. Fortunately, the gallbladder is an organ that people can live without. Once the gallbladder is removed, bile flows out of the liver through the hepatic ducts into the common bile duct and goes directly into the small intestine. However, because the bile isn't stored in the gallbladder, it flows into the small intestine more frequently, causing diarrhea in about 1 percent of people.

You need to be aware that after the surgery, patients may find they are unable to digest many foods including meat, cream sauces, gravies, hot breads, pasta, green salad and sweets!

On an energetic level you need to consider any pride, hard thoughts or bitterness you may be harbouring. Learn to let the past go and know that life is sweet.

To learn about traditional classic herbal treatment read the following site
http://www.herbal-treatment.net/herbs_gall_attack.html

There are alternatives to surgery such as gall bladder cleansing . This option has been written about by many including chiropractor Claude M. Lewis, Edith Hiett and Leon Hiett in the book "Are you 'Stoned'?" and Hulda Clark in her book "The Cure For all Diseases".