



The Campbell M Gold Newsletter

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Campbell M Gold

Consultant

**Self-Help and personal Development through
New Thinking, and Hypnosis and Subliminal
Programs**

Just the Facts...

Welcome

Welcome to another newsletter...

In this issue we will take a look at "Natural Gallstone Therapy".

As always, no hugs, just the facts... So let's jump right in...

Kind regards,

Campbell M Gold

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Keep Up-to-Date

**The Health Information reflected in this Newsletter is subject to change.
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the various subjects:**

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Natural Gallstone Therapy

Introduction

When gallstones temporarily obstruct the cystic duct or pass through into the common bile duct, gallstones become symptomatic and biliary colic develops. When the cystic duct or common bile duct becomes obstructed for hours, or gallstones irritate the gallbladder, cholecystitis develops. The obstruction may be acalculous or caused by sludge. The inflammation may be sterile or bacterial. Choledocholithiasis occurs when gall stones become lodged in the common bile duct, resulting in possible cholangitis and ascending infections.

(Picture Below - Gall Stones)

Symptoms

Gall stone congestion of the gallbladder and liver; indigestion, especially after fatty food.

- Bloating
- Flatulence and wind
- Pain in the solar plexus (bottom of the sternum)
- Pain to the right of the solar plexus
- Pain radiating around the back in line with the waist
- Pain around right shoulder blade.

If a stone is stuck in the gallbladder exit tube it can cause severe pain that can occur in waves.



Racial or ethnic influences are important in gallbladder disease.

People of Hispanic or northern European countries are more likely to have gall stones.

African Americans are at decreased risk for gallstones unless they have a hematologic reason for stones (e.g., sickle cell anaemia).

Asians with stones are more likely than other populations to have pigmented stones. In elderly Pima Indians, incidence of gallstones is approximately 75%.

(Picture Right - Gall Bladder full of Gallstones)

Although gallstones and cholecystitis are more common in women, men with gallstones are more likely to develop cholecystitis than women with gallstones. Some oral contraceptives or oestrogen replacement therapy may increase the risk of gallstones.

Age increases the rate of gallstones, cholecystitis, and common bile duct stones. Elderly patients are more likely to go from asymptomatic gallstones to serious complications of gallstones without gallbladder colic. Children are more likely than adults to have acalculous gallstones. If stones exist, they are more likely pigmented



stones from hemolytic diseases (e.g., sickle cell diseases, spherocytosis, G-6-PD deficiency - (G6PD deficiency is an inherited condition in which the body doesn't have enough of the enzyme glucose-6-phosphate dehydrogenase, or G6PD, which helps red blood cells to function normally.)) or chronic diseases (e.g., total parental nutrition, burns, trauma). Teenagers have the same aetiologies of gallstones as adults, with a higher incidence in girls and during pregnancy.

Typical gallbladder colic is 1-5 hours of constant pain, most commonly in the epigastrium or right upper quadrant. Pain may radiate to the right scapular region or back. Peritoneal irritation by direct contact with the gallbladder localizes the pain to the right upper quadrant. Pain is severe, dull or boring, and constant (not colicky). The individual tends to move around to seek relief from the pain. Onset of pain develops hours after a meal, occurs frequently at night, and awakens the patient from sleep. Associated symptoms include nausea, vomiting, pleuritic pain, and fever.

Most gallstones (60-80%) are asymptomatic at a given time. Smaller stones are more likely to be symptomatic than larger ones. Almost all patients develop symptoms prior to complications.

Symptoms of cholecystitis are steady pain in the right hypochondrium or epigastrium, nausea, vomiting, and fever. Acute attack often is precipitated by a large or fatty meal.

Vital signs parallel the degree of illness. Patients with cholangitis are more likely to have fever, tachycardia, and/or hypotension. Patients with gallbladder colic have relatively normal vital signs. In a retrospective study, only 32% of patients with cholecystitis had fever. Fever may be absent.

studies at the University of Pittsburg found that removing the gallbladder (cholecystectomy) doubled the risk of colon cancer.

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Supplements

- Vit C, 1 gram/daily - Vit C helps to reduce the cholesterol concentration of the bile.
- Magnesium - 300 - 400 mg/daily - Magnesium helps to prevent the formation of gallstones.
- B-Complex - 100 mg daily can be therapeutic.

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Natural Treatments

Simple Gall Bladder Flush One Day Method

Eat only organic or spray free apples on the day of the flush (or raw apple juice up to 600 ml) green apples are the most effective, but any type will help. Eat no other food.

At bed time warm two thirds of a cup of virgin olive oil to body heat and mix with one third a cup of fresh raw lemon juice.

Slowly sip the entire mixture, and then go straight to bed lying on your right side, with your right leg drawn up.

In the morning stones will be passed in the stool.

This procedure may need to be repeated several times for complete clearance of the gall bladder and the liver. Consequently, there should be no need for surgery to remove the gall bladder

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The Gradual Flush

Following are various methods and food that help to naturally remove gall stones and sediment. take these daily for months, this gradual method should remove even the biggest gall stones.

Olive or Black Seed Oil Flush

Start at about 2 level teaspoons daily of Olive or Black Seed Oil, and move up to one and a half dessert spoons over a period of a few weeks, and maintain for one to two months.

Thereafter maintain at 2 teaspoons a day for general health and efficiency of the liver.

This is effective remedy, but may cause very loose bowels for a few days - this is part of the cleansing process.

However some individuals may be over-stimulated by doses above one teaspoon; however, adaptation can occur, so experiment to find the best dose for yourself.

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Olive and/or Hemp Oil Flush

- Olive and or Hemp Oil - Try about two dessertspoons daily
- Lecithin graduals - Two dessert spoons daily
- Turmeric - About half teaspoon daily of the powder
- Raw Beetroot juice, radish - 6 a day
- Lemon - 1 a day
- Lime, apples, pears, grapefruit - 1 a day
- Chamomile and cleavers tea - as much as you want

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Four Day Gallstone Cleanse (One)Error! Bookmark not defined.

Only drink spring or mineral water (no tap water), and eat no food.

The juices must be fresh prepared, and drunk as per the following schedule.

Day one:

200 ml of apple juice and 60 ml of beetroot juice mixed together. Drink 6 glasses a day. (Total 1200 ml apple juice and 360 ml beetroot juice)

Day two:

120 ml of apple juice and 120 ml of beetroot juice mixed together. Drink 6 glasses a day. (Total 720 ml apple juice and 720 ml beetroot juice.)

Day three:

60 ml of apple juice and 180 ml of beetroot juice mixed together. Drink 6 glasses a day. (Total 360 ml apple juice and 1080 beet juice.)

In the Evening: drink 120 ml of pure olive oil, followed immediately by ¼ grapefruit juice.

Go to bed, and sleep on your right side. The stones will pass in the morning.

Day Four:

On the 4th morning please be sure that you have several bowel movements, use an enema if necessary.

You will have loosened up a lot of internal muck, and your body needs to eliminate it.

When you have the bowel movements on the 4th day, you will see the gall stones in your toilet.

Every Day:

At the end of each day it is suggested that you take a coffee enema (the coffee stimulates the liver); however, a regular enema will do. Also take a ginger detox bath each day during the cleanse.

Note: During the cleanse you might not feel a sense of hunger; however, if you do experience hunger, drink another glass of juice and remember you can have additional water also.

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Four Day Gallstone Cleanse (Two)

Only drink spring or mineral water (no tap water), and eat no food.

Day one and two: Drink 240 ml of apple juice six times a day. (1440 ml/day)

Day three: Drink 240 ml of apple juice six times a day. (1440 ml total). In the evening of Day 3 mix together 120 ml olive oil and 120 ml fresh lemon juice (must be fresh lemon juice).

Drink 60 ml of this mixture every half hour. That will take 2 hours, so plan this to end just before bedtime.

At bedtime, take a natural laxative such as cascara, senna, or other herbal laxative.

Sleep on your right side as much as possible for the best results.

Day Four:

On the 4th morning please be sure that you have several bowel movements, use an enema if necessary.

You will have loosened up a lot of internal muck, and your body needs to eliminate it.

When you have the bowel movements on the 4th day, you will see the gall stones in your toilet.

Every Day:

During each day of the cleanse, have a detox bath. This will help if you are not feeling well - your body is getting rid of toxins and this may cause you to feel unwell.

Note: During the cleanse, you might not feel a sense of hunger; however, if you do experience hunger, drink another glass of juice and remember you can have additional water also.

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Miscellany

Drinking coffee regularly will help prevent gallstones.

Consuming nuts, which are loaded with unsaturated fats, can prevent gallstones.

Refined carbohydrates affect the way the stomach metabolizes food, so the gallbladder doesn't empty efficiently. This leads to gallstones. Consequently, cutting down on refined carbohydrates will help.

However, eating one tablespoon of unsalted butter a day, in one serving, will cause complete emptying of the gallbladder. The tablespoon of butter must not be polysaturated fat or monounsaturated fat, and it has to be eaten all at once. Nevertheless, avoid dramatically increasing or decreasing your intake of fat - you may have to work up or down to this amount.

High intake of Fibre has been associated with a lower risk for gallstones.

Lecithin is a fat known as a phospholipid, which is known to help prevent the formation of cholesterol gallstones.

Take Calcium supplements.

It is believed that the acids found in natural apple cider vinegar are beneficial in breaking up kidney stones and gallstones, by softening or dissolving them.

High intake of sugar has been associated with an increased risk for gallstones.

Alcohol in small amounts (one ounce per day) has been found to reduce the risk in women by 20%.

Women should take Vitamin C to help break down cholesterol in bile. Vitamin C deficiencies have been associated with a higher risk for gallstones.

Drinking plenty of water (8 to 12 glasses a day) flushes the liver and dilutes the bile.

Eat lots of vegetables.

Losing weight is helpful, but losing weight too quickly can cause gallstones. Weight loss should be 2 pounds per week long term.

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Infection

When there is infection or suspected infection present use Olive Leaf Capsules as directed by the manufacturer.

For inflammation of the gall bladder (cholecystitis) use Serrapeptase

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If after experimentation with the above remedies over a 3 month period, you are still experiencing symptoms, you may want to consider whether there may be deeper underlying causes.

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Prevention Tips

It is interesting facts that people who do not eat meat, dairy products, or eggs, have fewer gallstone problems. It is animal fat which tends to form gallstones.

Drinking water (spring water or mineral water - not tap water) helps prevent gallstone formation. It has been discovered that those with gallstones drink little water.

Drinking 600 ml of water causes the gallbladder to empty about 10-20 minutes later. This is the ongoing way to keep the gallbladder cleaned out and in fairly good condition; that is, if you do not eat any fats of animal origin.

Lack of exercise increases the likelihood of gallstone formation. Cholesterol is excreted more rapidly by the liver and gallbladder with more exercise. The fact is that everything, in your body, works better when you exercise regularly.

Do not overeat - this is very important.

Do not eat processed, fried, sugared, spicy, or junk foods.

Do not use tobacco - ever.

Moderately use alcohol, and caffeine.

Keep your weight down. Overweight women over 40, who have had several children, have the most gallstones.

Oral contraceptives (and other drugs containing oestrogen) increase cholesterol saturation of bile.

Eating eggs greatly increases the likelihood of gallstone formation.

A diet low in vitamin C greatly increases the likelihood of gallstone formation.

Eating lots of refined carbohydrates increase gallstone formation.

Not including enough fibre in the diet increase gallstone formation.

Taking 2 tsp. of lecithin each day immediately results in increased phospholipid concentration in the bile. This directly lowers and disperses gallstones.

Animal protein in the diet increases stone formation

Vegetable protein tends to reduce the size of gallstones.

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Easing Gallbladder Pain

General Treatment for Gallbladder Pain

- 1 large organic beetroot ((raw) washed (not peeled unless not organic) and finely grated)
- Juice of 1/2 lemon
- 2 tablespoons flax oil (extra-virgin cold-pressed olive oil can be substituted)

(Flax oil is by far the superior choice here; however, if you only have extra-virgin cold-pressed olive oil, you can substitute it.)

Take one teaspoon of mixture every hour throughout the day.

On day two and three make a fresh batch using 1/4 of a large beetroot.

Take one teaspoon of mixture 3 to 4 times a day or more.

Make this mixture to add to your salads frequently or eat alone as above 2 or 3 times a week.

This will keep the bile thin and moving.

Note: If you cannot get organic beetroot, be sure to peel it. Otherwise, use the peel as well.

Beetroot in any form is an excellent food for both the liver and the gallbladder.

Eat your regular meals throughout this period, striving to eat lots of fresh vegetables, good fats, and to avoid refined sugars and processed foods, etc.

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Green Soup for Gallbladder Pain

- One bunch parsley
- 3 medium zucchini
- ½ lb. Green beans
- 5 stalks celery

Steam together for 8-10 minutes.

Or partially steam and boil in ½ cup water.

If you have a steamer, you retain more nutrients and flavour with that method.

Purée in a blender.

This soup is wonderful for relief from all sorts of gastric disturbances such as stomach pain, gas, and indigestion.

Do not add any fat or salt to this recipe.

This soup can be used anytime, but is particularly useful as a three day fast with nothing else but water.

It is both nourishing and easy to digest, and you can alter the amounts to taste. More beans add more sweetness.

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Foods to Avoid for Gallbladder problems

- Hydrogenated and partially-hydrogenated oils
- Margarine
- Fried Foods

- Saturated fats (even coconut oil until feeling better)
- Red meats
- Dairy products
- Eggs (Research showed that eggs caused symptoms in up to 95% of patients. However, in my clinical experience soft-boiled or poached with no fat added seems to be okay. Perhaps this is due to the lecithin content that is present in the raw or close to raw egg.)
- Chocolate
- Ice cream
- Black tea
- Alcohol, beer, wine, liqueur
- Fruit juice
- Carbonated water
- Tap water
- Colas
- Oats (for some people)
- Wheat
- Barley
- Rye (although the sour German ryes seem to be less troublesome)
- All legumes (beans) as they tend to increase the cholesterol in the bile.
- Radishes and turnips
- Cabbage, cauliflower

Many steamed greens like collard, mustard and kale, also Brussels sprouts and broccoli seems to be a problem for some people. Greens (and especially kale and Brussels sprouts) are used by the liver to detoxify. It may be necessary to avoid these until you have done some work with the products and flushes as well as diet. Your goal should get to the point where these foods do not cause distress, as they actually target the root of the problem.

Avoid all artificial sweeteners, sugar, preservatives, refined and bleached foods (like white flour)

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Good Foods for the Gallbladder

Juice your own if possible Fresh vegetables are very healing

Vegetable juices - Beet and cucumber are especially helpful to gallbladder

You can add other green vegetables like tender baby greens, swiss chard, dandelion greens, beet greens, celery, carrots -- avoid the cabbage family)

Avoid all fruit juices except organic grape juice and organic apple (self-juiced is best)

All the vegetables listed above for juicing are good. Use baby mixed organic greens for salads and avoid the bitter greens for now

Fibre such as found in fruits and vegetables and guar gum and oat bran.

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Organic Food Is Important

- Beets
- Cucumbers
- Green beans
- Okra

- Sweet potatoes
- Avocados - a good way to get needed fats directly from food
- Vinegars all types
- Garlic and onions help with liver cleansing but not processed types like flakes or powder. But some people have trouble digesting them so pay attention.
- Shallots
- Tomatoes - ripe
- Cold water fish
- Lemons (lemon juice in the morning with hot water helps to clean the liver)
- Grapes and fresh organic grape juice
- apples, grapefruit, berries, oranges, papaya, pears

Organic Is Important - The liver is the root of the problem here, and the pesticides and herbicides used in commercial fruits and vegetables cause extra burdens to be placed on the liver and consequently, the gallbladder.

Omega 3 oils like flax or hemp. Use these with fresh lemon juice or vinegar on your salads DO NOT COOK flax oil.

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Foods to Avoid for Gallstones

Same list above for general gallbladder problems above.

Take special note of the foods most likely to cause gallbladder attacks:

Eggs, pork, onion, fowl, milk, coffee, citrus, corn, beans and nuts.

Alcohol

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Foods Helpful for Gallstones (Use Organic Foods)

- Fresh vegetable juices as mentioned above (beet and cucumber especially)
- Drink lots of spring or mineral water - very important
- Garlic and garlic oil
- Avocados
- Artichokes
- Ginger root
- Coconuts
- Grapes and freshly pressed grape juice (organic grapes only) are especially helpful
- Apples, apricots, berries, casaba melons, currants, figs, grapefruit, guavas, lemons, pears, prunes
- Tumeric (organic)
- Cottage cheese - low fat

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Health Bite

Resting Pulse Rate

One assessment of fitness level is the measurement of the Resting Pulse Rate.

For an accurate Resting Pulse Rate measurement, you must be in a relaxed condition. Ensure that you have been sitting still for at least 2 minutes prior to testing, and have not exerted yourself violently in the previous 5 minutes.

Take the number of pulse beats in 20 seconds and multiply the result by 3. Alternatively use a commercial pulse monitor and follow the operating instructions.

- A resting pulse rate of 80 or higher beats per minute - You definitely need to improve your fitness level.
- A resting pulse rate of 70 - 80 beats per minute - You need more exercise to improve your fitness level.
- A resting pulse rate of below 70 beats per minute - You are likely to be in good shape. Keep up the good work.

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Allergy Indication

Resting pulse rate can also be used to detect an allergy or a negative reaction to something ingested.

- Prior to eating or drinking, take your resting pulse rate.
- Retake your resting pulse rate 5, 10, 15, 20, 30, and 60 minutes after eating or drinking.
- If there has been an adverse reaction, there will be a significant deviation from the original resting pulse rate taken prior to ingestion.

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