



HEAVENLY HERBS and ACUPUNCTURE SHERYL SANCHEZ, LAc.

8093 Skyway
Paradise, Ca. 95969
(530) 877-7003
www.heavenly-herbs.com

NATURAL TREATMENTS FOR A "GALLBLADDER ATTACK" ©

1. Gallbladder pain and gallstones

A Gallbladder (GB) 'attack' or pain is usually pain in the right upper quadrant of the abdomen. It can also be in the stomach area, or radiate to the back or shoulder, and it can be mild or severe, cholicky pain. Upon any gallbladder (GB) pain, stop eating any foods with fat! GB pain starts because of stones in the GB (stones can be small, referred to as 'sludge' or large, referred to as 'gallstones') and the stimulation of the GB due to a high-fat diet. When the GB is stimulated by eating fatty foods and stones are present, GB pain may result, hence the term 'GB attack'. All animal proteins, including dairy, have fat. However, a no-fat diet can include veggies, fruits, some breads, crackers, cereals, etc. (check the package labels). This no-fat diet may be needed for several weeks. Gradually add back in low-fat foods after the acute pain is relieved.

2. Dietary support for the GB

- a. Chamomile Tea - will calm the GB and ease spasmodic pain. Drink it all day long.
- b. Apples and apple juice - will help flush the GB out in a gentle manner. Eat several apples a day (preferably organic and green, tart ones, but eat any variety that you like!) and/or a ½ gallon of apple juice a day (organic, unfiltered - the real stuff!).
- c. Radishes - also will help support the GB.
- d. Lemon juice - add lemon juice to water and drink on an empty stomach in the morning. This helps to get the digestive juices going. One can use hot or cooler/room temperature water, depending on the season. (Ice cold water is not good for the digestive system in general.) Drinking water all day with lemon is a great idea too!
- e. DON'T do a GB Flush as recommended by some (drinking olive oil with lemon juice is just one type). This can be dangerous if you have large GB stones - flushing them out can cause extreme pain, with the stones blocking the bile ducts - this can be life-threatening and surgery will definitely be required then! Safer ways are highlighted here: dietary changes and herbal remedies will cure this health condition also!

3. Herbal medicinals for GB support

- a. Gallbladder Drops (Brand: Professional Complementary Health Formulas): This is a homeopathic remedy which will both help ease the pain and aid in sludge/stone removal from the GB.
 - i. Dosage: 10 drops - 3x/day
 - ii. Acute Dosage: 10 drops every 5-10 minutes
- b. Li Dan Pian (GB Pills): This is a standard traditional Chinese herbal prescription to break down GB stones (can also be used for urinary tract/kidney stones).
 - i. Dosage: 8 pills - 3x/day
- c. Traumeel Drops/Tabs: This is a natural analgesic, anti-inflammatory homeopathic remedy. It will also help with the pain of a GB attack.
 - i. Dosage: 10 drops - 3x/day (drops); 4 tabs - 3x/day
 - ii. Acute Dosage: Take above dosage every ½ hour until pain subsides.
- d. Spascuspreel Tabs: This is a homeopathic remedy excellent for spasmodic pain.
 - i. Dosage: 4 tabs - 3x/day
 - ii. Acute Dosage: Take above dosage every ½ hour until pain subsides.
- e. Other:
 - i. Other herbal formulas could be necessary, depending on your specific case or diagnosis.