16 Gallstones Secrets Revealed

What You Need to Know to Eliminate Your Gallstones Naturally

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1. Why Your Gallbladder is Important

Removing even a small organ like the gallbladder can disrupt the entire digestive process, possibly triggering a domino effect of infection and decay that can wreak havoc on nearly every organ in your body.

A well-maintained gallbladder is critical for your digestive system to function properly. The gallbladder makes certain that bile, the digestive liquid secreted by the liver, is used to its full potential.

(Read more on page 9 of The Gallstone Elimination Report)
2. What are Gallstones?

Gallstones are the most common cause of gallbladder problems. They are hard, rock-like formations largely made up of the excess cholesterol deposits left behind by the bile in the liver, gallbladder, and bile duct tissues.

Over time, these deposits build up into biliary sludge, and, if not flushed out, into gallstones.

Gallstones can be as small as a grain of sand or as large as a golf ball. Besides cholesterol, gallstones also contain smaller amounts of bile, pigments, lecithin, and proteins.

(Continued on page 11 of The Gallstone Elimination Report)
3. Healthy Bile Flow: The Key to Gallbladder Health

The Gallbladder Cleanse you will learn in this book will improve the function of many parts of your body, including your digestive, immune, and metabolic systems. But the one thing the cleanse targets is the liver’s ability to produce clean, flowing bile.

Healthy bile flow is a requirement for your body to work efficiently. And without proper bile flow, you will have little chance of dissolving and eliminating your gallstones and of preventing new gallstones from forming in the future.

(Full story on page 14 of The Gallstone Elimination Report)
4. Risk Factors for Gallstones

Certain factors that can make you more likely to develop gallstones are:

- **Gender**—Women are 4 times more likely than men to develop gallstones.
- **Age**—People over the age of 40 often have gallbladder disease.
- **Obesity**—Extra weight can cause your bile to be oversaturated with cholesterol.
- **Heredity**—Gallbladder problems tend to be passed down from generation to generation.

In addition, when combined with these other conditions, your gallstone risks multiply:

- **Food allergies**—Especially to eggs, pork, onions, fowl, dairy products, coffee, citrus, corn, beans, and nuts.
- **Digestive disorders**—Specifically those caused by HCL (hydrochloric acid) deficiency.
- **Body mass index**—Calculated as your weight divided by the square of your height.
- **Diet**—Regularly consuming foods high in saturated fats, polyunsaturated and monounsaturated fats, and refined carbohydrates (sugars) and low in fiber is generally linked to gallbladder problems.

(19 more hidden risk factors starting on page 18 of The Gallstone Elimination Report)
5. Symptoms of a Gallbladder Attack

When a gallstone travels out of the gallbladder, it can get lodged in one of the narrow bile ducts that connect the gallbladder to the rest of the digestive system.

This can block the flow of bile in and out of the gallbladder, causing a painful inflammation attack, or cholecystitis.

Gallbladder attacks are most commonly triggered by caffeine, chocolate, eggs, dairy products, and greasy or deep fried foods.

Cholecystitis symptoms can include:

• Pain on the right side of the abdomen.

• Pain on the right side of the shoulder, occurring by itself or together with abdominal pain.

• Upper abdominal pain over the breastbone.

(11 more critical symptoms of a gallbladder attack (cholecystitis) - you can't afford to miss these - see page 20 of The Gallstone Elimination Report)
6. What Can Really Happen If They Remove Your Gallbladder

... 5 Things Most Doctors Won’t Tell You About Gallbladder Surgery:

1. It’s riskier than most people believe

Surgeries kill thousands of people every year. That’s just the reality. No matter how advanced the technology is or how much experience the surgeon has, every type of surgery has potential risks and long-term complications.

It’s up to you to decide how much risk you are willing to take. No one should pressure you into having a surgery you don’t really need.

You need to be fully informed of all the possible negative consequences of a procedure before you decide to go under the knife.

The question is...

...Will doctors and hospitals give you a completely honest, unbiased opinion?

Before you answer, remember that medicine is a multi-billion dollar business. A lot of entities make tons of money off of expensive drugs and surgeries: hospitals, doctors, insurance companies, medical equipment manufacturers...just to name a few.

(4 more surprising things most doctors won't tell you about gallbladder surgery - and why they could cost you your health - [starts on page 23])
7. Gallstone Treatment and Prevention—General Guidelines

It is becoming obvious to an increasing number of health experts that the key to eliminating gallstones forever is to stop them before they become a threat. To not merely deal with the ones you already have, but to make certain that new ones will not appear again.

Prevention is the key. There are certain factors that put you at higher risk of developing gallstones. While some, like stress, can be managed, others, like heredity, are beyond your control. Whatever the case may be, your goal should be to reduce as many of your risk factors as possible.

(The top 5 guidelines for treating your gallstones and reducing or eliminating most gallbladder problems - continued on page 27)
8. Healing Your Gallbladder with a Healthy Diet

A proper, carefully chosen diet ranks among the best ways to heal your gallbladder without surgery, many health experts agree. You can start enjoying a healthier liver and gallbladder by removing foods that cause you pain and adding foods that help you start healing your body.

Here are some basic diet guidelines that can lower your chances of suffering a gallbladder attack or of having to undergo a painful and risky surgery...

(Continues on page 35 – discover 14 effective natural gallstone treatments)
9. Foods That Are Good for Your Gallbladder

The following is a list of the foods most often used to help the gallbladder heal. This doesn’t mean you shouldn’t eat other foods or that every one of these foods will help you. It’s all a matter of testing what’s right for you.

• Beets
• Cucumbers
• Green beans

...20 more foods that heal your gallbladder listed on page 38 of The Gallstone Elimination Report
10. The 12 Nutrients That Keep Your Liver and Gallbladder Strong

These nutrients will help keep your liver and gallbladder functioning at optimal levels. Normal liver operation is critical to treating gallstones and gallbladder disorders.

Among other things, a healthy liver will produce cleaner, cholesterol-light bile that can sweep away biliary sludge and potential gallstones from the gallbladder tissues and ducts.

(Discover the 12 essential nutrients you must have for a strong liver and gallbladder - start reading on page 42)
1. Which types of fats should I avoid?

The type of dietary fat you consume can influence bile lithogenicity (the ability of bile to form gallstones) and cholesterol gallstone formation. A 14-year study of over 45,000 people found that the risk of gallstone disease was highest in those individuals that consumed high amounts of trans-fatty acids in their diet.

The study, funded by the National Institutes of Health, concluded that trans-fatty acids, such as those found in margarine, shortening, and fried foods, may increase blood lipid levels. This can lead to hypersecretion of cholesterol into the biliary tree (bile ducts and organs), one of the main risk factors of gallstone formation.

(More important gallstones questions answered - starts on page 40 of The Gallstone Elimination Report)
12. Simple and Effective Natural Home Remedies to Soothe Your Gallstone Pain

There are easy and inexpensive ways to ease your gallstone pain at home with safe natural herbs that work gently and with few or no side effects.

It takes just a few minutes to prepare these traditional remedies that extract the medicinal properties of the leaves and flowers of herbs.

Over the centuries, people all over the world have discovered four basic ways to acquire the beneficial properties of natural herbs.

Best of all, these methods are so simple that anyone [can do them at home](#) without any special tools or experience.

(See the full step-by-step instructions for these four powerful herbal extraction methods beginning on page 61)
Plant botanicals can be powerful healing options for your liver and gallbladder health.

They can stimulate your liver to produce cleaner, less cholesterol-saturated bile that will more effectively dissolve and wash away existing and potential gallstones.

What’s more, herbal formulations can relieve inflammation and relax the critical smooth muscles in your digestive tract responsible for rapidly moving out of your system the toxins and waste products that constantly enter your body through the foods and drinks you consume.

Herbs are readily available in most health-food stores as whole, dried, and supplemental forms. They are relatively inexpensive and easy to prepare.

(What these 11 powerful herbs do and how to prepare them - pages 64-69 of The Gallstone Elimination Report)

Step 1: Modify Your Diet

An acute gallbladder attack (acute cholecystitis) calls for immediate action. A gallstone may have lodged in one of your bile ducts, blocking the flow of bile and causing your gallbladder to become inflamed. Caution: if you are in extreme, unbearable pain, seek medical attention right away.

In many cases, however, these quick and simple steps should relieve your pain and inflammation naturally and effectively:

1. To begin with, cut all solid foods and drink only distilled or spring water until the pain goes down.

2. For the next three days following the attack...

(Steps 1 to 4 continue on page 70 of The Gallstone Elimination Report - follow all four steps to get better)
15. The Gallbladder Cleanse: How it Gets Rid of Your Gallstones

The gallbladder cleanse you will learn shortly is not just about eliminating the gallstones you now have, although that’s the main benefit you will experience immediately.

The cleanse has a deeper purpose. Basically, it will clear out the undesirable waste products from your system so that your organs can do their job more effectively.

Once your system is unclogged, your liver and gallbladder will crank up to their full potential. Your other digestive organs, such as the stomach, the pancreas, and the intestine, will also work better than before. Even your blood circulation and respiratory system will improve.

You will feel more energy, pain will disappear, and diseases will be prevented.

(Pages 73-75 reveal why The Gallbladder Cleanse is so effective - don’t skip this part)
16. The Gallbladder Cleanse: Step-by-Step Instructions

The gallbladder cleanse you will learn here is designed to eliminate your gallstones naturally, with minimal discomfort. This traditional home remedy could eliminate a significant number of gallstones, quickly, painlessly, and without invasive surgery.

It can also dramatically improve your digestion—the very foundation of a healthy system. What’s more, this simple, natural treatment should also help relieve your allergies as well as eliminate any shoulder, upper arm, and upper back pain you may have.

Overall, you will gain more energy and a greater sense of well-being than you may have enjoyed in years.

Before you begin, please read the Gallbladder Cleanse Guidelines on page 82. Make sure you understand everything there. We highly recommend you also consult your doctor or other health care professional before doing this cleanse. Only a qualified medical professional can determine your individual needs and whether you should do this cleanse or not.

(Gallbladder Cleanse full instructions, suggested schedule, and day after guidelines on pages 76-81 of The Gallstone Elimination Report)

Is it safe to do the Liver and Gallbladder Cleanse?

Yes! This popular cleanse has been prescribed by natural doctors for many years. Thousands of people have done it on their own, as well.

Nearly everyone is glad they did it. Compared to surgery, the liver and gallbladder cleanse is virtually risk-free. And instead of a hole where your gallbladder used to be, you get a nice reward: you keep your gallbladder and enjoy a new lease on your health...the most valuable thing you can own.

(The 12 most frequently asked questions about The Gallbladder Cleanse - and the answer to each one - see pages 88-91)
Thank you for reading this Special Report!

This report is just a sample of what you will learn in The Gallstone Elimination Report.

Click here to learn more about this unique gallstone elimination system