

Diet for Gallbladder Disease

Firstly, let us note that Western medicine does NOT treat gallbladder disease!

"The majority of people with gallstones never develop symptoms...Once you start to develop symptoms, you're going to need to have the gallbladder taken out."

Quoted from: <https://www.webmd.com/digestive-disorders/features/gallbladder-diet-foods-for-gallbladder-problems#1>

The surgeons and hospitals are making tens of millions of dollars a year sending gallbladders by the thousands to landfills, as if the gallbladder was inside us by accident and serves no purpose.

Chinese medicine has long understood the gallbladder to play a substantial role in moral and ethical decision making. When the gallbladder is diseased (let alone missing), our judgement is impaired. Once it is removed and discarded our moral and ethical judgment may be impaired for the rest of our lives.

Curing (entirely fixing) the gallbladder is not difficult with the right diet and herbs. Correcting the diet stops the ongoing harm. The right herbs get rid of inflammation and stones.

Dietary Recommendations – Gallbladder Disease

- 1) Avoid eating fat (of any kind) while under any form of stress (work, social, family, etc.).
- 2) Have non-fatty foods substantially outweigh fatty foods in your daily and weekly diet.

In general, this means more vegetable kingdom and less animal kingdom. However, there are also fats in the vegetable kingdom (e.g. terrible fats like soybean, safflower and canola oil, and of course trans fats). There is also fat in nuts, seeds and avocado's.

- 3) Eat primarily organic vegetables and fruits; good meats are bison and venison, and poultry such as turkey and chicken (duck and goose are too fatty); least of all, organic whole grains (refer to my *Healthy Grains* document).

- 4) No dietary or eating habits will get rid of gallbladder inflammation or gallbladder stones. For that, we need to use highly specific herbs, which vary from patient to patient.