

## GALLBLADDER DISORDERS

The gallbladder is a small, pear-shaped sac located under the liver. Its purpose is to hold bile from the liver to be released when needed for the digestion of fats. Biliary colic can be caused by gallstones, most commonly composed of cholesterol substances, gallbladder sludge, or functional gallbladder disorders. Symptoms of gallbladder disorders are nausea, vomiting, and pain, especially after eating high-fat foods. You may wish to refer to the Digestive Disorders page of this guide.

### Homeopathics

**China (Cinchona officinalis)**- single homeopathic remedy for abdominal pain with bloating and indigestion and gallstone colic.\*\*

\* **Gallbladderpar™**- glandular homeopathic for gallbladder support, indicated for flatulence, constipation, belching, abdominal discomfort, and hemorrhoids.\*\*

**Hepatone™**- tonifier for the liver and gallbladder, indicated for flatulence, constipation, and salty or bitter taste in the mouth.\*\*

**Liver Gallbladder HP™**- high potency formula for the liver and gallbladder, indicated for flatulence, constipation, belching, abdominal discomforts, hemorrhoids, and indigestion after eating, especially fat.\*\*

**Liverex I-** glandular homeopathic to support the liver, gallbladder, and thyroid, indicated for abdominal pain and nausea. Designed for Phase 3 (Deposition phase) of Reckeweg's theory of Homotoxicology where toxins are being stored (deposited) in extracellular spaces because detoxification systems are overwhelmed.\*\*

### Herbals

\* **Burdocom™**- fortifier for the smooth muscles, skin and liver, indicated for gallbladder discomfort.

**Dandecom™**- fortifier and detoxifier for the liver, indicated for gallbladder congestion.

**Digesticom™**- fortifier for the digestive system, indicated for digestive disorders.

**Digestive Formula-** Amazon rainforest formula that enhances digestion, aids nutrient absorption, and reduces bloating.

\* **Environmental Formula-** Amazon rainforest formula that supports healthy bile production and secretion, promotes liver and gallbladder health, and enhances the elimination of environmental toxins.

**Fennelcom™**- fortifier for the stomach and small intestines, indicated for digestive disorders.

**Gencom™**- detoxifier for the general system, promotes liver and gallbladder health and detoxification.

**Gingercom™**- fortifier for the pancreas, liver, and adrenals, indicated for liver problems, gallbladder, and digestive disorders.

\* **Hepacom™**- fortifier for biliary tract, gall bladder, and liver, promotes liver and gallbladder health and eases spasms.

\* **Hydrangeacom™**- fortifier for the biliary tract and gallbladder, indicated for gallbladder congestion.

**Inflammacom™**- fortifier for persons with inflammation.

*\*Denotes primary remedies*

### GALLBLADDER DISORDERS (CONTINUED)

**Lipocom™**- fortifier for the liver, supports healthy cholesterol levels.

\* **Quebra Pedra**- Amazon rainforest single herbal that is a tonifier for the liver and gallbladder. Also commonly known as Chanca Piedra or Stone Breaker.

**Trifolocom™**- fortifier for the lymphatic system and spleen, indicated for inflammation and gallbladder and liver problems.

#### Nutritionals

**C-TR 1500**- deficiency of this vitamin may be associated with stone formation.

**Digestizyme Plus**- digestive enzymes that aid in the breakdown of foods.

**Enervimin™ Digestion Focus**- full spectrum vitamin and mineral supplement designed for those with digestive disorders.

\* **G.L.A. Borage**- essential fatty acids for prevention of gallstones.

**High Delivery Acidophilus**- supports healthy digestion through internal flora balance. Gastrointestinal flora imbalance is associated with gallbladder disorders.

**Hepa-Detox**- lipotropic blend to support detoxification and processing of fats.

**L-Carnitine**- nutrient important in fat transport. Carnitine can help your body move fatty acids to parts of the body where enzymes can break them down into a useable energy source.

\* **Lipazyme**- digestive enzyme blend particularly formulated to aid in digestion of fats.

**Magnesium Chelate**- a highly absorbable form of magnesium. Magnesium deficiency is associated with gallstone formation.

**Phosphoric Acid**- helps support normal acid-base balance and may ease gallbladder congestion.

#### Additional Considerations

If the gallbladder is inflamed, the patient should consume only pure water for a few days, followed by pear, apple or beet juice for a few days. Solid foods can slowly be reintroduced.

Individuals with gallbladder disorders should avoid sugars, animal fats, fried foods, margarine, saturated fats, and refined carbohydrates. Consider toxicity or food sensitivities, especially to pork, eggs, and onions.

Hot castor oil packs placed on the gallbladder may help relieve discomfort.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

\*Denotes primary remedies