

## **Before you consider any WEIGHT LOSS DIET... think Gallbladder**

**HOW IMPORTANT IS YOUR GALLBLADDER?** Gallbladder removal (cholecystectomy) is one of the most common surgeries performed in the United States. I have heard from so many of my clients that their doctor says they don't need their gallbladder. Removing the gallbladder can have serious detrimental effects if certain precautions are not taken.

**When someone tells me they have digestive problems, my first thought is GALLBLADDER.**

The gallbladder is a small storage organ that sits just below the liver. The **Liver** produces bile, but the Gallbladder is the warehouse that stores the bile for later use. Bile released from the gallbladder is an emulsifier that enables us to absorb dietary fats, as well as fat-soluble vitamins A,D,E, and K, and essential fatty acids such as omega 3's. Without bile, these nutrients pass through our bodies without being absorbed.

Deficiencies in these nutrients have widespread consequences. The body needs a constant supply of healthy fats to build **new cells**, to make **hormones**, and to maintain the health of the **brain** and **skin**. Vitamin A plays a major role in maintaining **vision** and protecting against **infection**. Without Vitamin A, the body cannot use protein, minerals or water-soluble vitamins properly.

Very few people are warned of the long-term consequences of not being able to assimilate these nutrients and are not given any instructions on how to maintain normal digestion without a gallbladder. **The Number #1 thing you should know: You will have to take BILE SALTS with every meal the rest of your life in order to breakdown fats.**

**So what *causes* gallbladder dysfunction in the first place.** The two that are most common are low-fat diets and excessive consumption of refined carbohydrates.

**Politically correct meals of baked boneless, skinless chicken breast, rice and steamed broccoli with no added fat are not just unappetizing; they are a recipe for future gallbladder dysfunction.**

Most people have what is known as silent stones. Unfortunately, people who develop gallbladder attacks are often advised by the medical establishment to continue eating a very low-fat diet. This will minimize symptoms but will also contribute to making the problem worse over time. Often people think dietary fat is the cause of their digestive woes, while in reality the problem is impaired fat digestion. For those who still have their precious gallbladders, prevention is the name of the game.

**FYI: Seizures are about digestion.**

