



Knowledge is
your secret
weapon to good
health.

GUT HEALTH

Gallbladder Conditions

Gallbladder malfunction can lead to gallstones and gallbladder removal. Many cases of gallstones are asymptomatic and often symptoms only occur on average 8 years after formation begins. However, when a stone becomes large enough to obstruct bile ducts, symptoms such as pain, bloating, nausea, loss of appetite, and itching (due to bile salts in bloodstream) may appear. Attacks occur when a stone is released from the gallbladder and becomes lodged in the bile duct, causing back up, inflammation and possibly infecting the gallbladder, liver, and pancreas.

When people have their gallbladder removed, fats are no longer completely digested because there is no bile stored to emulsify them. This also leads to poor absorption of fat-soluble vitamins such as A, D, E and K. Bile going into the intestines increases alkalinity and can cause an imbalance of gut flora and bowel irregularities.

Contributing Factors

Excess cholesterol production, inflammation, stress (high cortisol), pregnancy, HRT/birth control (high estrogen), poor diet (high in sugar, fried foods, animal fats, caffeine, spicy foods, food sensitivities), external & internal toxins (overloaded liver), excess weight, rapid weight loss/low calorie intake/fasting, low stomach acid, diet low in healthy fats and fibre, dehydration, improper digestion/elimination, imbalance of gut flora, sedentary lifestyle, vitamin deficiency (B, C, and E), genetic component, infection, hypothyroid

Lifestyle Recommendations

- Choose high fibre ingredients (aim for 35 grams per day to properly absorb and help eliminate toxins and excess cholesterol. Flax, chia, whole/pseudo grains, beans, veggies, fruits (especially berries) are all great options.
- Drink plenty of water (with lemon) to support healthy bile. Limit alcohol and excess caffeine.
- Maintain a healthy weight. Exercise regularly, balance blood sugars and hormone levels, and choose nutrient dense, organic whole foods to make up the core of your diet. Avoid refined/processed/packaged/artificial foods and consume saturated fats from animal products in moderation. Healthy unsaturated fats such as fish oils, flax, avocados are recommended to support liver function and counteract inflammation.

Product Recommendations

- No gallbladder: Digestive Enzymes with Betaine HCl & Bile Salts = Taken with each meal to ensure proper protein and fat breakdown!
- Gallstone solutions: Hydrangea or Chanca Piedra (helps dissolve kidney and gallstones), Peppermint (also aids breakdown of stones), Soluble Fibre, Ginger (if nausea is present)
- Foundational nutrients which may be lacking due to poor digestive function: Multivitamin/Mineral Formula, Vitamin K&D, High EPA & GLA Omega Fatty Acids (Fish, Flax, Borage, Evening Primrose)
- Digestive Support: Probiotics, Fibre, Bitter Herbs (Milk Thistle, Blessed Thistle, Dandelion), Enzymes with HCl/Bile Salts, Gut Repair Formula (L-Glutamine, C-NAG, Zinc L-Carnosine, Aloe, Licorice, Slippery Elm)
- Process/metabolize fats efficiently: Lecithin, Choline, Inositol, B Complex
- Liver Cleansing/Support Ingredients: Milk Thistle, Burdock, Schisandra, Licorice, Dandelion, Artichoke, Turmeric/Curcumin, Oregon Grape, Persimmon, Garlic, NAC, Glutathione

Book a free 15 minute consult with a GNN Product Advisor!

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