

What To Do For Gallstones

BIBLE:

Jeremiah 30:17 – “...I will restore health unto thee, and I will heal thee of thy wounds...”

Proverbs 26:2 – “...the curse causeless shall not come...”

Job 29:16 – “...the cause which I knew not, I searched out.”

SOP:

“EVERY PERSON should have a knowledge of nature's remedial agencies and how to apply them. It is Essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” (MH 127.2)

MEDICAL SCIENCE:

What are Gallstones?

The formation of gallstones is called cholelithiasis. Gallstones are formed from bile, a brown digestive fluid produced by the liver; they are 80% cholesterol and 20% bile. They do not look like regular stones. They are smooth, soft, and gelatinous. They feel like dense fat. They may form in the gallbladder or in the bile ducts of the liver. When they block the exits of the liver or gallbladder, they usually produce nausea, vomiting, and pain usually occurs in the upper right abdomen.

WHAT CAUSES GALLSTONES?

Animal fat tends to form gallstones. Processed food, fried, sugared, spicy, or junk food may cause the formation of gallstones. Eating too much sugar inflames the gallbladder ducts. Do not use alcohol, caffeine, or tobacco. Also, eating eggs greatly increases the likelihood of stone formation due to the cholesterol content of this food item. A diet low in vitamin C, refined carbohydrates, and low fiber also causes stone formation.

TO RELIEVE PAIN:

Give a 15 minute hot fomentation over the gallbladder area, followed by an ice rub. Repeat this process 3 times. This will reduce the swelling, inflammation, and pain. ALSO, take some castor oil and heat it up a bit in a small sauce pan. Get a wash cloth and saturate this cloth with the oil (may add activated charcoal to the oil) then when oil is warm to touch, apply over the painful area and keep on for several hours. Do morning and evening if possible.

When an attack comes on, you can get peppermint, spearmint, and catnip herbs and make a tea by taking 1 t. of each placing in a coffee mug and covering with boiling water. Steep for 15 minutes then drink.

Also, every evening before bed, put 2 cups of Epsom salt + 1 cup of baking soda into a very warm bathtub of water and soak in this for 30-40 minutes. This will help ease the pain, bring magnesium into the blood stream and remove toxins from the body at the same time. This helps people sleep very well at night, especially when they are in pain or are feeling uneasy.

TO BREAK DOWN STONES DO THE FOLLOWING:

GALL BLADDER CLEANSE FROM FIRST DAY:

8 am – 8 oz. Fresh Apple Juice

10 am – 16 oz. Fresh Apple Juice

12 pm – 16 oz. Fresh Apple Juice

2 pm – 16 oz. Fresh Apple Juice

4 pm – 16 oz. Fresh Apple Juice

6 pm – 16 oz. Fresh Apple Juice

SECOND DAY: SAME AS FIRST DAY

At bed time of second day, take 4 oz. (½ cup) of olive oil. Use same amount of freshly squeezed lemon juice (½ cup) to wash it down. Go to bed and rub the right side of the abdomen in a circular motion. It should start to work in the early morning. This helps to dissolve the stagnant bile and liquefies through the malic acid of the apple juice. The oil moves the residue. In the morning you should pass from your bowels green pellets resembling peas, they may vary in size and texture depending upon the condition of your liver and gall bladder.

*****What you can also do on the 2nd day prior to the oil & lemon drink is take 1 tsp. of Epsom salt in 1 cup of warm water at 7:00 pm and 9:00 pm and then do the olive oil and lemon juice at 10:00 pm.**

REMEDY #2:

GALLSTONE REMOVAL, NATURALLY

It has worked for many. If it works for you please pass on the good news. Chiu Nan is not charging for it, so we should make it free for everyone. Your reward is when someone, through your word of mouth, benefits from the regime. Gallstones may not be everyone's concern. But they should be because we all have them. Moreover, gallstones may lead to cancer. "Cancer is never the first illness," Chui Nan points out. "Usually, there are lot of other problems leading to cancer.

In my research in China, I came across some materials which say that people with cancer usually have stones. We all have gallstones. It's a matter of big or small, many or few.

One of the symptoms of gallstones is a feeling of being bloated after a heavy meal. You feel like you can't digest the food. If it gets more serious, you feel pain in the liver area." So if you think you have gallstones, Chiu Nan offers the following method to remove them naturally. The treatment is also good for those with a weak liver, because the liver and gallbladder are closely linked.

REGIMEN:

1. For the first five days, take four glasses of apple juice every day. Or eat four or five apples, whichever you prefer. Apple juice softens the gallstones. During the five days, eat normally.
2. On the sixth day, take no dinner.
3. At 6 PM, take a teaspoon of Epsom salt (magnesium sulphate) with a glass of warm water.
4. At 8 PM, repeat the same. Magnesium sulphate opens the gallbladder ducts.
5. At 10 PM, take half cup olive oil (or sesame oil) with half cup fresh lemon juice. Mix it well and drink it. The oil lubricates the stones to ease their passage.

Note: 1 cup = 240ml, 1 cup lemon juice = 3 large juicy lemons (approx.)

Next morning, you will find green stones in your stools. "Usually they float," Chiu Nan notes. "You might want to count them. I have had people who pass 40, 50, or up to 100 stones. Very many."

"Even if you don't have any symptoms of gallstones, you still might have some. It's always good to give your gall bladder a clean-up now and then.

OR:

Drink 3 oz. (6 T.) grapefruit juice chased with 1 oz. (2 T.) olive oil every hour until sickly. Then give enema OR have person drink 3 T. of castor oil.

HERBS THAT ARE GREAT FOR THE GALLBLADDER:

Turmeric – prevents and treats gallstones

Chamomile & dandelion – helps dissolve gallstones

Linden leaves (also known as tilo) – improves functioning of the gall bladder

Elecampane – invigorates digestive, hepatic (liver), and bile functions

Dodder – promotes emptying of the gall bladder

Dandelion – increases bile production and promotes its emptying

Quasia – promotes gall bladder functioning

St. Johnswort – promotes gall bladder functioning

FOODS FOR THE GALL BLADDER:

- Artichoke
- Chicory
- Belgian Endive (this is a lettuce)
- Escarole
- Radishes
- Eggplant
- Rhubarb
- Tamarind
- Olives and the oil of olives
- Papaya

FOODS TO EAT AFTER GALLSTONE FLUSH WHEN YOU HAVE GALLSTONES:

- Apples
- Artichokes
- Fiber
- Fruit - All
- Lecithin
- Legumes - All
- Radishes
- Vitamin C

MORE THINGS TO KNOW ABOUT THE GALLBLADDER:

Having it removed doubles ones risk for Colon Cancer

Obese women have an increased chance of forming gall stones

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/what-to-do-for-gallstones.html>