

GALL BLADDER DYSFUNCTION

SIGNS AND SYMPTOMS

- Bloating
- Belching / gas
- Indigestion following ingestion of fats and oils
- Light colored stools
- Pain between the shoulder blades
- Pain or discomfort over the gall bladder area (often a "stitching" pain)
- Constipation
- Dry skin
- Skin rashes (from Fatty Acid and Essential Fatty Acid deficiency)

Gall bladder problems are found more commonly in women, particularly when there is a history of hormonal problems, and especially thyroid and female hormone dysfunction.

When fats and oils are not being properly digested, the body's ability to make these hormones is seriously compromised. Therefore, correcting gall bladder function is a vital step in reestablishing hormonal balance.

Most often the bile has become thick and sluggish, and thinning it will correct the problem.

PROTOCOL

(Choose from the following)

1. *A-F Betafood*—Dosage—2 after meals to thin the bile (*will also break down gall stones over time*)
OR
A-F Betafood—Dosage—3 between meals (a more aggressive protocol) NOTE: *Betafood* may also be used. It is stronger than *A-F Betafood*.
2. *Cholacol*—Dosage—1-2 tablets before or at the beginning of a meal (depending on how much fat or oil is in the meal). Use this short-term to provide bile salts and immediate fat digestion when needed. NOTE: It is necessary to vary the amount of *Cholacol* taken or the gall bladder will decrease its bile output.
3. Determine if a liver-gall bladder flush is needed.
4. Determine if there is Fatty Acid and Essential Fatty Acid deficiency (which there usually is), and supplement accordingly.
5. If the gall bladder has been removed, *Cholacol* should be taken permanently.
6. It is also important to re-educate the person, since most have been told they can eat anything they want after gall bladder removal. They must understand that they now have a permanent disability regarding fat digestion, which is a serious liability that needs appropriate care.