

# WHAT ABOUT GALLSTONES?

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The information in this report is based on research and evidence based studies. If you have questions, please let me know.

There is no real clear understanding why people acquire gallstones but we do know those things that will increase the risk of formation. These are obesity, pregnancy, birth control pills, food allergies like celiac (gluten sensitivity), increased saturated and trans fats, increased cholesterol, and increased refined sugars.

The most allergenic foods are eggs, pork, onions, fowl, milk, coffee, oranges, corn, and beans, listed in the order of most common. Studies have shown a 100% elimination of gall bladder symptoms by avoidance of allergenic foods.

One way to decrease the formation of gallstones is by increasing both the mono-(avocados, peanuts, olive oil), and polyunsaturated fatty acids (flax seeds, walnuts, fish) and increasing the omega 3 fatty acids (fish oil). These healthy fats help to decrease the cholesterol in the bile and thus decrease stone formation. The more vegetables, soy, and fiber in a diet the less likely stones will form. Also the more nuts and peanuts (the healthy fats) one consumes the lower the need for a gallbladder removal. Animal studies show that by increasing the amount of Vitamin C in a diet there are fewer stones formed since Vitamin C is critical in converting the cholesterol into bile acids (digestive juices). Thus as your Vitamin C intake increases you have less cholesterol and therefore fewer stones. Also, studies show that an increase in iron leads to fewer stones.

Potential treatment options are 2 grams of Vitamin C daily along with iron supplementation daily. Studies have also shown that taking lecithin ( a natural supplement made from egg yolks which works to lower cholesterol) at 1mg 3x/a day also decreases stones. Another potential aide is betaine hydrochloride at 600-3,000mg daily which may help those who suffer from low stomach acid. Low stomach acid prevents proper digestion and increases stone formation as well.

Other studies have shown that Rowachol (a mixed plant based monoterpene) leads to a 30% dissolution (disappearance) of stones in 6 months. This is done by taking 2-3 capfuls per day. There is also a gallbladder cleanse that can potentially help to flush stones out. Fast for 12 hours through the day from 7am to 7pm. At 7pm take 4 tablespoons of olive oil and then 1 tablespoon of lemon juice. Do this every 15 minutes for a total of 8 times. Another similar method suggests you drink only apple juice or vegetable juice during the day and then at 6 pm you take the olive oil and lemon juice as noted up to 8 times per session. Other preventative methods to help decrease the risks of gallstones are maintaining an ideal body weight and following a Mediterranean diet.

I hope you find this helpful in potentially preventing and possibly getting rid of gallstones and their painful symptoms. This by no means to replace guidance and recommendations from your physician or surgeon.

