

# **Gallstones**

#### What are Gallstones?

Gallstones are hardened deposits of bile and other material that forms in the gallbladder. Gallstones can range in size from a grain of sand to that of a golf ball.

### Signs and Symptoms

Gallstones may present with no signs and symptoms, depending on the size; a colicky pain in the upper right side of the abdomen that may radiate to the right shoulder; intensifying pain in the abdomen just below the breast bone; and pain between the shoulder blades.

## **Complications**

**Inflammation of the Gallbladder:** Inflammation may result when a gallstone becomes lodged in the neck of the gallbladder.

**Blockage of the Bile Duct:** Gallstones may lodge in the common bile duct, resulting in jaundice or an infection of the bile duct.

**Blockage of the Pancreatic Duct:** A gallstone may lodge in the pancreatic duct, increasing the risk of developing inflammation of the pancreas.

#### What Causes Gallstones?

Bile is responsible for dissolving cholesterol. If the liver secretes too much cholesterol for the bile to dissolve, the cholesterol hardens and form stones. Gallstones may also form if too much of the chemical bilirubin is produced. Bilirubin is responsible for breaking down red blood cells. Too much of it is produced in certain illness conditions, especially liver cirrhosis.

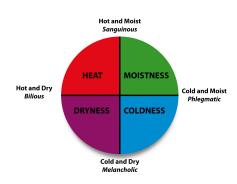
If the gallbladder fails to empty completely or often enough, bile may become very concentrated, and this contributes to the formation of gallstones.

Risk factors include being female; being obese or overweight; being over the age of 60; eating a rich, high fat, low fibre diet; rapid weight loss; and diabetes.

Certain medications such as cholesterol-lowering medication and hormone therapy also increase the risk of developing gallstones.

#### The Tibb View on Gallstones

Gallstones are linked to qualities of **coldness with dryness** as digestive fluid solidifies to form stones. Individuals, especially women, as their predominantly phlegmatic temperament are more likely to develop gallstones, due to their innate quality of coldness. Irregular eating patterns and skipping meals, which are associated features of the phlegmatic temperament, result in an imbalance of chemicals in the gallbladder. This frequently goes on to form gallstones.



### **Management of Gallstones**

Treatment and management is aimed at **reducing the excess coldness with dryness** associated with gallstones, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. Lifestyle changes such as exercising and eating a healthy diet are strongly advised.

#### Tibb Lifestyle Factors

#### **Food and Drink**

- Eat **mostly** Hot & Moist foods such as olive oil, turmeric, dates and mutton, **followed by**Hot & Dry foods like oily fish, garlic, chicken and mustard seeds.
- Eat less of Cold & Moist foods such as litchis, watermelon, cucumber, milk and broccoli, and the least amount of Cold & Dry foods like beef, tomato, yogurt and citrus fruits.
- Avoid sour foods and drinks.
- Avoid animal products, especially pork.
- Avoid fried fatty, sugary or refined foods.
- Avoid all hydrogenated and hardened fats, and oils such as margarine, lard and butter.
- Drink juices such as pear, beet, and apple for 3 days.
- Boiled/steamed chicken and fish should be preferred over red meat.
- Avoid cold and icy foods and drinks.
- Drink at least two to three litres of warm water a day.

#### Other Lifestyle Advice

- Colonic cleansing or irrigation is recommended to assist in eliminating waste from the body.
- Daily moderate exercise such as moderate walking is advised.

#### **Herbal Remedy**

- Take 3 tablespoons of olive oil with the juice of a lemon (3 tablespoons) before bed and upon wakening. Stones are often passed in the stools with this technique. Substitute lemon with grapefruit if desired.

#### **Detox Programme**

- 1. Drink at least four glasses of apple juice daily. Freshly juiced or packaged apple juice is OK.
- 2. During treatment, eat normally, but avoid red meats, dairy and fried foods completely.
- 3. On Day 1, take 1 tablespoon olive oil plus 1 tablespoon of lemon juice at bedtime.
- 4. On *Day 2*, carry on with the apple juice. Take 2 tablespoons olive oil plus the same amount of lemon juice at bedtime.
- 5. On *Day 3*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
- 6. On *Day 4*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
- 7. On *Day 5*, carry on with the apple juice. Take 4 tablespoons olive oil plus the same amount of lemon juice at bedtime.
- 8. On *Day 6*, carry on with the apple juice. Take 5 tablespoons olive oil plus the same amount of lemon juice at bedtime.
- 9. On *Day 7*, carry on with the apple juice till midday, then take a light lunch. At 6 pm, take a teaspoon of Epsom Salts (magnesium sulphate) with a glass of warm water.

At 8 pm, repeat the same. Epsom Salts open the gallbladder ducts.

At 10 pm, take a half-cup olive oil with same amount of lemon juice. Mix it well and drink it.

After this, sleep or at least lie down on the right side and rest. Do not engage in physical activity.

To avoid nausea and vomiting suck grapefruit with salt or chew mint leaves.

The next morning, you will pass a loose stool.

Check the stool for toxins, worms, and green coloured gallstones.

# **Cold & Dry Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

## **Cold & Moist Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

# **Hot & Dry Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

## **Hot & Moist Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						