

## Gall Bladder Stones Diet

Gallstones are mostly made from an accumulation of cholesterol but some do contain calcium salts and bile pigments. They are hardened formations that develop in the duct running from the liver to the gall bladder. If this duct is blocked then jaundice can occur due to fats not being properly absorbed. Gallstones are more common in women than men, typical symptoms are severe pain (biliary colic) in the upper right hand side of the abdomen sometimes spreading to the back and right shoulder combined with nausea and vomiting. Sometimes, this severe pain can develop into infection or inflammation of the gallbladder (cholecystitis), jaundice or pancreas (pancreatitis). It is not always excessive cholesterol or calcium in the diet that is the cause of gallstones, most cases it is how the body processes these substances. Some unfortunate individuals actually inherit narrow bile ducts, which increases their chances of developing gallstones. Studies have shown that people whose diet consists of high amounts of sugar and animal fats and low in vegetables and fibre are more likely to suffer from gallstones; in fact studies have shown that vegetarians are at low risk to gallstones. If you suffer from gallstones it is best to follow a high fibre, low fat diet. Increasing soluble fibre in the diet which is found in carrots and apples and gum found in dried beans and oat bran is recommended as these will help bind the bile salts and cholesterol in the gut cutting down on the amount which is re-absorbed by the body. Including flaxseed, walnut, oily fish and olive oil in the diet will help to prevent gallstones; this is because of the blood cholesterol balances benefits that the oil in these foods contains. Studies have shown that people overweight are more likely to suffer from gallstones, losing excessive weight is beneficial. Women who take the contraceptive pills are also more likely to suffer from gallstones. The symptoms of a gallstone attack but not actually having gallstones have been linked to food allergies especially allergies to eggs, pork and onions. If you suffer from a gallstones attack but do not actually have gallstones it may be wise to inform your doctor about the possibility of an allergy. The following supplements may help if you are suffering from Gallstones. Artichoke leaf extract Calcium Fish Oil Garlic Lecithin Milk Thistle extract Multivitamins and multiminerals Peppermint oil Vitamin C Vitamin E

## About the Author

The way your dietary past diet. And yes it really do block, metabolism. Monounsaturated diet fats. In our diet foods and is annotated.

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