



  
**DEBBIE LEE**  
REGISTERED ACUPUNCTURIST

**SUITE 240, 809 WEST 41<sup>ST</sup> AVENUE, VANCOUVER, BC, V5Z 2N6**

**TEL (604) 603-1163 ☞ EMAIL: [INFO@DEBBIELEETCM.COM](mailto:INFO@DEBBIELEETCM.COM) ☞**

**[HTTP://WWW.DEBBIELEETCM.COM](http://WWW.DEBBIELEETCM.COM)**

### **GALLBLADDER RENEWAL**

When the liver is consistently stagnant or “stuck”, sediment often settles out of the bile and forms accumulations that resemble stones, sand, or mud in the gallbladder. Since the gallbladder acts as a reservoir for bile, it becomes less efficient when clogged with sediment, and acute problems result when stones become lodged in the bile duct leading from the gallbladder to the duodenum.

*Symptoms of Sediment in the Gallbladder:* indigestion, flatulence, periodic pain below the right front side of the rib cage, tension in the back of the shoulders near the neck, bitter taste in the mouth, chest pain. Most chronically ill people need gallbladder cleansing before recovery is complete; this includes individuals who regularly experience stress.

#### **Gradual Gallbladder Cleanse:**

During this process, avoid foods richest in saturated fats and cholesterol – heavy meats, dairy, eggs. Also avoid peanuts and eat other nuts and seeds sparingly, if at all. Eat primarily unrefined grains, vegetables, fruits, and legumes. Such a diet gradually clears the gall bladder. Pears, parsnips, seaweeds, lemons, limes, and the spice turmeric hasten gallstone removal, and can be emphasized in the diet during the entire cleanse. Radish also removes deposits and stones from the gall bladder. For 21 days, eat just one or two radishes a day between meals; in addition, drink three cups of cleavers (*Galium aparine*) tea, or five cups of chamomile (*Anthemis nobilis*) tea each day. Finally, pour five teaspoons of fresh, cold-pressed flax oil over food at one meal of the day, or use half this amount at two daily meals. The dosage can vary proportionally according to weight (a 160-lb person needs about five teaspoons). Flax oil should be taken six days a week for two months. This diet and its specific stone-dissolving foods and herbs are usually sufficient to remove all sediment.

#### **Gall Bladder Flush:**

This may be taken if the Gradual Gallbladder Cleanse method is inconvenient. In cases of very large stones which cannot be flushed through the bile duct, the Gradual Gallbladder Cleanse is appropriate.

Beginning in the morning and throughout the day, eat only apples, preferably organic, as many as desired but at least four or five. Apples of the green variety seem most effective, although all apples will help soften the stones. Water, herbal teas, and/or apple juice may also be taken. At bedtime, warm up two-thirds of a cup of virgin olive oil to body temperature and mix in one-third of a cup of fresh lemon juice. Slowly sip the entire mixture, and then immediately go to bed, lying on the right side, with the right leg drawn up. In the morning all stones should pass in the stool. This flush should be done with the guidance of an experienced health practitioner. This remedy has undoubtedly made gallbladder operations unnecessary in thousands of likely candidates. An added benefit is that gallbladder cleansing clears residues of excess from the liver as well.

A mild variation of the Gall Bladder Flush: For five consecutive days, ingest on an empty stomach two tablespoons of olive oil followed by two tablespoons of lemon juice.

## STONES

### (Gallbladder, Kidney, Urinary Tract)

Various combinations of minerals can calcify or crystallize in the gallbladder, kidney, or urinary tract. These can range in size from the size of a grain of sand to two inches in diameter. Gallstones are a combination of bile and minerals and are characterized by pain in the right upper abdomen or pain in the corresponding area of the back and shooting up to the shoulder blade. They may also cause poor digestion especially of fats. If the gallstones obstruct the flow of bile, the result may be jaundice. The following food recommendations and remedies also help with kidney stones.

*Food recommendations:* cornsilk, corn, cornmeal, water chestnuts, seaweed, beet tops, watermelon, celery, watercress, winter melon, pearl barley, walnuts, watermelon rind, winter melon rind, green tea powder, distilled water

*Remedies:*

1. Drink watermelon juice
2. Drink celery, carrot, and water chestnut juice
3. Drink cornsilk tea for water; 3-5 glasses daily
4. Drink tea from beet tops, winter melon rind, and watermelon rind
5. Take two teaspoons ground walnuts in cornsilk tea
6. Take one teaspoon green tea powder in warm water three times daily

After consuming any of the above diuretic remedies, do some mild jumping exercise to help break up the stones.

*Avoid:* spicy foods, fried foods, oily foods, coffee, hard water, spinach, citrus, tomatoes, spinach combined with tofu or dairy products