

The Gall of it All

Holidays are over, kids back in school, schedules are now becoming more the norm and you are embarking on a lifestyle change to get rid of some of the overindulgence weight you were gifted with from sugary treats, take away and highly processed, fatty foods. May the force be with you!

We've heard heaps of press about the Paleo and Keto diets which work well for certain people. However, if you don't balance the diet with enough bitter foods to keep your gall bladder clean and emptied regularly, Paleo or Keto can be a dangerous mistake.

There are several other risk factors for gall bladder problems. In the lifestyle category, you might be concerned if you are overweight, eat a diet high in fat or cholesterol with little fibre, had rapid weight loss in a short period or are diabetic. Some medical risks include being pregnant, taking cholesterol lowering drugs or meds high in estrogen or have cirrhosis.

These occasional holiday splurges can wreak havoc on your system, often leading to new, unwelcome pain in your belly, specifically around your right side under your lower ribs.

Why there?

That's where your gall bladder is.

What does the gall bladder do?

It stores the bile produced in your liver to break down fat for digestion in your small intestine. With too many fatty, highly processed foods, your gall bladder can become overwhelmed with excess fat and cholesterol that it can't process it all. It is often referred to as gall bladder sludge. This can lead to those painful gall stones that need specific foods to move them out of your gall bladder and bile duct.

Sometimes your gall bladder doesn't get enough of the right foods to keep it clean. If you don't empty out the sludge, it will become inflamed, infected or begin to develop gall stones.

Some of the symptoms of an unhealthy gall bladder might be feeling sluggish, burping, nausea, dark urine, indigestion, diarrhoea, stomach pains and clay-coloured stools. Not a pleasant outcome.

With these symptoms, you might start with eliminating fried, fatty foods, veg oils like canola, peanut, safflower, gravy, cream sauces, refined white foods like bread, pasta and rice, high fat dairy, processed foods, take away and sweet, sugary foods.

If you have some of these symptoms and are concerned, go to your GP for a check up and blood test to adjust any medications or to get dietary recommendations. See a Nutritional Therapist for recommendations on what you shouldn't eat but better yet, what fun foods you CAN have. The therapist can also recommend cleanses to move the sludge and gall stones out without medications.

Hope this helps explain the gall of it all and hopefully, prevents unnecessary surgery!

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