



NSIPM & Sano Wellness Center

Signs of Gall Bladder Dysfunction

- Bloating after meals / Belching / Gas
- Indigestion following ingestion of fats and oils / Intolerance to fatty foods
- Nausea
- Headaches on right side of head
- Light colored stools / Constipation
- Painful knees
- Pain between the shoulder blades
- Pain or discomfort over the gall bladder area (often a “stitching” pain)
- Dry skin
- Skin rashes

Gall bladder problems are found more commonly in women, particularly when there is a history of hormonal problems, and especially thyroid and female hormone dysfunction.

When fats and oils are not being properly digested, the body's ability to make these hormones is seriously compromised. Therefore, correcting gall bladder function is a vital step in reestablishing hormonal balance.

Most often the bile has become thick and sluggish, and thinning it will correct the problem.

These foods trouble the gall bladder:

- Ice cream and chocolate
- Cheese, pork, marbled beef
- Alcohol, coffee, nuts
- Hydrogenated and partially hydrogenated oils - Crisco, margarine, deep fried foods, peanut butter etc.

Did you know that fried food is 6x greater in fat than Crisco????

Ask about how whole food supplements can support your body's natural digestion process.

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