



## OVERCOMING GALLSTONES (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.OVERCOMING GALLSTONES is packed with all the evidence-based advice you need to reduce your gallbladder symptoms. Dr Sarah Brewer explains the medical and nutritional approaches that can dissolve gallstones or minimise the pain and discomfort they cause. She covers the best diet to follow and the best nutritional supplements to take, with doses based on published clinical trials. And if you are contemplating gallbladder surgery, she provides a full step-by-step guide to what happens whether you undergo a laparoscopic procedure or an open operation. As one of the few medical doctors who is also a Registered Nutritionist and a Registered Nutritional Therapist, she expertly explains all the facts in a clear and concise way. Sarah is the award-winning author of over 60 popular health books and has overcome gallstones herself. Gallstone Essentials: How your gallbladder works, how gallstones form, causes, risk factors, symptoms and medical tests. Nutritional Approaches: Which diet is best? Benefits of monounsaturated and omega-3 fats; Effects of vegetable protein, fibre, cholesterol-rich foods and carbohydrates; Why coffee and alcohol are beneficial - in moderation. The role of food allergies and intolerances; How to follow an elimination diet. IgG blood tests; The famous Gallbladder Flush. Nutritional Supplements: Evidence for Vitamin C, Magnesium, Lecithin, Plant Sterols, Milk Thistle, Globe Artichoke, Peppermint Oil and Digestive Enzymes. Medical Approaches: Dissolving stones with medicine; Ursodeoxycholic acid and Terpene essential oils on prescription; Effects of Statin drugs. Surgical Approaches: Lithotripsy to shatter gallstones; What happens during gallbladder surgery; Laparoscopic cholecystectomy step-by-step; Open cholecystectomy step-by-step; Avoiding future adhesions.



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