

# The Nutritional Essentials

LiveIt! Lifestyle Lesson 17

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## From the Pen of Dr. Royal Lee

(1895-1967) Inventor, Scientist, Genius, Founder of Standard Process, Inc.

*"We must remember that any disease is at first a disturbance in cell metabolism brought about by interference with cell respiration or starvation, and that to survive the way nature intended we must avoid those things which produce these adverse biochemical changes." Dr. Royal Lee, 1958*

### A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure - High or Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg Pains, Cramps, Tingling,  
    Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse / Congested  
Thyroid Conditions  
Ulcers -- Stomach,  
    Duodenum, Skin  
Yeast Infections

## The Galling Statistics Need a Simple Remedy

**G**all Bladder Syndrome is one of the most expensive, easily preventable conditions affecting Americans, causing a reported 3,000 deaths and over 800,000 hospitalizations annually. Over 500,000 people undergo surgery for gall bladder disease each year! Amazingly we bring this on ourselves, and with a few key lifestyle changes this condition could be virtually eliminated.

### American Diet is the Cause

The American lifestyle of unnatural foods, refined sugar, white flour and unnatural fats contributes to gall bladder disease.<sup>1</sup> Follow that lifestyle and someday you too may be one of the unfortunate people who suffer a truly avoidable disease syndrome.

### What are the warning signs?

- Belching
- Gas
- Indigestion
- Pain between the shoulder blades
- Pain in the abdomen (on right) under ribs and next to the belly button
- Bloating shortly after meals
- Intolerance of fatty foods
- Nausea and vomiting
- Constipation

### What is the Gall Bladder?

The gall bladder contains bile which is produced by the liver and aids in the breakdown and assimilation of fats. The gall bladder holds and concentrates bile until a meal comes along for which the bile is necessary.

Up to 95% of the secreted bile is reabsorbed - virtually all of the organic compounds in bile are taken back to the liver for later use. In addition to these organic compounds, the bile contains toxins and other waste products of metabolism which are released by the body through the bowel.

### What does Bile Do?

- Bile emulsifies fats, beginning their digestive process.

- Bile improves the absorption of the fat-soluble vitamin complexes: A, D, E, K and Essential Fatty Acids.
- Bile helps bowel tone and stimulates healthy bowel movement.
- Bile carries certain toxins away from the liver and out of the body through the bowels.

### Bile Duct

Bile is carried from the gall bladder to the intestines through a tube called the bile duct. Gall Bladder Syndromes nearly all involve some type of restriction of the flow of bile through this tube. For example, pancreas health is very much involved with bile duct health. When the pancreas has been working overtime helping with refined sugars, carbohydrates and proteins, the pancreas can swell. Pancreatic swelling can restrict bile flow which affects proper digestion and causes symptoms. Additionally, toxins concentrating in the gall bladder are known to scar the bile duct and further reduce the healthy flow of bile.<sup>2</sup>

### Natural Approach to Gall Bladder Health

Hundreds of thousands of people have their gall bladder removed every year, yet 25-43% of post-surgical patients continue to have similar pains and digestive complaints after the surgery.<sup>3</sup> That means gall bladder removal may not be the answer to gall bladder pain. In fact, for those people surgery is only a short-lived attempt to resolve a lifetime of symptoms of indigestion.

### Gall Bladder Syndrome is associated with other serious health challenges, such as obesity, heart disease, diabetes and cancer.

All of these conditions are associated with overeating sugar and unnatural fats, and with lack of exercise. Gall bladder surgery does not protect the patient from cancer, nor from heart disease, diabetes and obesity! For instance, research shows higher rates of colon cancer in patients who have gallstones, whether or not they have had gall bladder removal.<sup>4</sup>

Unless the cause of the Gall Bladder Syndrome is reduced or eliminated – regardless of whether one has a surgical removal of their gall bladder – the problem remains.

**Try these steps before you have your gall bladder removed and perhaps you never will.**

# Natural Approach to Gall Bladder Health

**Reduce or eliminate refined sugars.** Take the Sugar Challenge (See TNE-11) a 21-day elimination of all forms of refined sugars, along with some helpful whole food concentrates to improve your sugar metabolism. For many people this is the end of their gall bladder problems. By merely reducing or eliminating sugars, people digest fats better and gall bladder symptoms are eliminated.

## Eliminate all Hydrogenated and Trans-fats. (See TNE-4)

These unnatural fats cause undue stress on the body, and block normal, healthy fat metabolism, leading to discomfort and disease.<sup>5</sup>

**Exercise regularly.** Brisk walking for 45 minutes five times weekly has been shown to improve gallbladder function.<sup>6</sup>

**Consume natural foods** - Salads, vegetables, fruits, seeds and nuts.

**Drink water** – not soft drinks, no, not even diet drinks. Drink fluids **before the meal**, not during or after the meal, as this will dilute the digestive “juices” and negatively influence your digestive process.

## If Gall Bladder Symptoms Remain?

If you are able to make these lifestyle changes and still have symptoms of gall bladder problems there is very good news. By adding specific whole food concentrates to your natural daily food consumption, gall bladder function and bile flow will likely improve. Gall bladder syndrome could be a thing of the past!

## What If I have had my Gall Bladder Removed Already?

The same rules apply to you – it is critical that you change your lifestyle. Do not become complacent, thinking that the surgery solved the entire problem! Research has shown gall bladder removal can increase your likelihood for colon disease.<sup>7</sup> Therefore **you must make the change!** Eat simple natural foods and take digestive enzymes for the remainder of your lifetime to build the health of your body.

## Whole Food Concentrate Nutritional Support<sup>†</sup>

**AF Betafood** – **Used by doctors since 1951** This whole food product made from beet leaf juice concentrate is a wealthy source of betaine. Betaine is a lipotropic agent which promotes the transportation and use of fats. AF Betafood effectively thins bile so it passes through the bile duct more easily, thereby improving function. Beet tops have been known for centuries to improve the function of the liver and gall bladder and this product is specially prepared with active ingredients for your HealthBuilding.

**Choline** – **Used by doctors since 1947.** Choline is essential to effectively metabolize fat, cholesterol, proteins, and carbohydrates. Experience has shown that SP Choline is been a Nutritional Essential for people who suffer severe gall bladder symptoms and/or after gall bladder removal.

**Cholacol** – **Used by doctors since 1956.** Provides a concentrated source of bile salts, supporting healthy absorption and assimilation of dietary fat for pre- and post-surgical cases.

**Betafood** – **Since 1946 doctors** have used this simple remedy for gall bladder support. Made from beet top juice and beet root – this whole food product may be just what your body needs.

**Betacol** – **Used by doctors since 1947.** Combining the benefits of several of the above whole food products and more. Betacol is specially designed product supporting liver and digestive support especially focused on the metabolism of fats.<sup>†</sup>

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

1. Gastroenterology. 2005 Jul;129(1):105-12. *Glycemic load, glycemic index, and carbohydrate intake in relation to risk of cholecystectomy in women.*
2. Harvard Medical School's Consumer Health Information - [www.intelihealth.com](http://www.intelihealth.com)
3. Am Surg. 2004 Oct;70(10):863-6. *Symptoms before and after laparoscopic cholecystectomy for gallstones.*
4. Am J Gastroenterol. 2005 Aug;100(8):1813-20. *Cholecystectomy and the risk of colorectal cancer.*
5. Arch Intern Med. 2005 May 9;165(9):1011-5. *Long-term intake of trans-fatty acids and risk of gallstone disease in men.*
6. J Clin Ultrasound. 2005 Jun;33(5):218-22. *Effects of exercise on gallbladder volume and motility in obese women.*
7. Cancer. 2005 Apr 15;103(8): 1606-14 *Bile acids induce MUC2 overexpression in human colon carcinoma cells.*

## Patients Speak

*“Over a period of 6 months I went to seven different specialists – and got seven different diagnoses and seven treatment opinions (all with no response) for my severe pains in my rib cage just under my right breast (gall bladder region). Every test imaginable; ultrasound, upper GIs, etc. No answer. But once I was put on some whole food supplement treatment my pain was completely gone. I am feeling good . . . for me it took AF Betafood, and Choline. Thank you.” M.D.*

*This LiveIt! Lifestyle Lesson is brought to you by:*

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## What Did You Learn?

Over 500,000 people undergo surgery for gall bladder disease each year! True False

The American lifestyle of unnatural foods, refined sugar, white flour and unnatural fats contributes to gall bladder disease.<sup>1</sup> True False

Hundreds of thousands of people have their gall bladder removed every year, yet 25-43% of post-surgical patients continue to have similar pains and digestive complaints after the surgery.<sup>3</sup> True False

The end of gall bladder problems (for many people) is achieved merely by reducing or eliminating sugars, along with some helpful whole food concentrates to improve sugar metabolism. True False

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with a friend - Thank You!**