

# PREFACE

This book is not written for doctors, but patients, their friends, and relatives. The gallbladder is such a key player in overall good health. We want you to know how your gallbladder functions, how it works with the digestive team in your body, and why you need your gallbladder. Most people do not clearly understand the critical role of the gallbladder, especially when it comes to bile in digestion, detoxification, acid-alkaline balance, gut motility, cholesterol, and metabolism.

Others have received incorrect information regarding their gallbladder that can result in unnecessary surgeries, painful side effects, and secondary illnesses. This book is intended for ordinary people without profound medical knowledge. In this way, the author will repeat the basic medical provisions using other words or analogies. So, everything becomes more understandable and easier to remember.

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**We want you and your gallbladder to be healthy and well!**

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Conventional medicine focuses mainly on certain body parts such as the stomach and the colon without paying sufficient attention to the essential digestive glands, namely the liver and pancreas. Without alkalized bile and pancreatic juice filled with digestive enzymes, it is impossible to experience proper digestion. Without food in your body, it will be very hard for you to live a long, happy life that you should have.

The core to healthy digestion is the healthy function of the liver, gallbladder, and pancreas. My eBook *Healthy Pancreas, Healthy You* is dedicated to the pancreas. This, my second book, will help you to understand the essential role of the gallbladder better and explains how the liver, biliary system, sphincter of Oddi, and bile work closely with the gallbladder.

One of the main reasons for me in writing this book on the gallbladder is to give you an alternative to the standard way of dealing with gallbladder-related illnesses today. If you are experiencing digestive issues, and see your doctor, tests may be performed. If a test shows gallbladder stones, you are typically referred to a surgeon. At this point, you can say “Good-bye, adiós, sayonara and arrivederci” to your gallbladder as it most likely will be removed. You may be able to keep your gallbladder and use other proven methods to help your gallbladder regain its health.

More than 700,000 Americans had their gallbladders removed last year [1]. What is alarming is the removal of the gallbladder from children and adolescents who displayed no evidence of stones or inflammation. To be so young without a gallbladder is troubling. How will this affect their health when they are adults? Is gallbladder removal surgery the go-to remedy? Is it possible that no one in this country will have their gallbladder in 20 years?

Fortunately, many people suffering from pain and indigestion due to gallbladder illnesses can improve their condition by using complementary, holistic, non-surgical, non-drug, alternative medicine approaches. Many of these methods have been used for more than hundreds of years by doctors all over the globe. These alternative medicine treatments also work for people who have had gallbladder removal surgery.

In this book, you will be given a lot of information on how to improve gallbladder function and reduce the negative consequences of gallbladder removal surgery. It is your right to know your choices! And we want you to make the best decisions for you and your gallbladder.

Sit back, enjoy our book on the gallbladder, and here's to your good health!