Table of Contents

PREFACE ................................................................. 12

Chapter 1. The Gallbladder ........................................... 14
  Function and Definition.............................................14
  Bile............................................................................18
  The Liver and the Sphincter of Oddi..............................18
  Two Rivers and the Sphincter of Oddi............................21
  The Vital Components of Bile are Bile Acids and Bile Salts 22

Chapter 2. What causes of the gallbladder and biliary disorders .... 25
  Whole body acidity is a culprit of the gallbladder and biliary disorders 26
  The impaired gallbladder motility, absent of normal contraction, spasms 27
  The lack of the natural stimulants for the gallbladder contractions 28
  Hormonal and metabolic issues....................................29
  Parasites......................................................................31
  Dysbiosis (Candida-yeast overgrowth, SIBO)....................31
  Deficiency of the vital nutrients....................................32
  Genetic problems.....................................................32

Chapter 3. Congested, Acidic Bile .................................... 35
  Congested, acidic bile is a core of the almost all gallbladder and biliary disorders 35
  The Congested, Acidic Bile Profile.................................38

Chapter 4. Three Stages of the Gallbladder and Biliary Disorders .... 45
  Stage 1-Functional.....................................................46
  Stage 2-Structural........................................................47
  Stage 3-Failure............................................................50

Chapter 5. Common Disorders of the Gallbladder and Biliary System .... 51
  Biliary Dyskinesia--Remove or Not Remove the Gallbladder? 52
  The Sphincter of Oddi Dysfunction (SOD)......................62
  Silent Gallbladder Stones...........................................70
  Reasons for gallstones...............................................72
  A biliary Colic--Gallbladder Attack...............................76
  Biliary Pancreatitis..................................................78
# Chapter 6. Gallbladder Surgery, Gallbladder Removal

- A conversation with a surgeon ........................................ 88
- Advice for patients considering surgery .......................... 91

# Personal health -- gallbladder surgery is easier. Is it too common? 91

# Endoscopic Surgery Advantage and Complications .......... 92
# Endoscopic Surgery Advantage ..................................... 93
# Endoscopic Gallbladder Surgery Complications ............... 94
# Pediatric Cholecystectomy Is a Big Dilemma ................... 97

# Chapter 7. Life without the Gallbladder, Postcholecystectomy Syndrome

- History of PCS .................................................................. 102
- Symptoms of postcholecystectomy syndrome ................. 104
- The gallbladder is gone, so why do I have pain? .......... 106
- Possible reasons for pain after a gallbladder removal ..... 106

# Sphincter of Oddi Dysfunction Following Gallbladder Removal 108
- Prevalence of the sphincter of Oddi dysfunction related to postcholecystectomy syndrome ......................... 108
- Opioid painkillers are not a good option for patients ...... 116
- Visceral hypersensitivity before and after gallbladder removal 122
- Depression, anxiety, insomnia, and pain after gallbladder surgery 124
- The body does what the mind says ............................... 128
- Caution is Needed When Applying Symptomatic Therapy to ................. 138
- the Postcholecystectomy Syndrome ......................... 138
- Possible problems after gallbladder removal ............... 142
- Chronic Pancreatitis after Gallbladder Removal Surgery 145
- Adhesions and strictures (narrowing) are an overlooked cause of the postcholecystectomy syndrome ....................... 156
- Bile reflux not acid reflux causes injury 157
- The gallbladder is gone but diarrhea appears ............ 163
- Gas, bloating, and belching after gallbladder removal .... 171
- What else can be expected after removal of the gallbladder 173
- Control of microorganisms in the GI tract .................. 179
Chapter 8. Holistic Healing of Gallbladder Disorders and Postcholecystectomy Syndrome

How Does Small Intestinal Bacterial Overgrowth (SIBO) Occur? 182
Weight Gain after Gallbladder Removal ....................... 187
Medical Complications of Obesity .............................. 189
Unexpected Reason for Weight Gain -- Underactive Thyroid 190
Cholecystectomy is a Risk Factor for Fatty Liver .......... 194
Immune Activation .................................................. 201
Cholecystectomy and Risk of Cancers .......................... 202

Introduction to Our Healing Program ......................... 208
The Goal of Our Healing Program .............................. 210
Diet for biliary disorders ........................................... 216
Healing Foods and Harmful Foods for Biliary Disorders 216
Eating for a Healthy Biliary System ............................. 217
Food to Eat or Not to Eat with Biliary Disorder... That Is the Question 218
Alkaline-forming Foods for Biliary Health ................. 223
Chronic Low-Grade Metabolic Acidosis and the Modern Western Diet 230
Conditions Accompanying Chronic Metabolic Acidosis 230
Alkalizing Ability of Various Foods .............................. 233
Acid–Alkaline Balance and the Functional Condition of the Digestive System 234
The Pre-Agricultural Diet of Our Ancestors Was Alkaline-Formed 235
Shifting of Foods to Acidity or Alkalinity Levels .......... 238
Chewing Your Food is Critical to Digestive and Biliary Disorders 240
What are some of the Problems of Not Chewing Thoroughly? 242
How Can We Control Our Habits? ............................. 244
Blending is the Key to Biliary Health ............................ 247
Beneficial Actions of Blending for the Gallbladder, Biliary System and the Entire Body 247
Water is the Liver and Bile’s Best Friend ................. 254
Common Signs of Dehydration ................................. 254
Why Don’t People Drink Water? .............................. 255
Water and Bile ......................................................... 258
How Much Water Should You Drink? .......................... 261
When Should You Drink Water? ........................................... 262
What Kind of Water Should You Drink? ................................. 264

Even more about water ........................................................ 268
The European Way of Healing Biliary and Gallbladder Disorders – Karlovy Vary Healing Mineral .................. 271
What makes the body acidic? ................................................. 281
What do these pH levels actually mean? ................................. 282
Who Is at Risk of Mineral Deficiency? ................................... 290
The Scientific Explanation Why Karlovy Vary Healing Mineral Water Can Help People With Biliary and Digestive Disorders ........................................... 292
How Does Karlovy Vary Healing Mineral Water Work So Effectively? .......................................................... 296
Benefits of Drinking Karlovy Vary Healing Mineral Water 297
Cleansing and Healing Procedures ......................................... 300
Synergistic Effects of KVHMW and Colon Hydrotherapy 305
Effective Liver and Gallbladder Cleanse in Europe ................. 310
The liver, gallbladder cleanse with Karlovy Vary Healing Mineral Water ...................................................... 314
A Liver/Gallbladder Flush ..................................................... 316
Acupuncture as a part of the holistic treatment of biliary disorders 320
Herbal Remedies for Gallbladder and Biliary Health .......... 328
Nutritional Supplementation for Biliary Disorders .............. 335
Alcohol Use ........................................................................ 340
Symptoms and Signs of Deficiency in Biliary Disorders 341
What Is Magnesium and Potassium? ...................................... 343
Healing actions of Magnesium and Potassium in Biliary Disorders .......................................................... 346
Appropriate Magnesium Forms ............................................ 347
Potassium .......................................................................... 347
Sunshine D vitamin for healthy biliary system ................... 351
Bile salts are wondrous components of bile ....................... 358
Healing Biliary Disorders by Enzymes ................................. 364
Biotherapy Complete Enzymes ......................................... 371
Why You Need Vitamins, Minerals and Antioxidants for Biliary Disorders ............................................. 373
Natural Treatment of Dysbiosis in Biliary Disorders .......... 379
Healing program for Candida-yeast overgrowth and SIBO

Colon Hydrotherapy ......................................................... 386

How do I presume that I have dysbiosis? ......................... 390

Role of Massage, Point Massage, Chiropractic Manipulations, and Abdominal Manual Therapy for Biliary Disorders ......................................................... 394

Abdominal Self-Massage ..................................................... 396

Massage of the traditional acupuncture points .................. 398

Microsystems for point self-massage ................................. 401

Therapeutic Exercises for Biliary Disorders ......................... 403

Cleansing the Entire Gastrointestinal Tract by Drinking KVHMW and Exercises .......................... 408

Healing Program for Biliary Dyskinesia ............................... 413

Biliary Dyskinesia is Over-Diagnosed and Surgically Over-Treated 413

Primary reasons for biliary dyskinesia ............................... 417

A healing diet for biliary diskinesia ................................. 418

Herbal Pharmacy for Flabbiness of the Gallbladder ...... 422

Can acupuncture help with Biliary Dyskinesia? 423

Definitely, Yes

Probiotics for recurrent abdominal pain ......................... 426

Heat therapy for biliary dyskinesia ................................. 427

Biotherapy’s special healing program for biliary dyskinesia 428

Let sleeping gallstones lie ............................................. 433

Can gallstones disappear? Yes, ...................................... 438

Acupuncture for releasing asymptomatic gallstones .... 444

Abdominal Manual Therapy for the Biliary System Disorders 447

Biotherapy’s healing program for silent gallstones ............. 450

Biotherapy’s healing program for the slightly symptomatic gallstones 451

Biotherapy’s healing program for low symptomatic gallstones 452

The Healing Program for Posyolecystectomy Syndrome457

Making liver bile alkaline is mandatory ....................... 459

Making liver bile liquid and easy flow ......................... 459

Alleviating indigestion symptoms such as gas, bloating, fullness, belching, nausea 461

Chronic constipation ...................................................... 462

Bile Acids Diarrhea ........................................................ 462

Bile Reflux after gallbladder removal ............................. 466
Common Reasons For Developing Hiatal Hernias .......... 471
Non-Surgical Healing of the Sliding Hiatal Hernia .......... 472
About the Author .......................................................... 476