

# Gallstones

## What are Gallstones?

Gallstones are hardened deposits of bile and other material that forms in the gallbladder. Gallstones can range in size from a grain of sand to that of a golf ball.

## Signs and Symptoms

Gallstones may present with no signs and symptoms, depending on the size; a colicky pain in the upper right side of the abdomen that may radiate to the right shoulder; intensifying pain in the abdomen just below the breast bone; and pain between the shoulder blades.

## Complications

**Inflammation of the Gallbladder:** Inflammation may result when a gallstone becomes lodged in the neck of the gallbladder.

**Blockage of the Bile Duct:** Gallstones may lodge in the common bile duct, resulting in jaundice or an infection of the bile duct.

**Blockage of the Pancreatic Duct:** A gallstone may lodge in the pancreatic duct, increasing the risk of developing inflammation of the pancreas.

## What Causes Gallstones?

Bile is responsible for dissolving cholesterol. If the liver secretes too much cholesterol for the bile to dissolve, the cholesterol hardens and form stones. Gallstones may also form if too much of the chemical bilirubin is produced. Bilirubin is responsible for breaking down red blood cells. Too much of it is produced in certain illness conditions, especially liver cirrhosis.

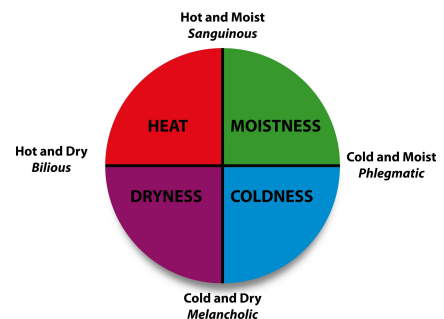
If the gallbladder fails to empty completely or often enough, bile may become very concentrated, and this contributes to the formation of gallstones.

Risk factors include being female; being obese or overweight; being over the age of 60; eating a rich, high fat, low fibre diet; rapid weight loss; and diabetes.

Certain medications such as cholesterol-lowering medication and hormone therapy also increase the risk of developing gallstones.

## The Tibb View on Gallstones

Gallstones are linked to qualities of **coldness with dryness** as digestive fluid solidifies to form stones. Individuals, especially women, as their predominantly phlegmatic temperament are more likely to develop gallstones, due to their innate quality of coldness. Irregular eating patterns and skipping meals, which are associated features of the phlegmatic temperament, result in an imbalance of chemicals in the gallbladder. This frequently goes on to form gallstones.



## Treatment and Management of Gallstones

Treatment and management is aimed at **reducing the excess coldness with dryness** associated with gallstones, by implementing Tibb Lifestyle Factors that **increase the qualities of heat and moistness**. Lifestyle changes such as exercising and eating a healthy diet are strongly advised.

### Tibb Lifestyle Factors

#### *Food and Drink*

- Eat **mostly Hot & Moist foods** - such as olive oil, turmeric, dates and mutton, **followed by Hot & Dry foods** - like oily fish, garlic, chicken and mustard seeds.
- Eat **less of Cold & Moist foods** - such as litchis, watermelon, cucumber, milk and broccoli, and the **least amount of Cold & Dry foods** - like beef, tomato, yogurt and citrus fruits.
- Avoid sour foods and drinks.
- Avoid animal products, especially pork.
- Avoid fried fatty, sugary or refined foods.
- Avoid all hydrogenated and hardened fats, and oils such as margarine, lard and butter.
- Drink juices such as pear, beet, and apple for 3 days.
- Boiled/steamed chicken and fish should be preferred over red meat.
- Avoid cold and icy foods and drinks.
- Drink at least two to three litres of warm water a day.

#### *Other Lifestyle Factors*

- Colonic cleansing or irrigation is recommended to assist in eliminating waste from the body.
- Daily moderate exercise such as moderate walking is advised.

### Medication

#### *Herbal Remedies*

- Take 3 tablespoons of olive oil with the juice of a lemon (3 tablespoons) before bed and upon wakening. Stones are often passed in the stools with this technique. Substitute lemon with grapefruit if desired.

#### *Detox Programme*

1. Drink at least four glasses of apple juice daily. Freshly juiced or packaged apple juice is OK.
2. During treatment, eat normally, but avoid red meats, dairy and fried foods completely.
3. On *Day 1*, take 1 tablespoon olive oil plus 1 tablespoon of lemon juice at bedtime.
4. On *Day 2*, carry on with the apple juice. Take 2 tablespoons olive oil plus the same amount of lemon juice at bedtime.
5. On *Day 3*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
6. On *Day 4*, carry on with the apple juice. Take 3 tablespoons olive oil plus the same amount of lemon juice at bedtime.
7. On *Day 5*, carry on with the apple juice. Take 4 tablespoons olive oil plus the same amount of lemon juice at bedtime.
8. On *Day 6*, carry on with the apple juice. Take 5 tablespoons olive oil plus the same amount of lemon juice at bedtime.
9. On *Day 7*, carry on with the apple juice till midday, then take a light lunch. At 6 pm, take a teaspoon of Epsom Salts (magnesium sulphate) with a glass of warm water.  
At 8 pm, repeat the same. Epsom Salts open the gallbladder ducts.  
At 10 pm, take a half-cup olive oil with same amount of lemon juice. Mix it well and drink it.  
After this, sleep or at least lie down on the right side and rest. Do not engage in physical activity.  
To avoid nausea and vomiting suck grapefruit with salt or chew mint leaves.  
The next morning, you will pass a loose stool.  
Check the stool for toxins, worms, and green coloured gallstones.

## **Tibb Medication**

**Livotibb tablets** - This regulates the production of bile by the liver. Livotibb is associated with qualities of **moistness with heat** which assists with metabolism and the digestion of fats.

**Renotone tablets** - This is used to dissipate and prevent stone formation. Renotone has qualities of **heat with moistness**, as it allows for the dissipation and elimination of stones.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament <http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

## COLD & DRY FOODS

<b>MEATS</b>	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
<b>VEGETABLES</b>	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
<b>FRUITS</b>	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
<b>NUTS</b>	peanuts
<b>GRAINS &amp; SEEDS</b>	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
<b>DAIRY PRODUCTS</b>	egg white, sour milk, yogurt
<b>OILS</b>	coconut oil, corn oil, sesame oil
<b>SPICES, HERBS &amp; SEASONING</b>	basil, prunes, poppy seeds, tamarind
<b>DRINKS</b>	sour fruit juices, tea (black), coffee, ice, sour milk
<b>FLAVOURANTS</b>	
<b>CONDIMENTS &amp; SPREADS</b>	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	cornflakes, mielie meal, millet

## COLD & MOIST FOODS

<b>MEATS</b>	Duck, rabbit
<b>VEGETABLES</b>	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
<b>FRUITS</b>	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
<b>NUTS</b>	Macadamia nuts
<b>GRAINS &amp; SEEDS</b>	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
<b>DAIRY PRODUCTS</b>	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
<b>OILS</b>	
<b>SPICES, HERBS &amp; SEASONING</b>	Cardamom, coriander, cumin, vanilla
<b>BEVERAGES</b>	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>SWEETENERS</b>	Fructose, glucose, rose syrup
<b>CONDIMENTS &amp; SPREADS</b>	
<b>CONFECTIONARY &amp; DESSERTS</b>	Custard, ice cream, rose syrup, sago
<b>CEREALS</b>	Pronutro, rice crispies

## HOT & DRY FOODS

<b>MEATS</b>	Chicken, lobsters, prawns, all small bird meat, Oily fish
<b>VEGETABLES</b>	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
<b>FRUITS</b>	Avocado, Grapes
<b>NUTS</b>	Cashews, hazel nuts, pecan nut, walnuts
<b>GRAINS &amp; SEEDS</b>	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
<b>DAIRY PRODUCTS</b>	Eggs
<b>OILS</b>	Mustard Oil
<b>SPICES, HERBS &amp; SEASONING</b>	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
<b>BEVERAGES</b>	Alcohol, Grape juice, Herbal teas
<b>FLAVOURANTS</b>	Pungent and bitter flavourants
<b>CONDIMENTS &amp; SPREADS</b>	Chili sauce, mustard sauce, peri-peri sauce
<b>CONFECTIONARY &amp; DESSERTS</b>	
<b>CEREALS</b>	

## HOT & MOIST FOODS

<b>MEATS</b>	Buck, goat, goose, lamb, liver, mutton, turkey,
<b>VEGETABLES</b>	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
<b>FRUITS</b>	Bananas, dates, guavas, mangoes, peaches, papaya,
<b>NUTS</b>	Almonds, brazil nuts, pistachios, apricot kernels
<b>GRAINS &amp; SEEDS</b>	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
<b>DAIRY PRODUCTS</b>	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
<b>OILS</b>	Castor oil, olive oil, sunflower oil
<b>SPICES, HERBS &amp; SEASONING</b>	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
<b>BEVERAGES</b>	Green tea, hot water, juices (see fruit), Herbal Teas
<b>FLAVOURANTS</b>	Honey, molasses, sugar, salt
<b>CONDIMENTS &amp; SPREADS</b>	Mayonnaise,
<b>CONFECTIONARY &amp; DESSERTS</b>	Biscuits, cakes, chocolate, liquorice, vermicelli
<b>CEREALS</b>	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix