

Gallstones

Herbal Aids:

Parsley: Parsley taken with boiled onions is said to be good to remove gallstones although some writers prescribe juniper berries instead of the onions that would also be a great specific for the urinary tract. [UW-Parsley]

Juices for Gallstones: Celery & parsley, tomato, grapefruit. [NL 3-5]

Liver and Gallbladder:

N.B. You should always do a three day colon cleanse before working on the liver or gallbladder (see separate document on FAQ site).

Dr. Christopher's Liver-Gallbladder Formula: If gallstones are present and the ducts are blocked, bile may be forced back into the liver and enter into the bloodstream. The skin may take on a jaundiced color. Ultimately, the bile is excreted through the urinary tract. The urine is often dark red or amber color and is very concentrated. Clay color stools are another symptom. During a time of a gall bladder inflammation, heavy eating should not be done. Fruit and vegetable juices are recommended along with the liver-gallbladder herbal formula. The bowels should be kept open and unconstipated through the use of the lower bowel formula [Lower Bowel]...Olive oil (2 tablespoons, 3 times a day) should be taken to lubricate the bile ducts. Our hydrangea root formula, made with 1 quart of apple juice and one ounce of hydrangea root soaked together for three days in a cool place and taken in two ounce doses during the three day cleanse, is capable of dissolving stones anywhere in the body. Light, more frequent meals are

preferred over large heavy ones. [NL 4-2]

The Liver-Gallbladder Formula consists of:

barberry
wild yam
cramp bark
fennel seed
ginger
catnip
peppermint

Parsley: Parsley will work on the gall bladder and will help remove gallstones if used properly by taking a pint of the tea daily. [NL 4-12]

[This is derived from the work and writings of Dr. John R. Christopher, one of America's greatest 20th century herbalists.]

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