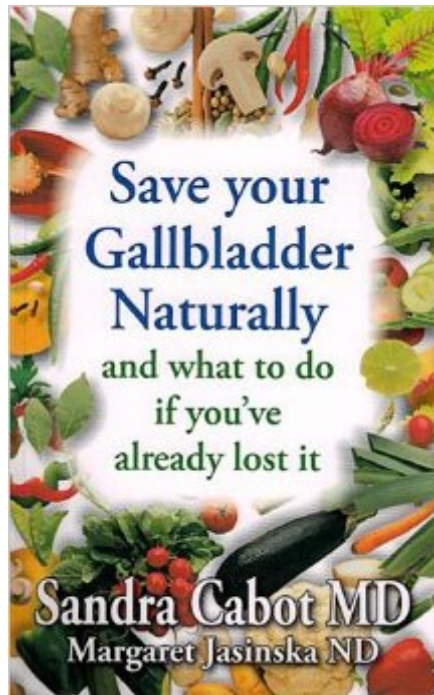


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# Save Your Gallbladder Naturally And What To Do If You've Already Lost It



## Synopsis

Bestselling author Sandra Cabot MD and naturopath Margaret Jasinska ND provide a comprehensive step-by-step plan for dissolving gallstones and improving gallbladder function. If you are having gallbladder problems, whether you have already lost it or not, this book tells you what to do. Gallbladder disease can be painful and frightening, which explains why many people are rushed off to surgery to have their gallbladder removed. Is this the best thing to do? Are we panicking? These decisions are complex and serious and thus it takes an expert in liver and gallbladder problems like Dr Sandra Cabot to help you make sense of it. Thankfully, Dr. Cabot has written this book to help you and your doctor make the best decisions. Your gallbladder is precious and supports optimal digestion and absorption of nutrients. In most cases, there are safe natural alternatives that can help you to save your gallbladder, dissolve stones, and restore a healthy gallbladder and healthier liver function.

## Book Information

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## Customer Reviews

I find her books valuable and her products are quite good. My only wish was that she had a larger chapter (or even a whole book) specifically for people who have had their gall bladder removed. That was the whole reason I bought the book, since it is in the title. I had my gall bladder removed with complications that resulted in also losing half of my liver. There is virtually no information for someone in my situation. So, I try to find information on both liver and gall bladder issues. Sandra Cabot has given me very helpful information with her other books, especially the fatty liver book. I just wanted MORE information for what to do post surgery. That said, what WAS there was

extremely helpful! At last, I understood the symptoms I was having, such as chronic reflux acid. I followed her suggestion to try digestive enzymes with ox bile. It works wonderfully for me. So... yes.. the book was worth it for just 4 good pages that applied to me.

This book is really a more central discussion of diet and lifestyle than most others and it's simple easy and short. You might as well eat for your liver and gallbladder because if you do that you'll certainly be doing the right thing for your digestive system, leaky gut, et al. I can't rate this book highly enough. Actually I located this author the day I was told to have my gallbladder removed at an ER and I emailed her in Australia. She emailed me back the next day, surprisingly, and also directed me to her affiliate in the US who I was able to call and who gave me feedback and direction without charge. Dr. Cabot also sells a line of supplements and based on the simple clarity and honesty demonstrated in her book I am a believer. I did have gallbladder surgery but the book is now my bible on how to save my liver - something the medical establishment won't even mention.

I just had my gallbladder removed after suffering several extremely painful gallbladder attacks caused by gallstones (1.8 cm was the largest one). Even though my gallbladder is now gone, this little book written by a liver doctor contains valuable and concise explanations of the causes of gallbladder disease (food allergies for one), treatment options, and dietary changes needed to improve digestion. I have already implemented much of Dr. Cabot's advice and my digestion has improved significantly just 3 weeks after surgery.

Very informative SMALL BOOK. This book offers 'The Natural Treatment of Gallstones' in Chapter Two, which consists of a list of the 'Best Foods for the Gallbladder' and includes a Raw Vegetable Juice Recipe for the Gallbladder. I have learned so much about how to take care of my gallbladder, as I do have gallstones. This book focuses on preventing stones in the gallbladder in the first place, and what to do 'naturally' if you have been diagnosed with gallbladder stones. This book should be read by everyone, especially those who have a healthy gallbladder. I can tell you, if I had read this book five years ago, I believe that I could have prevented developing stones in the first place. Read the whole book as it will give you a good understanding of 'WHY' stones are developed and 'HOW' the liver, gallbladder and digestive system works.

Good practical advice written in a clear, understandable manner. There are a few gallbladder friendly recipes in the back of the book. I've tried two of them so far and found them easy to prepare

and quite delicious.

Just what we needed to help guide us in what to do. With or with out a Gallbladder. Very informative.

Doctors in Midwest had no answers. This book describes exactly what I am going through, and what to do about it. Highly recommend it!

Factual, with lots of great information. No nonsense, just the facts. Not preachy, but very helpful. I would recommend this to anyone dealing with gall stones.

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