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Cheers to a Healthy Liver

Peppermint

Peppermint has long been known to help with digestion. In addition to encouraging the flow of digestive juices and bile, it contains terpene. This compound is considered effective in dissolving gallstones. Peppermint can also help relieve gallbladder pain and muscle spasms related to an attack.

Bring one cup of water to a boil. Remove from heat and mix in one teaspoon of dried or one tablespoon of fresh peppermint leaves. Place the cover over the pot and let the mixture steep for five minutes. Strain the fluid to remove loose leaves and mix in one teaspoon of honey. Drink the warm tea twice a day for up to six weeks.

Apple Cider Vinegar

Apple cider vinegar is acidic in nature and can assist in reducing your pain while dissolving gallstones. The vinegar can also help prevent the stones from developing in the first place by keeping your liver from making cholesterol deposits.

Add one tablespoon of apple cider vinegar to one glass of apple juice. Drink the mixture. In about 15 minutes, you should start to feel relief. Or mix one teaspoon of lemon juice and two teaspoons of apple cider vinegar with a glass of warm water. Drink first thing in the morning before you eat.

Psyllium

A soluble fiber made from the husks of seeds, psyllium is considered an effective treatment for gallstones. Fiber binds itself to bile cholesterol, which prevents the formation of gallstones. It also stimulates regular bowel movements and prevents constipation, which helps reduce your chances of gallstone congestion.

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

Sources: NewHealthAdvisor