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## Fresh Juice to Dissolve Gallstones

Your gallbladder is a small organ located in your upper right abdomen, right below your liver. It's a pouch that stores bile, a green-yellow liquid that helps with digestion. Issues with your gallbladder typically occur when something is blocking its bile duct — like a gallstone. Most gallstones are created when substances that are found in bile, like cholesterol, harden. The good news is gallstones can dissolve with the help of certain liquids.

### Lemon Juice

Lemon juice has multiple properties that makes it a great alternative on how to dissolve gallstones. It contains vitamin C, which promotes the body's disposal of waste products. It inhibits your liver's ability to make cholesterol and makes the existing amount in your system water soluble. Pectin in the juice can help relieve pain.

Squeeze four lemons and drink the juice every day for a week. Make sure to do so on an empty stomach and drink a full glass of water after. Or add four tablespoons of lemon juice to an 8-ounce glass of warm water. Drink on an empty stomach every day for a few weeks or until your body eliminates the gallstones.

### Vegetable Juice

If you are having gallstone issues, it is imperative to eliminate fatty and fried foods from your diet. Find a diet based on vegetable and fruit juices and follow it for about two weeks. Some consider a juice drink made of cucumber, beetroot and carrots good for a gallstone cleanse. The high content of water in cucumbers assists with detoxing the gallbladder and liver. Beetroot helps cleanse your liver and the vitamin C in carrots boosts your immune system.

With a juice extractor, obtain the juice from one cucumber, one beet root and four carrots. Mix the juices and for two weeks drink it twice a day.

Add one tablespoon of psyllium powder to a room temperature glass of water. Make sure to mix well. Drink twice a day until your gallstones have been eliminated. Remember, it is very important to drink a lot of fluids, particularly water, when taking psyllium due to its absorption properties.

**\*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: Healthline, NewHealthAdvisor