

Oh My Aching Back, I Mean Gall Bladder?

My father, Dr. Frank Smith, uses the analogy “addition by subtraction”. You will get better if you remove it. I never quite understood the concept either. Wait until the gall bladder is so bad, and then just get rid of it. “We really don’t need it any way.” I beg to differ.

Let’s review anatomy 101. What does the gall bladder do? It stores bile, which is made in the liver from cholesterol and other products, and intensifies it up to 5x potency to emulsify fat and fat soluble vitamins when combined with pancreatic enzymes. Since the liver makes the bile, one’s gall bladder can be removed. I guess that’s the rationale. It’s just for storage. However, what happens if you eat a large amount of fat in one meal? How would the body attack a large amount of fat without a surplus of bile? People that get their gall bladder removed aren’t typically taught to eat a low fat diet. They just have less pain or symptoms, but unknowingly have an increased risk of intestinal problems. You see, if fat isn’t broken down before it gets to the intestines, it becomes toxic! It can lead to irritable bowel, diverticulitis, and other digestive problems due to the chronic irritation. Two simple solutions: Don’t eat a lot of fat, and take a bile salt supplement to aid digestion! Wow. Pretty easy. In counseling patients that have had their gall bladder removed, they have never been told these two simple rules. Better yet, why not support the gall bladder so it doesn’t get symptomatic and “need” to be removed.

What are the common symptoms of a problematic gall bladder? Chronic mid back pain or tightness, right shoulder pain, knee pain or ache, right thumb pain or soreness, bloating after meals, loose bowel, intolerance to greasy food, disc herniation, weak joints or frequent sprains, slow joint injury healing, irritable bowel. These symptoms are often disregarded when patients seek treatment for chronic back pain. However, they are of extreme importance. Without a healthy gall bladder, you can not uptake manganese which is vital for strong discs and sulfur for strong ligaments.