

# My gallbladder is out, I feel better, but what do I do now and why did it happen?

There is a substantial amount of relief that patients feel when they have a cystectomy, gall bladder removal. Intense stomach cramps, acid reflux, mid back pain and even neck, shoulder and right thumb pain tend to relieve. However, the nature of why there was a deterioration of the gall bladder should be the ultimate question.

The function of the gall bladder is to store bile. Bile is made in the liver for the purpose of digesting fat and fat soluble vitamins, A D E K Co Q10 and Essential fatty acids. When it is removed we can still perform this function, but at a very restricted level. When the body stores bile in the gall bladder, it is super charged up to 10 times its original intensity. So, when we eat a higher amount of fat in any one meal, i.e. thanksgiving dinner, cheeseburgers etc., we have the ability to handle this sudden intense fat digesting need.

The problem patients get into is thickening of the bile and reduced flow of it from the gall bladder. One of the main reasons you thicken the bile is from an elevation of estrogen in your system. Foods, stress, and other toxins can be responsible for this. The primary reason for men is from chronic stress, women from a chronic sugar/ insulin response. With this situation, evaluating your level of estradiol should be tops on your list. When bile becomes thick, it flows very slowly and during times of need, high fat eating, we can't effectively digest our meals. This repetitive action can place extreme stress on the gall bladder and cause a severe congestion thus rendering it ineffective and problematic.

Removing the gall bladder will give you extreme relief from symptoms related to its dysfunction. However, a permanent fat metabolism deficiency is then created. Bile will still be made in the liver, but, it will never be able to be intensified. Breakdown of fat and fat soluble vitamins becomes challenged. Especially when you consume high amounts in any one meal. Vitamins A, D, E, K, CoQ10, and EFA's will have a diminished absorption. To aid and support this permanent deficiency you need to take a supplement containing bile salts. Cholacol from Standard Process has been shown to be a "lifesaver" for many of these patients to help regain normal digestion. People will often experience acid reflux symptoms due to this situation as well. By improving digestion of fats, many patients have a reduction in the occurrence and severity of acid reflux.

Without fixing the underlying problems of estrogen dominance, and diminished fat digestion, more symptoms and problems will eventually arise. Research has linked high estradiol to

increased risk of many types of cancer, prostate problems in men and hormonal, uterine and breast problems in women. There is also anecdotal evidence that high estradiol in pregnant mothers may increase the risks of having a child more prone to autism. Reduced fat soluble vitamin digestion can result in lowered levels available for bodily functions. Nutrient depletions of these vitamins have been seen more frequently and resulting symptoms of eye strain, bone and joint pain, hormone imbalance, vitamin D deficiency, weight gain, and osteoporosis to name a few.

Everybody wants and deserves to live pain free and without symptoms. When these symptoms are telling us of underlying problems, that we in turn ignore, we can end up with even more severe problems that can be avoided. Steps to prevent gall bladder problems and supporting the body after it is removed should be taken. Don't sacrifice short term relief for long term problems. We only get one gall bladder.

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