If you Don’t Have a Gallbladder, You Need to Read This!

Are you one of the estimated half a million Americans who had their gallbladder removed in the past year or in the past?

If you don’t have a gallbladder, this information could be the most important thing you read all year! It could be the key to regaining your energy and vitality for life as it did for Sue.

Read Sue’s story here as she believed she didn’t need her gallbladder and since working with Dr. Jenny, she feels significantly better and has lost 65 pounds!

Sue's Story

"I thought I was in good health and had my gallbladder out in 1990 without incident or so I thought. I went many years feeling ok and thought everything was ok. I didn't have the energy I used to but thought that was just normal aging. While visiting with Dr. Jenny last summer I shared with her I wasn't able to eat many foods anymore as I would feel sick, I had gained weight slowly over the past few years and wasn't eating more so didn't understand why.

Dr. Jenny spent some time asking me many questions and we developed a plan of action. Dr. Jenny gave me a few supplements. First I had to eradicate the pathogens - bacteria that was now interfering with my gut, and then I also took a probiotic that provided good bacteria back into my gut. One of the most important things I did was start taking a supplement to help with fat digestion. Since I no longer have a gall bladder I don't the ability to digest fat as I should so I call this gallbladder in a bottle. Over the course of the next couple months, I started feeling significantly better and I started losing weight. Over the course of 9 months I lost 60plus pounds and feel like myself again. The body is amazing if we are able to identify the underlying causes and provide it with the information it needs to thrive."
If you don’t have a gallbladder, you most likely are among a large number of people (mostly female) who were having a variety of symptoms that caused your doctor to suggest and perform a cholecystectomy. You were miserable, had the procedure and felt better and started living life again.

Or you are one of the smaller number of people who had symptoms, had the gallbladder removed and continued to have various symptoms to which you were told nothing could be done and it will get better. Sound familiar at all?

Typically people who have had gallbladder issues experience one of the following two scenarios.

**TWO SCENARIOS**

The first situation is the most common. A person has moderate to severe pain and after a few visits to their doctor or the emergency department, the suggestion of removal of the gallbladder to “remove the pain” was suggested and great excitement prevailed at the suggestion of the pain being relieved. A lot of patients then had their gallbladders removed and saw their symptoms disappear and rated the experience as a success and continued on with their lives. The story doesn’t stop there by the way if this was your experience.

The second situation is similar to the first from mild to moderate symptoms and again at the thought of being pain free was definitely the best option and the procedure was performed. However some of these people only experience minimal results and know there’s something not quite right but
can’t place their finger on the issue and are told all is well. Please read on as this isn’t the end of the story either.

Third scenario is you might have had your gallbladder removed many years ago and have some other seemingly unrelated symptoms many years later that you cannot find an answer for or are being told there is nothing wrong and your symptoms aren’t real. Your symptoms are real so read on.

The typical female I see had their gallbladder removed an an average of 10-15 years before they express vague symptoms to which the issue of not having a gallbladder is NEVER even considered because it was so long ago.

With all of these scenarios you had symptoms, a procedure was done and a result was seen but that is NOT the end of the story.

Typically you feel so much better right after and even for longer periods of time and its believed all is well. It’s common that doctors who remove gallbladders fail to educate patients about nutritional challenges they will encounter after losing this important digestive organ for the rest of their lives!

If you read Sue’s story she was one of the millions of mostly women who thought removing the gallbladder was a good decision and that surgery has later come back to cause more problems.

A cholecystectomy may be effective in masking the symptoms of why you had your gallbladder taken out, but do you know the function that is now not performed in your digestive system that can cause more problems? To briefly understand what the gallbladder does is important to begin to understand the missing function.

Do you know why you have a gallbladder and how the gallbladder works?

The gallbladder is a part of the digestive system. It is a small sac like pouch that sits underneath your liver. The gallbladder stores and secretes bile that has been produced in the liver. The bile itself is typically a green and yellow color type fluid that is composed of water, minerals, salt and cholesterol.
A critical function of the gallbladder is that it helps to break up and emulsify fat in the digestive system.

Bottom line is when you have your gallbladder removed, you are compromising your digestive health for the rest of your life.

According to a study published in *The British Journal of General Practice* 2004; 54:574-79, it was found that having the gall bladder surgically removed (cholecystectomy) does not always relieve upper abdominal pain even in those with proven gallstones.

After a cholecystectomy, one third of the patients saw their doctor again with the same pain they had suffered prior to the surgery. Those results aren’t typically shared.

After 12 months most of the patients who had a cholecystectomy were pain free, but so were 63% of the patients who had kept their gall stones.

In this study 45% of the patients with “biliary pain” did not have gall stones. Even though gall stones are common, they are not always the cause of symptomatic pain. Every day a healthy liver will produce about a liter of bile, and the gallbladder helps store, concentrate, and control its release.

Yet bile which is produced from the gallbladder can still find its way to the duodenum (part of the small intestine) without the gallbladder so conventional medicine has deemed this an unnecessary organ.

Do you really think our organs and glands are disposable?

Do you think some are needed while some just aren’t necessary?

**The truth is** every organ and gland within our bodies was created to perform a specific purpose and function to aid in functioning at a high level through the life cycle.

Let’s return to the gallbladder story. **So if you don’t have a gallbladder, you experience a decreased quality of digestion** versus someone who still has a gallbladder.
You will be challenged to digest dietary fats for the rest of your life!

Is that even important? Do you know why you need fats?

Fats get a bad press in our culture as we are given so much information as to the negative aspects of fat. While excess fats can be hazardous to one's health, the main point is being missed.

To summarize again, without a gallbladder you're not going to get the excretion of the bile from the gall bladder into the small intestine, and as a result, you are **NOT going to efficiently digest foods** that are moving through your digestive system. This is especially true for dietary fats, **including** essential fatty acids.

**Why is this important? Let’s look at some of the signs of Essential fatty acid deficiencies:**

poor nervous system function, irritability, learning difficulties, heart disease, poor blood sugar control and so on.

Essential fatty acids are critical to a healthy brain and nervous system.

**It’s also common** to hear oh the liver will pick up the rest of the work of the gallbladder. . . so there’s no problem. Really?

It’s true that your liver cells are continually making bile, whether you have a gall bladder or not. Once the gall bladder is removed though, you now have lost the ability to store and concentrate bile in the gallbladder and bile continually flows through the bile ducts into the small intestine.

When you eat you're not getting that extra bile from the gallbladder into the small intestine **resulting in a decreased ability to dissolve, digest and absorb dietary fat.**

**Remember after removal of the gallbladder, the liver is on its own and now has the job of two.** It has to work harder to break down fats and filter waste compounds.
Even without the gallbladder, stones can still form in the liver, whenever the bile fluid becomes over-saturated with cholesterol. This makes it critical to eat a careful diet after gallbladder surgery, making sure not to consume the same foods that contributed to the formation of gallstones in the first place. It’s rare that dietary suggestions are ever made after having the gallbladder removed. I often hear from my clients, oh I was told I now can eat anything I want. For many people they do go and eat things and seemingly don’t have a problem until much later.

Did you know over half of people who have digestive issues don’t even have any symptoms? Back to our story.

The LIVER is one of the most important organs for detoxifying our everyday encounters with stress and foods/drinks. If your liver is functioning optimally and you are not eating ANY refined sugars or white flour products then you likely will be able to get by without a gallbladder.

However if you are an average American and eat an average American diet, the liver is now extremely stressed and it will NOT be able to pick up all the slack of the missing gallbladder.

If you remember in Sue’s case, it took several years before the pieces of the puzzle came together. The majority of women without a gallbladder live with vague symptoms and never consider the possibility that it’s related to the lack of a gallbladder.

Are YOU one of them?

A lack of energy, inability to lose weight, sluggish mind, mild indigestion after certain foods, occasional bloating, poor appetite, and a variety of other symptoms are now being “lived with” because its deemed just “normal aging”.

The truth is the body is not able to compensate, and these symptoms are now conversations the body is trying to have with you to get your attention to say it needs help.
Do you know how the body communicates with you? Since it doesn’t have a voice, it must come up with a way to get your attention. If a problem isn’t addressed over time, a symptom will develop and then we have a choice.

Depending on your belief system, you have two options. If you grew up in the traditional medical viewpoint as I did, you ignore it and just hope it will go away. Or you go to your doctor and are told its nothing or you’re given a medication. By the way that doesn’t address the problem.

The medication either SUPPRESSES the symptom or it doesn’t.

**Do you think SUPPRESSING a SYMPTOM is TAKING CARE OF THE PROBLEM OR IS IT JUST MASKING IT?**

Do you shoot the messenger (which is what a symptom really is) with medication or surgery, ignore it OR

Do you want to regain and live fully and energetically?

If you can relate to this information and you are ready to take action, read on.

**What to do after your gall bladder is removed.**

First, realize with a proper nutritional program, you can restore and have a highly functional digestive system which will give you more energy to live the life you desire.

The next step to restoring your health is to call 309-751-9790 and have a phone consultation with Dr. Jenny who will help you as she helped many others like Sue you just read about.

Once Dr. Jenny evaluates your specific case, she will work with you to design a program to regain your health.

Dr. Jenny will work with you to identify possible challenges in the gut, other related issues and will create what a healthy diet consists of while you are healing.
While there are many steps to this program, the bottom line is
EVERYONE WHO DOESN’T HAVE A GALLBLADDER NEEDS TO TAKE BILE SALTS EVERY DAY WITH THEIR MEALS!!!!

IF you are NOT taking Bile Salts every day, you are not digesting your fats or your food optimally to feed your mind and body! It’s not quite that simple but a personally designed program with bile salts included will change your life.

Read Gina’s story about the loss of her gallbladder; the consequences she experienced for many years, and how she has regained her life after working with Dr. Jenny.

Gina is a 55 year old female who I met at a wellness talk I was giving. Here is her story.

"I had started having pain across my back when I was pregnant at age 26. They told me it was my gallbladder and after I delivered I had my gallbladder out and felt good and my symptoms went away. I was told the gallbladder wasn’t necessary and I won’t even know it’s gone. I believed it and I thought all was well for many years.

It was about twenty years later when I started having digestive issues like constipation and bloating although I had changed nothing in my diet or my life. I couldn’t figure it out. My energy was low all the time. I found eating smaller meals helped for a period of time. I felt like I was developing allergies to foods and to things I could previously eat. It seemed like my entire digestion was shutting down. Then I felt like my liver was swollen so I visited my doctor. They did a CT and I was told I had a fatty liver but everything was unremarkable and I was fine. I didn’t feel fine. I was becoming less and less functional with little energy anymore to do anything. I couldn’t work and was very frustrated.

I met Dr. Jenny at a meeting she was talking at. I went to see her and leaned that since I didn’t have a gallbladder I was having issues digesting fats and foods along with other imbalances in my gut because of the missing gallbladder. She started me on a program and in a short time my constipation and bloating disappeared. I even lost a few pounds! My energy returned and now I feel great! I am grateful for what I learned, and now I have returned to work.

Dr. Jenny thank you! Thank you! Thank you! Namaste."

If you don’t have a gallbladder or know someone else who doesn’t, please share this information.

If you want to increase your energy and restore healthy digestive functioning call Dr. Jenny and set up a phone consult and get results as Sue and Gina did!

In health, Dr. Jenny Sechler