

# Surviving the Holiday Foods

By Dr. Joe Esposito, DC, BS, DCBCN, DABCO

Yes, it is that time again. A time of family gatherings, rekindled friendships, exchanging of gifts, and a time to stuff yourself silly on things you know you shouldn't be eating. The holidays always pose a special problem for those of us who want to party, socialize, have a good time, and still avoid poisoning ourselves with all the wonderful and delicious "food" being offered everywhere we turn. Well, party participants, there is hope. We can party down with the best of them and still maintain our immune systems.

It would seem to the untrained eye that there is nothing for us to eat during the upcoming months, when in reality there is more food for us than any other time of the year. You just may have to redefine what you consider a main course, what you consider dessert, and what you consider an adult beverage. Let's start with Thanksgiving dinner. Look at the typical dinner table. It is most likely loaded with the usual turkey, stuffing, gravy, butter or (perish the thought) margarine, and other very tempting treats. But look further; there are also salads, green beans, potatoes, broccoli, squash, and lots of other taste treats. I will assume for the moment that you are very serious about wanting to eat right and make my suggestions accordingly.

- If you eat a little bad, you might get a little sick; if you eat really badly, you will probably get really sick.
- Load your plate with a smorgasbord of veggies; take two or three servings of each if you must make a pig of yourself.

- Remember the mashed potatoes most likely have some dairy products in them. So unless you are low in bovine growth hormones and saturated fats, you might want to stick to the baked potatoes.
- Try salsa on your baked potato for a real adventure. There should be some near the chips that were put out as a snack before dinner.
- Feel free to dine with the other folks at the table, just chose your foods wisely and the odds are that no one will notice your eclectic choices. (I have found that dinner tables are not a good place to discuss food philosophy.) By the end of dinner, when everyone else is unbuckling their pants because they are ready to explode and can't keep their eyes open from the tryptophan in the turkey, you will be feeling more than satisfied and will be awake enough to enjoy the evening.
- As everyone has wine, champagne, or other alcoholic after dinner drinks, you can enjoy a glass of warm apple cider or if you really want to get crazy, mix some seltzer with your apple cider for an effervescent cocktail.
- Dessert can be some of that fresh fruit from the centerpiece. Why not bring a homemade raw or baked fruit or vegetable pie. You can have a healthy dessert for yourself and other guests. This may not be the best food combining; it depends how wild you want to get.

The same rules apply at buffet parties. Fill your plate with good choices, such as chips and salsa, veggie sticks,

guacamole, nuts, salads, fruits, breads, or whatever you know to be good choices; have a great time socializing. I have been doing this for 12 years and always have fun no matter what is being served. If you are really worried, eat before you go and you will have more time to mingle. If there is absolutely nothing for you to drink, there is always water with a twist of lemon or sparkling water.

If you have to bring a dish, may I suggest making a basil pesto and a sun dried tomato pesto. Bake some small potatoes, cut them in half and top half with one pesto and the other half with the other. This wonderful red and green dish is a holiday favorite. It is healthy, easy, inexpensive, and has great eye appeal. The recipe can be found in my book *Eating Right . . . For The Health of It*, which is available in the book department at Life Grocery.

Poor food choices can weaken your immune system, which can lead to days and days of misery if you get sick. Is it worth all that suffering for a few lousy meals? Remember, eat well, be well. Happy Holidays!

*Dr. Joe Esposito is a chiropractor, nutritionist, the author of **Eating Right For The Health Of It!**, the syndicated radio show host of **Health Talk Atlanta**, and the director of **Health Plus Wellness Center**. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, call 770-427-7387 or visit [www.DrJoeEsposito.com](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!*

# The Autumn Berry

By Linda Townsend

If ever there was a particular fruit that embodied autumn with its eye-catching orange hue and tasty additions to holiday dinners, it is grown on pumpkin vines. *Yes, I did write that pumpkin is a fruit!* In fact, according to botanical definitions, it would be considered more of a berry than strawberries are. Still not convinced of its fruitiness? How about looking at the name itself: "Pumpkin" comes from the Greek word "pepon" which means "large melon."

Pumpkins are native to the Americas, which might make you wonder how pumpkins became today's common jack-o-lantern décor when the roots of this tradition began in Ireland where there were no pumpkins at the time. It seems the Irish immigrants preferred making their will-o'-the-wisp with lit candles inside carved American pumpkins over their previously used hot lump of coal inside carved out turnips or beets.

Whether you refer to pumpkins as fruits, berries, melons, vegetables, squash, or gourds, they definitely invoke memories and anticipation of crisp sunny days, colorful leaves, and holiday preparations, but there is more than decoration and pie potential in the pumpkin patch.

Pumpkins are quite nutritious and even more interesting is that nearly all parts of the pumpkin plant are edible: fruit, seeds, leaves, and flowers. Here are some nutritional facts about this autumn berry:

- Per cup, pumpkin fruit has 394 mg in potassium compared to 1 mg in sodium. It is also a rich source of minerals like iron, copper, calcium, potassium, and phosphorus.
- The same carotenoids that give pumpkins their signature orange coloring also provide many

natural poly-phenolic flavonoid compounds such as alpha-carotene, beta-carotene, cryptoxanthin, lutein, and zeaxanthin.

- B-complex group of vitamins like folates, niacin, vitamin B-6, thiamin, and pantothenic acid are in abundance.
- Raw pumpkin has only 30 calories to each cup and good amounts of dietary fiber.
- Pumpkin seeds are a good source of protein with high amounts of iron, niacin, and zinc. They also are an excellent source of tryptophan which is converted to GABA in the brain.

Pumpkin is a very versatile ingredient to a variety of culinary delights from simple dishes to the finest of dining. There are pumpkin recipes for casseroles, soups, dips, butters, crème brûlée, nogs, smoothies, pancakes, pies, breads, and sweet baked goods of every kind imaginable, including the delicious pumpkin roll a friend made for me. Pumpkin alone can be eaten raw, steamed, boiled, fried, and baked as well as cubed, mashed, and puréed. Pumpkins are not just for human consumption either; pumpkin can be added to dog and cat food to aid with digestion and weight control by its additional nutrients and fiber, which helps control diarrhea and constipation—look in Life Grocery's pet section!

Pumpkin seeds, also called pepitas, are good roasted or raw, preferably raw for the best benefits. They contain an amino acid called cucurbitin, which is effective in eliminating parasitic worms from the digestive system. Ground raw pumpkin seeds can also be given to pets: up

to 1 teaspoon of freshly ground pumpkin seeds twice a day for a 50 pound dog and up to ½ teaspoon twice a day for a medium cat.

Growing your own pumpkins is easy enough, but they are rather thirsty plants with the berry being 90% water and the vines needing lots of space. The cooked pumpkin meat can be canned or frozen, but you can also pre-make pumpkin pie filling, pumpkin butter, or pumpkin soup to be canned or frozen as well. If you would like to try cooked pumpkin leaves, prepared just like cooked spinach, or the flowers (save the female ones so you will have the berries and only take the male ones), you will most likely have to grow your own vines. Life Grocery sells organic pumpkin seeds for your convenience, and it is a good time of the year to prepare soil and plan for your spring plantings.

Why wait for cool weather and holiday dinners to make pumpkin dishes? Although pumpkins are most abundant in October and even if you are not canning or freezing your own, ready-to-use organic pumpkin purée can be found year around for your convenience. So why not get a little creative and add the autumn orange berry to your diet whenever you get the craving? You can even make pumpkin pie smoothies that are quite refreshing, nutritious, and delicious!

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# Grow America

By Betsy Bearden

If I constantly ask myself this question, then I know you must as well: how are we supposed to be able to enjoy fresh fruits and vegetables that aren't loaded with pesticides when pesticides are now systemic within them? Corn, squash, soybeans, potatoes, plums, papaya... the list goes on and on and it's growing every day. Where can we buy vegetables that have not been genetically altered through gene splicing with who only knows what. We have a right to know what is in our food, and I am not just talking about boxed ingredients or things that come in jars, I am talking about a whole ear of corn, or a simple bag of frozen corn, edamame, or squash.

The ingredients on the bag should simply say corn, edamame, or squash, right? If it's organic and a non-gmo version, then yes, that would be right. But what if it doesn't say that on the bag, and it's not organic or non-gmo? Can you imagine how a list of food ingredients would look for a frozen bag of (RR) Roundup Ready corn? It would start like this: corn, glyphosate, aminomethylphosphonic acid, phosphoenolpyruvate, shikimate-3-phosphate (S3P) and phosphoenolpyruvate to form 5-enolpyruvyl-shikimate-3-phosphate (ESP) . . . well, you get the idea. The same would apply to fresh corn, squash, edamame, papaya—each item would have a tag on it with a laundry list of chemicals in it attached.

Don't we have a right to know how the seeds were created in a lab, and with what gene they were spliced? These RR seeds that commercial farmers use to grow on their farms are not organic and they are certainly genetically altered. When these crops are watered, the water runs off into our waterways. That water evaporates into our atmosphere where it is released back into our soil and in waterways miles away. It is a never ending cycle of pollution.

For some reason, our government is desperately trying to find water on Mars. If they do, what do you think will happen? It will be immediately shipped back to earth where it can be bottled and sold to the general public. Gotta get it into the hands of the public first so they can eventually find out what's in it. Sounds familiar, doesn't it? Well, that is exactly what they are doing with our fruits and vegetables, transgenic salmon, goats, pigs—and now cows are already in the works.

On this beautiful earth, there is balance. Summer, winter, spring, fall; hot sticky days, rainy miserable days—balance. Enter science. Science, along with anything else, must be balanced to counteract what our scientists do. I don't think we have that balance when science steps in and alters the course. Yes, science has done wonderful things throughout history, but lately it seems to be heading toward science fiction. The fact that scientists are gene splicing cows with that of women's breast milk tells me that having a cow singing in your shower one day is not that far fetched—Got Milk? Really?

How does one balance transgenic food animal? Supposedly, it's GRAS "generally recognized as safe." If you ask me, anything that is genetically altered and grown in tanks in factories—on land—there is the potential this mutated salmon will find a way back to the ocean somehow, and there goes the salmon population as we now know it. It's like an official once said at the CDC: it's not a matter of "if" a deadly viral component is leaked into the atmosphere or into our water sources where it is introduced to the public, it's only a matter of "when." Balance? I think you can guess the rest.

This is not an original statement, but it's true: "If you want to know how well the government will take care of you, then take a look at the American Indian." Don't rely on the government to feed you. Grow, America! It only takes a little space and a little care to grow your own vegetables and can and preserve them for the winter months. Some people have even begun to use patches of their front yards to grow vegetables. Inner city schools, churches, and high rise buildings are putting their green space and roof tops to work for them and growing tomatoes, peppers, herbs, and anything else they can crowd into the small spaces.

Some people have started to raise their own chickens for fresh eggs every day. We have to take care of ourselves. I know there will be times when it just isn't possible to grow fruits and vegetables, or tend to the chicken coops as you would like. Lucky for us that we have Life Grocery in Marietta. They have a wealth of organic foods and fresh organic non-gmo veggies and fruits. Their Café Life is an organic vegan café that offers

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# Fall is Here

By Kim Strickland, ND

So quickly it seems the weather changes from hot and humid to cold. In Georgia we seem to have a short fall season. Fall is my favorite time of year, as I fondly remember growing up in Rhode Island, playing in large leaf piles. Now it is the season for me to prepare warm nourishing foods for my family. I love soups and one pot meals for my hungry crew. It is also the time I reduce sugars, increase probiotics, hot teas, and add in vitamin D.

Start with something you love like pumpkin. It could be butternut or acorn squash. Last week I roasted two small pumpkins in their shells. Then I scooped out the filling and pureed it in the food processor. From this I then made gluten free pumpkin pancakes, pumpkin muffin popovers, and a huge batch of pumpkin lentil soup. I also found a way to slip in some root vegetables such as turnips and parsnips.

Now is the time to cut out all sweet drinks while increasing hot teas. I sweeten mine with stevia so I am not increasing sugar to our diet. Our immune systems have a more challenging job in the winter when germs more easily pass around and reproduce. Be sure to wash your hands, spray tea tree or thyme oil in the air and consider boosting your immune system with herbs such as echinacea and thyme or vitamin D and C. I like the liquid vitamin D3 (from the sunshine) by natural Factors for my children. My husband and I each take a capsule. Make sure you include a daily probiotic, especially if you have any gut or digestion issues.

Another thought is to consider nesting more. When you feel tired, stay home. Don't feel obligated to go to every activity and party. If you or your children have been

sick give yourselves plenty of time to recover. I believe that much of the sickness that is spread around through schools, parties, and churches could be avoided by having a laying in period. My rule is one day home for each day sick. If my son has a fever for two days we will be home for four days. If he is coughing for a few days then throws up on day three and then on day four feels better we will be home for another two days for a total of six. Some people think this is extreme as they can't miss activities, but in reality you can. Life will go on if you are not there. Rushing around and jumping back in leads to secondary infections. Give your body time to fully recover.

I'd like to leave you with a yummy recipe.

## Pumpkin Popovers

4 eggs  
1 T oil  
1 t sea salt  
1 ½ c gluten free flour mixture  
1 ¼ c milk (almond, coconut, soy, cow, goat)

- Preheat oven to 450 degrees.
- Spray a muffin pan with olive oil spray.
- Beat the eggs in a bowl.
- Add the oil and salt.
- Pour in half the flour and milk and mix until it is smooth.
- Add the remaining flour and milk and mix until smooth.
- Bake for 15 minutes.
- Serve immediately with a bit of butter or ghee and jelly on top.

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Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

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If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

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Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.

**Life Grocery Annual Membership Meeting will be held on Tuesday, December 10, 2013 at 6pm. Active members as of November 1, 2013 are eligible to vote for the Board of Directors.**

# Warm Up To Living Foods

By Brenda Cobb

Are you concerned that when you eat a raw and living sprouted foods diet you will be too cold, especially in the winter? You can warm up your body in many ways using particular foods and ways of preparation. Organic raw and living foods are the most optimum nutritionally, but if you're used to eating cooked foods you may miss the warmth of heated foods. When you heat food to over 105 degrees you destroy all of the enzymes and most of the nutritional value.

Sometimes people feel cold when they begin a raw and living foods diet because the blood thickens during the detoxification process, which decreases blood circulation. More blood flow is going to the internal organs to help them heal so there is less blood flow to the extremities.

If you eat hot food all the time, it can actually decrease your resistance to cold weather. This is the same as taking a hot shower in the cold of winter. A cold shower will increase your resistance to cold weather, and raw and living foods will increase your resistance to cold. Cold refrigerated food will cool the body so let your food warm up to room temperature before you eat it.

Warm up your blended soups in the Vitamix blender by letting it run until the chill is off. A good way to make sure you aren't heating your foods up too much is to hold your finger in the warmed food for 5 seconds or so with no discomfort. You can even lightly warm foods in an electric skillet by turning the temperature dial to 100 degrees. This will take the chill off and not kill the enzymes. You can dehydrate food at 95 to 100 degrees and warm it up. Put your bowls or plates in the dehydrator and warm them up too. Dehydrate nut and seed loaves and burgers and serve warm. Make cookies in the dehydrator and serve them warm. They're so yummy!

Fats warm the body, so add more avocados, young coconuts, olives, nuts, seeds and oils to your cold weather menu. Foods that are rich in potassium are warming to the body. Sunflower seeds, macadamias, avocados, dates, durians, persimmons, prunes, pumpkins, raisins, bananas, and apricots all are high in potassium. Eat plenty of them during the cooler months.

Sulfur-residue foods like garlic and onions will also warm the body. Within about 45 minutes of eating a meal that is high in fats, potassium, and/or sulfur, you will feel warm as the food digests. You will feel this more the longer you continue to eat and purify your body with a raw and living foods diet.

Cayenne and other hot peppers will warm the body, as will curry and other hot spices. Experiment with the many delicious raw and living foods available to you and continue to live in health and well-being. Stay warm, vibrant, and alive with raw and living foods!

Always use 100% organic ingredients

## Spicy Carrot Onion Soup

3 c carrots  
1 c celery  
½ c onion  
1 t garlic  
1 T lemon juice  
½ t Himalayan salt or Nama Shoyu Raw Soy Sauce  
¼ t cayenne pepper  
½ t curry powder  
¼ t cinnamon  
2 c filtered water

- Blend all the ingredients in a Vitamix until creamy.

- Add the amount of water you want for the consistency you desire.
- If desired, continue to blend in Vitamix until the soup is warm, as long as you can hold your index finger in the mixture without burning, you have not heated so high as to destroy the enzymes.
- If you do not want a spicy soup, just leave out the pepper and cut down on the garlic.

## Sweet Hot Salsa

2 c fresh tomatoes  
1 c fresh cilantro  
¼ t cayenne pepper  
2 T fresh lime juice  
¾ c chopped green onions  
1 T fresh garlic  
1 c chopped pitted Medjool dates  
1 t Himalayan salt.

- Chop the tomatoes, onions, dates, cilantro and garlic and combine with the rest of the ingredients.
- Serve with fresh vegetables or raw crackers or raw chips.

*Brenda Cobb is author of The Living Foods Lifestyle® and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies. For more information, call 404-524-4488 or 1-800-844-9876 and visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com).*

*A Holiday Recipe Workshop is being offered at Living Foods Institute on Sunday, November 24. Tuition is \$90.00 in advance and \$120.00 at the door. Mention Life Grocery and register for only \$45.00 and bring a friend for free.*

# Holiday Potluck Recipes

By Susan Esposito, DC, DACNB, FABES, FACFN

As we head full steam into another party filled holiday season, one of the hurdles we commonly encounter is deciding what to prepare and bring to the traditional holiday potluck gatherings. This can be particularly challenging when you are trying to eat a relatively healthy diet. Let's face it, most of the popular dishes are very fat and/or sugar laden, especially during this season when we typically throw caution to the wind in respect to wholesome eating in favor of being swept up in the holiday festive attitude to celebrate and worry about our health and waist line after New Year's.

So I thought in preparation for this seasonal challenge, I would provide you with a few relatively healthy, yet very tasty and easy to prepare dishes that will be a hit at any potluck party. I have included three recipes, depending on the kind of dish you want to bring. The first is a salad, the second is a main dish and the third is a dessert. All these recipes are from the website *Food.com*, which I encourage you to view for more interesting and delicious recipes.

## Black Bean and Couscous Salad

*Servings: 10*

1 c uncooked couscous  
1 ¼ c chicken broth (or un-chicken broth for vegetarians)  
3 T extra virgin olive oil  
2 T fresh lime juice  
1 t red wine vinegar  
½ teaspoon ground cumin  
8 green onions, chopped  
1 red bell pepper, seeded and chopped  
¼ c chopped fresh cilantro  
1 c frozen corn kernels, thawed  
2 (15 ounce) cans black beans, drained  
salt and pepper

- Bring chicken broth to a boil in a 2-quart or larger sauce pan and stir in the couscous.
- Cover the pot and remove from heat.
- Let stand for 5 minutes.
- In a large bowl, whisk together the olive oil, lime juice, vinegar, and cumin.
- Add green onions, red pepper, cilantro, corn, and beans, and toss to coat.

- Fluff the couscous well, breaking up any chunks.
- Add to the bowl with the vegetables and mix well.
- Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

## Spinach Pie

18 oz frozen spinach  
7 oz feta cheese, crumbled  
6 large eggs, lightly beaten  
¼ c sun-dried tomato  
black pepper  
1 sheet frozen puff pastry

- Pre-heat oven to 400 degrees.
- Cook the spinach, drain, and squeeze out any excess liquid.
- In a large bowl, combine spinach, cheese, and eggs, and season with pepper.
- Line a pie dish with pastry, and spoon spinach mixture into pastry.
- Bake for 30 minutes, serve hot or cold.

## Gluten Free Cinnamon Brownies

¾ c flax seed meal  
¼ c chia powder (ground chia seeds)  
½ c gluten-free flour (sorghum, brown rice, etc)  
2 T coconut flour  
4 T unsweetened cocoa powder  
2 t baking powder (gluten free)  
1 t stevia powder (concentrate)  
1 T cinnamon  
½ t salt  
4 eggs, beaten  
1 c vegetable glycerin or ¾ c honey  
¼ c melted coconut oil  
½ c plain yogurt  
1 t vanilla  
1/3 c semi-sweet chocolate chips

- Preheat oven to 350 degrees and grease a 9 x 13 baking pan.
- In a medium bowl, combine the dry ingredients (through salt).

- In a large bowl, combine the eggs, glycerin, oil, yogurt and vanilla; mix dry ingredients into wet until combined well.
- Pour into baking pan and bake, uncovered, 25-30 minutes, until it springs back when touched in the center or when a toothpick inserted in the center comes out clean; remove to wire rack to cool for about 5 minutes.

*Dr. Susan Esposito is a chiropractic functional neurologist and nutritionist, currently practicing in the Life Neurology Center at Life University.*

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delicious and nutritious food including raw and living foods, as well as gluten free options. You can also choose from menu items. They offer a fresh juice and smoothie bar, salad bar, and living and baked desserts. What more could you ever possibly ask for?

There is a way to stop all this madness, and the recent government "slow-down" was living proof. Call your senator; get in touch with your representative in congress. If enough of us protest, they will listen! We have the power, and we need to use it before it's too late.

*References:*

[http://en.wikipedia.org/wiki/Roundup\\_\(herbicide\)#Biochemistry](http://en.wikipedia.org/wiki/Roundup_(herbicide)#Biochemistry)  
[http://en.wikipedia.org/wiki/Genetically\\_modified\\_organism](http://en.wikipedia.org/wiki/Genetically_modified_organism)

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# Healing the Gall Bladder

By Dr. Kal Sellers DC, MH

In most cases, gall bladder surgery is unnecessary and ill advised. In this article, we shall discuss the many symptoms of gall bladder trouble, how to cleanse stones and how to heal the gall bladder when it stops working.

**Symptoms:** To start, let us discuss the symptoms of gall bladder disease. Acute gall bladder attack is the most conspicuous and easiest to diagnose. It tends to hurt a lot (like the person is happy to run to the E.R. and is ready to volunteer for surgery) and be accompanied by bloating. The gall bladder sits slightly up under the rib cage on the right, tucked under the liver there. It is roughly in line with the midline of the collar bone. When the pain of an acute attack strikes, it can refer to the back and up to the right shoulder or may hurt into the abdomen. If manually palpated, it will invariably create a gasp in pain when you put pressure right on it. There is a name for this test. It is called "Murphy's Sign."

**Acute Gall Bladder Distress:** Acute gall bladder symptoms are distressing, but they can generally be resolved naturally and quickly. Before we proceed with instructions, let me stress that this is what I do in my practice. **This is not medical advice to anyone. If you proceed to care for any illness yourself you do so at your own risk.** Having said that, I would personally, gladly take the risks of conservative care over the risks of surgery. I also remember that you can always go to the Emergency Room, you cannot always undo a surgery. It is important to note, however, that a complete blockage of the bile ducts is life threatening. This is very rare and in most cases when it happens it can be cleared naturally, but it is well to realize that it is possible and dangerous. So, now that we are all distressed at the prospect, let me proceed and tell you what I really do in my practice!

In my practice, I give a large dose (maybe 2 tablespoons) of magnesium citrate. That dose will generally cause some significant diarrhea, but it also dilates the bile duct really well. Depending on the case, I might do as little as a teaspoon of the magnesium citrate. I also give my ginger toddy, which is 1.5 inches of fresh ginger peeled and minced with the juice of one lemon in 2 cups of hot water. This is sweetened with honey and drunk/chewed. I also have the person take 2 tablespoons of olive oil. The person is then sent to bed. If the distress from the pain is severe by this time, I will sometimes recommend they take an NSAID, especially Alieve if they can take it.

Once they are in bed, I start massaging with castor oil and Dr. Christopher's Cayenne Deep Heat ointment. I massage the liver and gall bladder area very completely with emphasis on moving the contents of the gall bladder toward the midline of the body. I also attempt to massage open the sphincter of Oddi. There is a YouTube video of mine that demonstrates this technique. The castor oil is often curative alone for gall bladder distress if done regularly.

The person generally awakes to a rumbling of their bowels after all that magnesium. Then they evacuate the bowels and feel amazingly empty after. This is when they realize that all the swelling and pain is gone from the gall bladder. The gall bladder is not yet healed, though weekly repeats of this a few times might help a lot with that. The gall bladder still needs to be restored to normal function. Part of that is healing the liver, which will be dealt with in a later article. Part of it is just clearing the infection and debris out of the gall bladder. Below we will deal with healing subacute and chronic gall bladder problems.

**Subacute and Chronic Gall Bladder Problems:** Less obvious symptoms are associated with longer term, less acute gall bladder problems. These may or may not include pain. They often do include bloating within 30 minutes or so after eating. They may also include poor fat digestion. This will result in very smelly gas and bowel movements and greasy, dark stools. This gall bladder is often inflamed and functions poorly. Curing this might be as simple as avoiding reactive and irritant food, especially bread and chocolate.

The gall bladder can also produce some general irritation of the shoulders and neck. It can produce cyclic headaches, especially migraines and silent migraine symptoms. It can produce balance problems, poor sinus drainage and tinnitus. It can also produce poor visual acuity and foggy brain.

**Infection of the Gall Bladder:** I find that the symptoms of gall stones and gall bladder infection are the same. Some of

my contemporaries feel that infection leads to gall stones, which later may calcify. The bloating after meals, with a relatively clear gall bladder, probably indicates infection. Infection may not be the right word. It appears to be friendly flora from the lower intestines that finds its way into the duodenum (where normally flora cannot survive). In this place it can get through the sphincter of Oddi and into the bile and pancreatic ducts, causing dysfunction of either or both systems.

Chronic bad diet of processed and refined foods is the cause of this above scenario and permanent cure certainly requires a diet of mostly raw, 100% whole food 99% of the time. The body has been depleted and cannot deal with that kind of poison anymore.

Healing of these cases requires clearing the infection and healing the stomach so that the infection stays away. Clearing the infection is done with regular doses of beet greens (1-3 per day, probably in a smoothie would be nice) and black walnut hull powder (10 capsules per day on empty stomach for 10 days, then reassess). Healing the stomach is more complicated, but most often these days I use a Standard Process product called Zypan, 2 with each meal for several weeks. In addition, I recommend to use only proper food, simple combinations and chew very well or blend and swish!

**A Low Inflammation Diet:** In severe cases in my practice, I invariably put them on a Low Inflammation Diet program I have borrowed, adopted, and changed over the last 13 years in practice. Now I have what I believe to be the fundamentals of reducing inflammation in a program on paper. This diet is available on the Reference Docs page of [www.StarValleyHerbalCollege.com](http://www.StarValleyHerbalCollege.com). This diet removes the burden from the liver and from the gut and allows healing in even the weakest of cases. Everyone I have ever seen follow the Low Inflammation Diet will lose weight, unless they are already thin and then a few start putting on weight as soon as their body is ready. Some need to detox first, even if they are too thin, and they will continue to lose some weight, but the diet includes approaches for those who are losing too much weight. There is more than enough nutrition in this program, but it will allow the body to heal rapidly. I do not know of its equal at present.

**The Stone Flush:** Once my clients are following the diet and healing the gall bladder effectively as outlined above, they may choose to do a whole stone flush. I am not convinced it is necessary, but it is often helpful. The rapid improvement and the sight of stones floating in the toilet after an effective stone flush is quite alluring to some. I will outline my somewhat modified version of the stone flush below. It changes a little now and then because I find some things I do not like and other things that work better.

**Optional:** Three day fast on apple juice (fresh or store bought is fine). The malic acid will dissolve calcified stones and make their passage smoother/possible. The three day fast may enhance the efficacy of the flush when it is done. While this is a potent contributor to the flush, I almost never use it in my practice and have never personally seen a case when it was actually necessary. In theory it could be needed, so I share it for the educational value in this situation.

**Vital:** Stop all food at noon the day of the flush. The body should be hungry when the flush is consumed. I have seen flushes done after supper when the person ate food all day and have seen it work, but it will not always work in this way.

**Possibly Important:** Take an enema to flush out the bowel before starting the program below. If the bowels move quickly for the individual, this is certainly not important at all. For a sluggish bowel person, it may be very important and will help reveal the stones when they come out.

**Step 1:** Take 2 tablespoons of magnesium citrate in water. This is mixed into one pint of water. The volume is taken in four doses of ½ cup each. The first dose is taken at 6pm, the second at 7 pm, the third at 8 and the fourth at 9pm.

**Step 2:** Take the flush drink right before bed. The flush drink must contain plenty of olive oil because this is how we get the flow of bile triggered. I usually use ¼ cup, though I used to use ½. I feel that ¼ cup is enough and is less likely to cause nausea and vomiting. The olive oil may be consumed alone or mixed with the ginger toddy recipe mentioned above. In either case, the ginger toddy recipe should also be consumed at this time.

**A Note About Parasites:** The use of something to clear parasites has become popular in stone flushes, with some people feeling the flush would be ineffective without this. Formerly, I added wintergreen oil to the flush drink. I am convinced today that this is rarely, if ever, needed. If I were to address parasites, it would be with 10 capsules of black walnut hulls powder sometime about midday. I do not address them today as I am unconvinced of any need whatsoever to do so in connection with a stone flush.

**Step 3:** Go right to bed after the flush drink and spend at least 10 minutes massaging the liver and gall bladder area with castor oil and Dr. Christopher's Cayenne Deep Heat Ointment. Then go to sleep.

**Intermission:** In the ideal world, the laxative effect of the magnesium citrate would wake you up in the morning. If by 10 or 11 am the bowels have not moved abundantly, it is time to take another enema. This can be ginger powder and water or just sea salt and water. The important thing is to get the toxic stones coming out of the bile ducts and gall bladder to leave the body and to get an idea of how many they are. For this, they must come out soon because the stones will be bright green initially, but will turn brown in the bowel later in the day.

Also, if there is any discomfort in the abdomen in the morning, I usually give another tablespoon of magnesium citrate in warm water and maybe another ginger toddy to get the bile ducts to open up and flow.

Most of the stones will be small, green and fatty, though you can pass anything up to the size of your thumb. Calcified stones may not be seen, though they will certainly come out on this protocol if you have them.

Many variations exist with various ideas about what is important. I can only report on what has happened in my practice and what works best for me. I try not to be wedded to convention and I try to observe when change is needed or when something is simply not needed. Everything I do is a work in progress and I object to practitioners who believe everything they read and then adopt it as dogma. Many a good idea has emerged which has proven to simply not be true or not be important. For this reason, I always examine clinically all my procedures, even if I came up with them from previous clinical observation.

The above routines are adequate. Anyone who is chronically ill should assume severe malnutrition at the cellular level. In addition to the above therapeutic measures, proper nutrition should be restored. My prejudice at present is that this should be done with non-stimulating foods. I have a trace mineral formula that I use for this as a key part of the Low Inflammation Diet (mentioned earlier). It is equal parts by volume of kelp, alfalfa, barley grass, and Garden of Life's Raw Meal (not Raw Protein) powder. The powders are mixed and then taken in doses of 2 tablespoons. We might take one dose two times daily or as often as cravings, tiredness, depression, weakness, or hunger appears throughout the day.

In review: We have discussed gall bladder problems, which are extremely common today and symptoms caused by irritation of the gall bladder or bile ducts, including ear and balance issues, ringing ears, visual disturbances, and headaches. It can also cause sleep disturbances, insomnia, and poor digestion. Healing the gall bladder is key to long term health.

Some ask about post gall bladder surgery and what to do then. Actually, I do all the same things if I think there is a bile flow problem. Besides this, the body will often grow a replacement gall bladder in the common bile duct, though it is small and inadequate.

In conclusion, the gall bladder can almost always be rehabilitated, even in acute distress cases. Suffering can be relieved fairly quickly without severe invasiveness and the gall bladder can be helped.

*Dr. Kal Sellers DC, MH lives and operates a full time practice in Star Valley, WY. He keeps a practice going in Marietta, GA area also to which he returns every 6 weeks to do consults, bodywork, and a very unusual, stability-oriented chiropractic style. He runs [www.StarValleyHerbalCollege.com](http://www.StarValleyHerbalCollege.com) as an educational resource for natural healing and herbal medicine enthusiasts and may be reached at 307-413-9664.*

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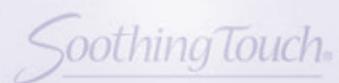
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