Isn’t fat bad for the gallbladder?

and cholesterol?

and what if I have no gallbladder?

Your Gallbladder Is Not Diseased

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THE GALLBLADDER AND FAT

Why I wrote this book

It has become common place for gallbladders to be removed, and in most cases, for absolutely no reason at all. Our gallbladders are not a non-functional part of our anatomy. We have them because they serve a very important purpose, and I want people to know the truth about fats and gallbladders. I have saved a fair few gallbladders in my time, and I would like to save as many as possible.

I find it astonishing that people are being told by their surgeons that gallbladders are not 'needed' and that it is absolutely fine to remove them! The gallbladder is an essential part of our anatomy, which stores bile.

Bile is crucial for emulsifying fats. Why do we need to emulsify fat? To digest and absorb the fat. Those who are not getting enough fat, or not absorbing fats properly, will be deficient in essential fatty acids. And, fats are needed for just about every bodily function, including healthy cells.

Bile is not actually produced in the gallbladder; it is produced in the liver. Half of the bile produced in the liver goes directly to the small intestine for digestion of fats; the other half is stored in the gallbladder so it can be used at any time. For adequate digestion of fats, we do need our gallbladder. If you have had yours removed, don't panic, there are things you can do to work with your liver to assist with adequate bile production (details later in the book).
Hundreds of thousands of gallbladders are removed in each Western country every year, mostly due to gallstones. People are told that their gallbladder is diseased and the only option to stop the stabbing pains or other uncomfortable symptoms is to have it removed.

Unfortunately, most medical professionals are unaware of the true reasons for gallstones. These stones are incredibly easy and simple to fix—and the remedies do not involve radical solutions such as the removal of a vital organ!

**Is a low-fat diet best for gallbladder health?**

Most conventional doctors recommend a low-fat diet for both prevention of gall stones and for treatment. However, this advice will actually *cause* gall stones, and make existing stones worse. Not only that, it will create a whole host of other issues because we need fat.

The cholesterol campaign made us forget that fat and cholesterol are actually essential for:

- Good cell function (the cell membrane is made up of around 50 per cent saturated fat). Good cell function is the basis for good health.
- Energy, not surprising since energy is produced in the cells.
- Healthy skin (without fats, we can’t keep our cell membrane strong, cells dehydrate, which causes wrinkles).
• Good brain function and development.
• Pregnancy and breastfeeding.
• Healthy development of children.
• Healthy organ function.
• A healthy heart (ironically).
• Sex hormones.
• Thyroid function.
• Healthy metabolism.

And, so much more! Fats contain essential nutrients. No wonder it has become common place to feel tired, moody, grumpy, and depressed with a low sex drive. Especially in women. Why? Because most of us have spent years dieting. We have severely compromised our thyroid, our hormones, our metabolism and more.

Primal societies prized saturated fats, and held them especially sacred for pregnant and nursing mothers and growing children. For example, the author of *Child of Tibet* says, "Tibetans love butter and think it is the cure for everything." Now, we have done a u-turn and told people to stay away from these fats at all cost. How tragic. If only the general public knew just what this was doing to their health.

There is a reason the Tibetans think butter is a cure for everything. It is full of powerful nutrients. Just one example is vitamin K₂. Grass-fed butter is full of vitamin K₂, and this all-important nutrient has now been virtually eliminated
from our diet! The only good sources are grass-fed butter, egg yolk, and soft cheeses like gouda and brie. Does it matter if we are missing K2? Absolutely!

Vitamin K2 prevents heart disease. It *prevents* calcification in the arteries. And, it also *prevents* calcification of the cholesterol in the gallbladder, which is the cause of stones!

The true culprit behind calcification in the arteries, gallbladder, and other undesirable places is a sugary, high carbohydrate diet.

And, if calcification is present, vitamin K2, it helps reverse it. Ironically, the very foods we are told are bad for the gallbladder are *essential* for the gallbladder.

Why else do we need K2? Deficiencies lead to crowded teeth and tooth decay, bone weakness, reproductive issues, kidney stones, learning difficulties, fatigue, and in severe cases, seizures.

In addition, we need K2 for brain health. K2 is essential to produce sulfatides; lipids (fats) that are a must for good cognitive function. In fact, studies show that those with early stages of Alzheimer's have over 90% less sulfatides than others.

Vitamin K2 is also essential for good digestion, blood sugar regulation, sperm production, and many other vital bodily functions. And, vitamin K2 is only one of the nutrients we are now deficient in as a result of our low-fat phobia. For full details, *The Fat Revolution* has the whole story.
What are gallstones?

Gallstones are hardened deposits of cholesterol in the gallbladder. Gallstones don't always cause symptoms, but they can cause:

- Sudden intense pain in upper right portion of the abdomen or the centre of the abdomen
- Back pain between the shoulder blades
- Pain in the right shoulder

More severe cases can cause intense pain to the point where the patient cannot sit still, with yellow skin and fevers.

To diagnose gallstones, an abdominal ultrasound of the gallbladder can be performed or an HIDA scan of the bile ducts.

Conventional treatment for gallstones

The most common conventional dietary advice includes a low-fat diet, because conventional wisdom believes that too much fat causes the gallbladder to become diseased.

If the gallbladder is causing symptoms, conventional treatments include medications to dissolve the gallstones, but more commonly, the gallbladder is removed during surgery.
What really causes gallstones?

As I mentioned previously, not only is a low-fat diet not a good treatment for gallstones, but it actually causes them.

When we reduce fat in the diet, we have to increase the carbohydrate in the diet. Not only have we removed fats from the diet, but we also remove many of the proteins that those fats are attached to. There is only one thing to replace it with: carbohydrate.

When we eat too many carbohydrates, we become acidic. We produce too much acid waste. We can measure this by testing our pH, which is an abbreviation for potential hydrogen. A reading of 7.0 is neutral. Above 7.0 is alkaline; the fluid has a lower concentration of hydrogen ions and is oxygen rich. Fluid measuring below 7.0 is acidic and is deprived of oxygen. We need adequate oxygen to function effectively, so it is understandable that an over-acid system leads to disease.

Human blood has a much smaller range of pH than extracellular fluid. It has to remain between 7.3 or 7.45 or we die; however, if our extracellular fluid is acidic, then our blood pH will on the lower end of the range and carries around 65% less oxygen than blood at the higher level of 7.45.

Our body can buffer acid waste, but when we produce far too much, we become overloaded, so we start storing acid waste in our fat cells (which makes it very difficult to lose weight), and our system becomes very acidic.

Because this state is so detrimental to health, our body tries tirelessly to fix it with its buffering systems. One of its extreme buffering systems is to take phosphate from the bones. That phosphate is attached to calcium, which
means that we are stripping our bones of calcium. Obviously, this is the real reason behind the osteoporosis epidemic and the astonishing levels of tooth decay. But, how does this cause gall stones?

When we use the phosphate, the calcium is left as free calcium. Calcium is not safe if it isn't bound. When calcium is unbound, it calcifies things! And, you guessed it, one of those things is the cholesterol in our gallbladder.

Not only does it wreak havoc in the gallbladder, it also calcifies other things like heart valves and arteries. And, kidney stones are another common symptom.

And, remember how I mentioned previously that we also need vitamin K₂ to distribute calcium to the appropriate places in the body. Without adequate K₂ from fatty foods, we double the trouble.

Not only that, one of the most fundamental substances for a healthy cell and, therefore, a healthy body is cholesterol, which is why our liver makes cholesterol. Taking away that cholesterol creates a crisis for the body.

Our gallbladder tries to hang onto more cholesterol; it needs it to create bile and it knows when there is a shortage. We end up storing extra cholesterol in the gallbladder, and with an over-acid system, it ends up being calcified.

Contrary to popular belief, we need fat and cholesterol for healthy gallbladder function!
Natural treatment

If the symptoms of gallstones and gallbladder dysfunction are ignored for long enough, the gallbladder can get to the point that it is seriously infected, which causes the pancreas to become inflamed, and in these cases, the condition becomes life-threatening, and it is necessary to remove the gallbladder.

However, most gallbladders that are removed are not in this state, and are removed unnecessarily.

If a gallbladder has stones, it is not diseased, but it is an indication that something isn't in balance.

In many cases, balancing the pH and giving the body what it needs—eating more fat and cholesterol—the gallbladder simply stops storing excess cholesterol, and the stones dissipate. Initially, there may be some pain because in most cases, patients have received medical advice to lower fat intake even more, which means the gallbladder is not used to processing fat. These initial pains slowly ease until the gallbladder starts to function normally again.

In addition, there are some great nutritional supplements on the market that can assist in the healing process, such as Metagenics Lipogen, which helps metabolise fats, break down any stones and assist with proper bile production. Products like these can be prescribed by a naturopath or nutritionist.
How do I balance pH?

Most people have heard of alkaline diets—lots of vegetables, vegetable juices, alkaline water, no caffeine, limited meat, eggs, cheese, and dairy. These diets are completely unnecessary for balancing pH, and in fact, make balancing pH harder in the long run.

The easiest way to balance pH is actually to follow a LCHF (low carb, high fat) diet, and to eat plenty of proteins (meat, eggs, and dairy).

But, aren't meat, eggs, and dairy acid-forming? That is certainly what most people hear in the media, but they aren't. Why do people think they are? They are full of amino acids and fatty acids! Most people would have heard the term *essential* amino acids and *essential* fatty acids. We are meant to consume these acids!

Some acids, such as:

- Citric acid (lemons and limes)
- Lactic acid (cultured foods, including dairy)
- Malic acid (apple cider vinegar and apples)
- Acetic acid (apple cider vinegar and regular vinegar)
- Alpha-keto-glutaric acid (glutamine from protein metabolises to this acid).

are actually essential for balancing pH. Why? They all produce bicarbonate in the body, so instead of making the body acid, the actually alkalise the body.

The key to alkalising is actually to consume enough of these powerful acids to produce the right amount of bicarbonate and to stop eating the foods that cause
acidity in the body, such as sugar, grains, and high carbohydrate diets in general. For the full story on balancing pH, read *Regulating pH—The Real Story*, available here: christinecronau.com/ph.
WHAT IF MY GALLBLADDER HAS BEEN REMOVED?

Can I eat fat?

Most surgeons advise their patients that once they have had their gallbladder removed that they can no longer eat fats. But, we need fats, whether we have a gallbladder or not. But we do need to work with our body to help it manage those fats.

Bile is essential to emulsify fats. If we have no gallbladder, we rely solely on the bile coming directly from the liver. It does put us at a disadvantage, but is very manageable if we know what to do.

Eating three regular meals every day, at exactly the same time, helps the liver get into a good rhythm for producing bile. This way, the liver knows when to expect the food, and it will be used to producing bile at the right times.

In addition, some people can also benefit from taking digestive enzymes such as lipase or bile salts to assist with the breakdown of fats.
LCHF AND A HEALTHY GALLBLADDER

What is LCHF?

LCHF nutrition is a diet that is much more suited to our evolution as humans. It is much lower in carbohydrates than the Western style diet, and much higher in natural fats like butter and coconut oil.

We have been eating natural, saturated fats for millions of years without obesity and without modern chronic disease, such as gall stones.

Carbohydrates in themselves aren't bad; the problem only arises when we eat too many of them.

Our body can quite happily deal with a small amount. But, we can only use or store 500 g of glycogen at any one time. If we consume more than that, then we generally store the excess as fat, and we start to see other complications such as unbalanced pH, and then the development of modern, chronic disease. In fact, pH imbalance is generally the underlying cause of all modern, chronic disease.

There are many variations of low carb, ranging from around 20 or 30 g per day (ketogenic diet) to a general low carb diet, ranging from around 60 to 100 g per day.

For people who are insulin resistant, and unfortunately, most people are these days, even low levels of 'healthy' carbs spike glucose and insulin much more
than they would in a healthy person. In these cases, it is beneficial to drop the carbs much lower initially to force the body back into its natural fat-burning state.

Most of us have probably heard that it is our natural state to burn sugar for energy, but this is completely untrue. We only start burning sugar as an emergency response, and after reading the above, you probably have a better understanding of why the body tries to do that. The problem is, that it can never get rid of the excess sugar because it keeps coming in!

We then become permanent sugar burners, which is actually a huge change to our metabolism.

There are many reasons why it would be advantageous to drop carbs to a lower level initially; such as faster weight loss, healing of thyroid issues, metabolic issues, hormonal issues, Candida, and other health issues.

If there is less damage, then a general low carb diet is low enough to switch back to a fat-burning state. For example, children have had less years of damage and heal very quickly.
How much carbohydrate is right for me?

Everyone has different requirements, based on their size. Members of my website can calculate their ideal carbohydrate, protein, and fat intake. For more information, refer to christinecronau.com/member. But, here are some general guidelines of foods to avoid and foods to eat.

Foods to include:

- Grass-fed butter.
- Coconut oil.
- Free-range eggs.
- Grass-fed meats; beef, lamb, pork, and chicken. Eat the fat and skin (rich in fat soluble vitamins A and D).
- Soft cheeses (for example, gouda, havarti, edam, brie, camembert).
- Quality yogurt and cream. Avoid commercial yogurt containing milk solids.
- Unrefined fish oil (processed and stored away from the light and heat). Melrose or Metagenics are both good brands.
- Fresh vegetables and fruit, preferably organic. No more than two serves of fruit a day.
- Home-made salad dressings (cold pressed olive oil, vinegar, or lemon and lime juice).
- Unrefined salt, such as Himalayan.
- Healthy desserts occasionally (use stevia the majority of the time. It does not act in the body as a sugar. Otherwise, use raw honey, but not more than one tsp per day).
• Fermented foods such as apple cider vinegar, kombucha, tamari, sauerkraut, fermented vegetables, quality yogurt.

Foods to avoid:

• Vegetable oils (cold-pressed olive oil, macadamia is fine).

• Deep fried foods (unless made at home with a quality oil below its smoking point).

• Margarine.

• Sugar, including unprocessed sugar, pasteurised honey, high fructose corn syrup.

• Fruit juice.

• Artificial sweeteners.

• Grains, especially wheat and wheat family (rye, barely, spelt). Buckwheat is not a grain and is a good alternative. Almond meal also a good alternative. If eating bread occasionally, Ancient Grains Sourdough. Oat bread is a better choice. Much less inflammatory and easier to digest. Ancient Grains is a good brand; it is sour-dough so easier to digest, and doesn't contain problematic ingredients such as soy flour.

• Fat-free foods.

• Ultra-pasteurised dairy products. Purchase quality organic dairy from an organic supermarket.

• Artificial food additives.

• Soy milk, soy protein powder, soy protein isolate, and other soy containing foods. Soy is healthy as fermented foods such as tamari, natto, tempeh.

• Fake meats or cheeses.

• Any products that are 'fortified.'
• Any foods that cause an allergic reaction (until gut is repaired and they can possibly be reintroduced).

Hopefully, I have saved some more gallbladders!

I find it incredibly frustrating that there is such a lack of knowledge in the conventional medical community about gallbladder health. Often, people write to me, or even people I know who I have shared this information with, and tell me that they are amazed that they increased their fats and their issues have been slowly disappearing. One of my tae kwon do students was literally booked in for surgery and she mentioned that she would be away from class for a while.

I asked her if she would like some information, which I always do with caution; some people are interested and some are not. She was very receptive, and the next time I saw her, she had cancelled her appointment with the surgeon! She was on a low-fat diet at the time, after the advice of the doctor, and she changed immediately. Now, a few months down the track, she tells me she no longer has any pain in her gallbladder and she is so glad she was able to hang onto it.

I would love to save as many gallbladders as I can. Remember that in some cases after symptoms have been ignored for a long time, the gallbladder can get a serious infection, which causes inflammation in the pancreas, and in this case, it does become life threatening. However, most gallbladders are not in this state and are not diseased at all.

Feel free to share this book with your friends and family.
REFERENCES


