

Tequesta Family Practice

395-B Tequesta Drive

Tequesta, FL 33469

(561) 746-4333 VOX

(561) 746-4449 FAX

www.tequestafamilypractice.com

DrOenbrink@tequestafamilypractice.com

Biliary Disease Complementary & Alternative Medicine

May be without symptoms or may be associated with periods of intense pain in the abdomen that radiates to the upper back

Ultrasound provides definitive diagnosis

QUICK REVIEW

- Gallstones can be prevented through diet and lifestyle measures.
- Fasting or severe calorie restriction can lead to gallstone formation.
- A 1968 study revealed that 100 percent of a group of patients were free from symptoms while they were on a basic elimination diet.
- Coffee can aggravate symptoms of gallstones by causing the gallbladder to contract.

A low lecithin concentration in the bile may be a causative factor for many individuals with gallstones.

- Vitamin C supplementation (2,000 mg per day) has been shown to produce positive effects on bile composition and reduces cholesterol stone formation.

Milk thistle extract may help dissolve gallstones via its ability to increase the solubility of the bile.

A complex of plant terpenes alone or, preferably, in combination with oral bile acids can help dissolve gallstones.

TREATMENT SUMMARY

As is typical of most diseases, gallstones are much easier to prevent than to reverse. The risk factors and causes of gallstones are well known and, in most cases, a healthy diet rich in dietary fiber will be adequate prevention. Once gallstones have developed, measures to avoid gallbladder attacks and increase the solubility of the bile are necessary. To limit the incidence of symptoms, allergenic foods must be determined (see FOOD ALLERGIES)

and, along with fatty foods, avoided. Following the dietary guidelines and utilizing the nutritional and herbal supplements recommended below can increase the solubility of the bile.

Diet

Increase intake of vegetables, fruits, and dietary fiber, especially the gel-forming or mucilaginous fibers (flaxseed, oat bran, guar gum, pectin, etc.). Reduce consumption of saturated fats, cholesterol, sugar, and animal proteins. Avoid all fried foods.

Water

Drink six to eight glasses of water each day to maintain the water content of bile.

Nutritional Supplements

- Vitamin C: 500 to 1,000 mg three times daily
- Vitamin E: 200-400 IU per day
- Phosphatidylcholine (lecithin): 100 mg three times per day
- Choline: 1,000 mg per day
- L-Methionine: 1,000 mg per day
- Fiber supplement (guar gum, pectin, psyllium, or oat bran): minimum of 5 g per day
- Bile acids (combination of ursodeoxycholic and chenodeoxycholic acid): 1,000-1,500 mg per day

Botanical Medicines

Dosages are three times per day. Choose one. They are listed in order of effectiveness.

- Gallstone-dissolving formula (dosage: one to three times per day, best if used in combination with ursodeoxycholic acid)

Menthol 30 mg

Menthone 5 mg

Pinene 15 mg

Borneol 5 mg

Camphene 5 mg

Cineole: 2 mg

Citral: 5 mg

Note: Peppermint oil in an enteric-coated capsule can be used instead of the gallstone-dissolving formula, at a dosage of 1-2 capsules (0.2 ml/capsule) three times per day between meals.

- *Silybum marianum*

The dosage is based upon the level of silymarin: 70-210 mg of silymarin

- *Cynara scolymus*

Extract (15% cynarin): 500 mg

- *Peumus boldo*

Dried leaves (or by infusion): 250-500 mg

Tincture (1:10): 2-4 ml

Fluid extract (1:1): 0.5-1.0 ml • *Curcuma longa*

Curcumin: 100-200 mg three times per day

• Dandelion (*Taraxicum officinale*) Dried root: 4 g

Fluid extract (1:1): 4-88 ml

Solid extract (4:1) 250-500 mg