

Gallstone

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► Proper nutrition to prevent gallstones

- Reduce your fat intake and choose low-fat foods whenever possible. Avoid fatty and fried foods.
- Add fiber to your diet to make your bowel movements more regular.
Try to add only one type of fiber to your diet at each meal to prevent gas from accumulating due to eating extra fiber.
- Avoid foods and beverages that are known to help cause diarrhea, including caffeinated beverages, high-fat dairy products, and sugary foods.
- Eat several small meals a day. Smaller meals are easier for the body to digest.
- Drink plenty of water. The right amount is about 6 to 8 glasses a day.
- Eat at least five servings of fresh, frozen, or compote fruits and vegetables daily.
- Include some starchy carbohydrates in each meal; Such as bread, rice, cereals, pasta, potatoes, etc.
- Choose low-fat dairy products.



- Eat protein-rich foods such as meat, fish, eggs, and plant-based options such as beans and legumes 2-3 times a day.
 - Limit high-fat and high-sugar foods.
- Avoid drinking too much caffeine and do not choose drinks with added sugars.
- To identify irritating foods, make a food diary with a note of symptoms if they occur. Avoid these foods for a two-week trial period and note any improvement in symptoms. If you do not think they have caused problems, put foods back in your diet.
If you want to lose weight, do it slowly. Rapid weight loss may increase the risk of gallstones and other health problems



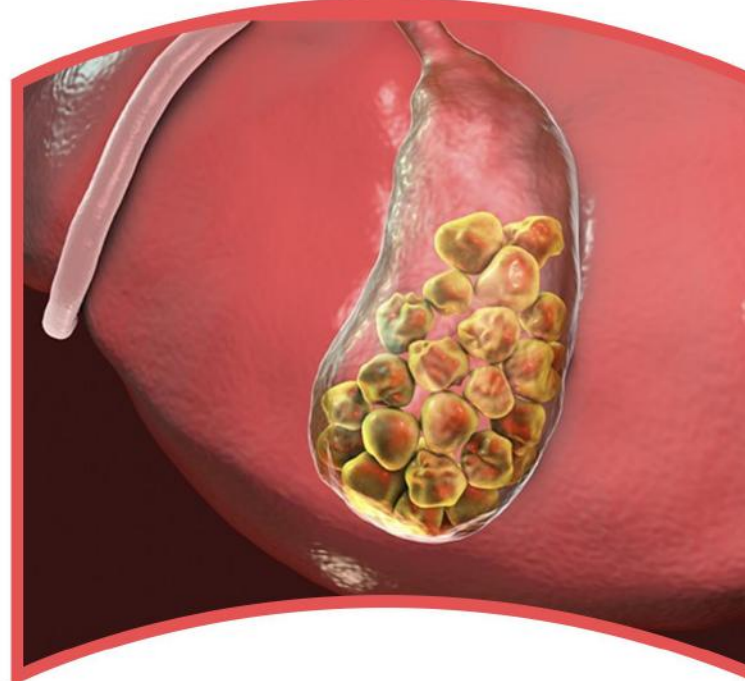
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Sometimes gallstones can move out of the gallbladder without you even realizing it. If you have pain, your doctor may recommend surgery. In rare cases, medication may be used to treat gallstones.

► **Natural and home remedies for gallstones**

If you have gallstones and have no



symptoms, you can make lifestyle changes.

The gallbladder is a small organ below the liver in the upper right abdomen. A gallbladder is a sac that stores bile (a yellow-green liquid that helps digest food).

Most gallstones occur when there is a lot of cholesterol in the bile. 80% of gallstones are made of cholesterol. The other 20% of gallstones are made from calcium and bilirubin salts.

► **Some causes of gallstones:**

- Excess bile cholesterol
- Excess bilirubin in the bile
- Concentrated bile due to lack of proper bile drainage

► **Treatment of gallstones**

In most cases, gallstones do not need to be treated; Unless they cause pain in the patient.

► **Tips on gallbladder health:**

Maintain a healthy weight, Avoid rapid weight loss, Follow an anti-inflammatory diet, Exercise regularly, Take supplements as directed by your doctor.

Some supplements you can take include vitamin C, iron, and lecithin.

Vitamin C and lecithin can reduce the risk of gallstones.

Talk to your doctor about the right dose of these supplements.