



September 14, 2009 – Grand Rapids, MI

Gall Bladder

I got an e-mail from a good buddy the other day to tell me he had his gall bladder removed. In his case, his gall bladder has been giving him problems for several years. People have described the pain as the most intense they've ever experienced. In some cases, they just lay on the couch or crawled on the floor because they couldn't stay upright—it was that painful. Most people don't know that the first sign of gall bladder problems is pain between the shoulder blades or slightly lower. That's the time to get it checked—before it gets too serious.

What can you do? Make sure you see your doctor, because you want to rule out anything more serious. Then the simplest thing is to take a digestive enzyme that contains a lipase about 15 minutes before you eat anything but especially food that contains fat—gall bladder issues are really a problem digesting fat. You may not be producing enough lipase yourself, so taking it in a supplement may help. Just don't use it, find out it works, and then think it's cart blanche on the French fries and chicken wings. It's time to change that kind of thinking today.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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