7 Natural Home Remedies to Prevent and Treat Gallstones

Alternative Treatments for Gallstones and Gallbladder Inflammation

Gallstones may pass through your body unnoticed, or they can become very painful. There are several natural home remedies that you can implement to prevent gallstones.

One of the best ways to avoid the pain and inflammation caused by gallstones is to learn ways to naturally prevent gallstones. While there is no method that will guarantee 100% that you will not develop gallstones you can adjust your diet and lifestyle to help prevent the formation of gallstones.

What are gallstones?

Gallstones may be smaller than a grain of sand or larger than a golf ball. According to the American Medical Association (AMA), 80% of gallstones are caused by hardened cholesterol. These are believed to form when there is too much cholesterol in the gallbladder. Other stones are caused by too much bilirubin or too little bile salts.

As gallstones travel through the bile duct they may block the duct that transports bile from the liver to the small intestine. When this occurs the gallbladder can become backed up. Pain results from built up pressure or inflammation. The build up of bile or passage of gallstones along the bile duct can also result in liver or pancreas inflammation.

The best way to deal with gallstones is to prevent their formation in the first place, whenever possible.

Natural Home Remedies to Prevent Gallstones - Lifestyle

Among the best natural ways to prevent gallstones is by maintaining a healthy lifestyle. Healthy body weight helps prevent gallstones. If you engage in a weight loss program, be sure to lose
weight in a healthy and gradual manner. **Rapid weight loss** may lead to the development of gallstones.

**How to Prevent Gallstones - Diet**

The AMA has stated that a diet low in fat and cholesterol and high in fiber may help decrease the incidents of gallstones. Fiber helps keep the entire digestive system functioning properly, while a diet low in fat and cholesterol helps prevent the build up of cholesterol in the gallbladder. Diet and exercise is the best way to lower blood cholesterol levels.

**Natural Remedies to Prevent Gallstones - Flush your gallbladder**

**Regenerative Nutrition**, suggests that a good way to keep the gallbladder flushed is by taking the juice of half a lemon with ¾ oz of olive oil and an 1/8 tsp of garlic once a day. Later in the day, finish the juice of the lemon.

Blackseed oil is also suggested as a dietary supplement to help flush your gallbladder to help prevent the buildup of sludge. Al Yusra of positive-action.net, a researcher and distributor of blackseed oil, has studied the benefits and effects of the oil in various body systems. The recommended dosage of blackseed oil for the treatment of gallstones is 250g of ground black seed, 250g of pure honey, and 1 teaspoon of black seed oil mixed thoroughly with half a cup of hot water. This should be taken in the morning on an empty stomach.

**How to Naturally Dissolve Gallstones - Lecithin**

Many naturalists and herbalists believe that lecithin granules may help dissolve gallstones. The recommended dosage is two to three tablespoons daily. In order to consume an adequate dose **Doctoryourself.com** recommends liquid lecithin, which admittedly tastes horrible, but can come to be tolerated if taken with a molasses or a chaser of dairy product.

Lecithin granules may be the easiest way to consume the gallstone remedy. Granules will not dissolve in a liquid, but they are much easier to consume than lecithin liquid when stirred into juice or milk. They can also be eaten as a topping on cold food.

**Natural Homotherapy for Gallstones - Turmeric**

The main ingredient in Turmeric is cur cumin. This ingredient is believed to be antioxidant and anti-inflammatory. It is believed to improve the solubility of bile, making bile and its compounds, including those that form gallstones, easier to dissolve. Gallstoneremoval.com, has stated that a daily dose of turmeric, about ½ a teaspoon daily, can dissolve as many as 80% of gallstones.

**Benefits of Raw Beetroot Juice, Pear Juice, and Apple Juice Extend to Gallbladder Function**

In the event of gallbladder discomfort, it is a good idea to cut down on food consumption for a
couple of days and add raw beetroot juice, pear juice, and apple juice to your diet. Beet juice is especially helpful because it also helps cleanse the liver.

To prevent the recurrence of gallstone symptoms, include a fresh, uncooked applesauce that includes shredded raw beets and 2 tablespoons of Olive oil and fresh lemon juice.

**Natural Remedy for Prevention of Gallstones - milk thistle**

Milk thistle has long been believed to be a cure for gallstones. It is actually the seed of the milk thistle which contains silymarin, a flavinoid believed to cure gallstones. Silymarin is supposed to help the gallbladder with the production of bile, which helps break down the components in the gallbladder than can lead to gallstones. Substances in milk thistle are also believed to aid in liver function, which is directly related to gallbladder function.

You may encounter a number of other natural remedies to cleanse your gallbladder and treat gallstones. While none of the alternative methods should be harmful, their effectiveness has not been determined by the FDA.

If gallbladder pain persists or a natural remedy does not work, or makes gallstone or gallbladder pain worse, consult a physician. Home remedies must always be tried with caution, but also a healthy dose of expectation that what has worked to cure others of gallstones may also work for you.