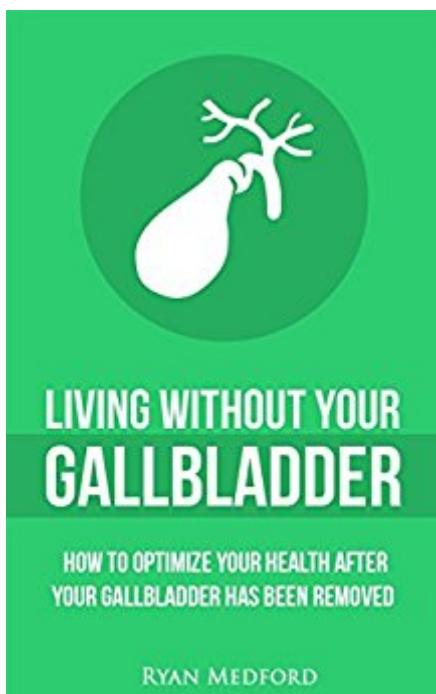


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# Living Without Your Gallbladder: How To Optimize Your Health After Your Gallbladder Has Been Removed



## Synopsis

Are you interested in learning how to optimize your health once your gallbladder has been removed? Are you experiencing problematic symptoms that are leaving you wondering if your gallbladder needs to be checked? Has your doctor recently recommended a treatment plan? Learn from my personal trial-and-error experiences to better understand what doctors never told me. In this book, I cover the essential topics to get your digestive system back on track:- A Tiny Important Organ: The Gallbladder- What Really Happens Once Your Gallbladder Gives Way- The Different Types of Gallbladder Diseases- Detection and Diagnosis- Saying Goodbye to Your Gallbladder- On The Road to Recovery and Beyond- Making That Large Leap in Diet- Essential Dietary Changes to Optimize Your Health- Essential Supplements That Can Change Your Life- How to Live Life to The Fullest Without a Gallbladder! I suffered from a malfunctioning gallbladder diagnosed through a combination of tests (ultrasound, HIDA), and then later removed through laparoscopic surgery. I continued to have complications post-surgery and it wasn't until I discovered these key ingredients that I got my digestive health back on track. I wrote this book because of my sincere desire for wanting to help others get through what took me so long to figure out.

## Book Information

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## Customer Reviews

My gall bladder was removed due to stone problem and i remember suffering from many post gall bladder removal issues like fatty lever, increase in uric acid etc. Moment i saw this book,i could relate to it and believe me this book has come as an eye opener for me. For years,i was eating all wrong food items which is another reason of my degrading health. I would like to say thank you to the author for writing this book.

Before reading this book, I didn't know anything about gallbladder related problems. But, reading this book, I found out how anyone can be prone to gallbladder related problems and how removal of this tiny yet important organ can affect normal life. Thankfully, one may not have to live in misery once this organ is removed by being prepared. Ryan has explained how one can still live without this organ with a few adjustments in diet and with the help of few supplements.

The book had good basic information, but I am looking for nutrition information on what to eat and what not to eat. I know I should limit fats, that is key, but I was hoping for more guidance. I am three weeks post-op and making careful choices, but I need a food list.

Great book. You will not find a book like this online, at least i truly believe you won't. Very well written and easy to follow but especially and essentially is very useful and of great help in this subject. Thank you.

very informative.

One of my family members unfortunately had to go without his Gallbladder. I never knew the pain till I read this book. Really informative. A bit short but great for the price. I would recommend.

We have to refrain from using fat based creams, and heavy gravies and sauces as they fall in the high fat dairy products category. Meals that contain butter and fat are difficult to digest. Spicy products are rather strong and may cause irritation in the intestines. A good and healthy substitute to curry, garlic, and pepper flavors are fresh herbs such as basil, chives, dill, parsley, sage, rosemary, and well of course, thyme just to complete the trip to Scarborough Fair.

My emergency GB removal process went very quickly and after I saw it and was told it was gangreous, I was glad they removed it. Healing has been good. Good advice in book.

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