

THE 5 MINUTE PROFESSOR

Take 5 Minutes and Maybe Change Your Life

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THE NEED FOR BILE SALTS AFTER HAVING YOUR GALLBLADDER REMOVED

Imagine that you are given a daily living expense of \$480.00 every day. Doesn't sound too terrible does it? I would think most people could handle that if they had to. What if that daily living expense was presented as, "You will receive 20 dollars every hour (20 bucks times 24 hours is \$480.00 in one day) but if you do not spend that money in one hour, you lose it forever and you are not allowed to save that money at all." Suddenly that \$480.00 per day doesn't seem like very much. You could never buy more than 20 dollars worth of products or services in any one hour. That means you could only handle a lit bit of a time. Maybe you and your spouse could see a movie but not include the kids or include your parents. Suddenly, without the ability to save for even a couple of hours, you may be dollar per hour rich, but big purchase poor. What a crazy scenario! How does that relate to having my gallbladder removed?

Remember, the gallbladder's job is to concentrate the bile that the liver manufactures and then release that bile right when the fats and oils are coming through the small intestine. The bile then breaks down that fat and oil so that it can be properly absorbed. No bile → no emulsification/break down of fats → then the oil and fats stay in the intestines and colon and that is not how the body was designed to function.

Now back to our 20 dollars an hour example. What does that have to do with my liver and gallbladder? The answer is simple, because this is how your liver works in bile salt AKA "bile" production. Your liver can only produce so much bile in an hour and because your gallbladder has been removed, you can no longer "save" or store "bile". Yes you can handle small bile "expenses" such as if you were to eat a low fat serving of a chicken breast and rice but if you wanted something higher fat like 1 or 2 meatballs, forget it. What about bigger bile expenses like a steak or, perhaps, 2 teaspoons of extra virgin olive oil on your healthy salad. What about super important things like Omega 3 fatty acids (the heart-healthy-Eskimo-famous fish oils) or the Omega 6 fatty acids (like in Flax Oil) that are the basis for almost every hormone in your body. Gee, that \$20.00 bucks an hour doesn't buy much in the way of health does it?

. If you don't have enough bile or the bile arrives too late to the dinner party, you get all the classic signs of gallbladder/bile salt insufficiency. What are those signs and symptoms? You can have gastrointestinal pain that shows up hours after you eat, you can have chronic fatigue that is due to a lack of normal hormone production (due to a lack of Omega 6 fatty oils). You can also have light colored stools, stools that are floaters and you can start to have burning sensations in your feet.

Why didn't anybody tell me?

When people get their gallbladders removed it is very rare for their doctors to sit them down before or after the surgery and say, "We have some good and bad news. The good news is your gallbladder pain will be gone. The bad news is you can never eat the same way you used to eat before." We are not saying it is great to eat deep fried or pan fried foods, but to not be able to eat these foods at all? Ever? How about "good" oils/fats. Such as fresh, cold pressed extra virgin olive oil? Nope. How about just one or two pads of butter? Nope, bad idea, you can't handle it. What if you have a history of heart problems or inflammation problems and you want to take Omega 3 fish oils. Sorry, your body can't handle it and even if you can eat this "good" oil without symptoms, you certainly cannot emulsify those oils to absorb and metabolize them for good heart health

Is there any good news?

Yes, we have a product called Beta Plus which has bile salts in it. We recommend you take it right after you finish eating. The bile salts start emulsifying the oil right away and take the burden off of the liver to produce more bile than it already can make in an hour. Suddenly, you got more "bile cash per hour" so to speak and just as suddenly, the choice of foods you can eat without producing painful or uncomfortable symptoms will open up right away.