



## The Gall Bladder Survival Guide: How to Live a Normal Life with a Missing or Dysfunctional Gall Bladder.

By J Bernal

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. Jeremy Bernal (illustrator). This item is printed on demand. Paperback. 136 pages. Dimensions: 8.4in. x 5.5in. x 0.4in. A shocking 750,000 gall bladders are removed every year, just in the United States of America. Few of the patients of this procedure, if any, are given proper instructions on what to do afterwards. They are typically told to go home and continue life as normal, and to consider cutting back on their fat intake. The doctor who removed my gall bladder told me I didn't have to make any adjustments to my diet. Was he ever wrong! Well, I didn't have to make changes to my diet, but I wouldn't like the results either: vitamin deficiencies, chronic and urgent diarrhea, gas, bloating. . . The fact of the matter is that you will have to make some adjustments, because without your gall bladder, no matter how healthy you think you eat, you are not getting the proper digestion and nutrition you need. I am not a doctor, but you do not need to be one to understand this stuff. The good news is that the nutritional deficiencies and bowel-related unpleasantness are easy to...



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