



AFFORDABLE CHIROPRACTIC CLINIC

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GALLBLADDER SYNDROME

Symptoms:

- Restricted right shoulder
- Torticollis (neck)
- Right elbow and wrist conditions
- Right shoulder blade pains
- Flatulence and gastric distention
- Yellow pigmentation in eyes, palms of hands, and soles of feet

Recommendations:

- Eat slowly – finish each mouthful of food before inserting more!
- Six glasses of water per day ... BUT NOT WITH A MEAL!
- Relax after each meal. Ideally, nap for 20 minutes!

Remedies:

- Gallbladder cleanse (ask doctor)
- Sauerkraut juice, 1 cup, 1-2 times a week
- No pork, no fried foods, no lard, no alcohol, no coffee!
- DO eat salads, light dressings, lean beef and light breads!