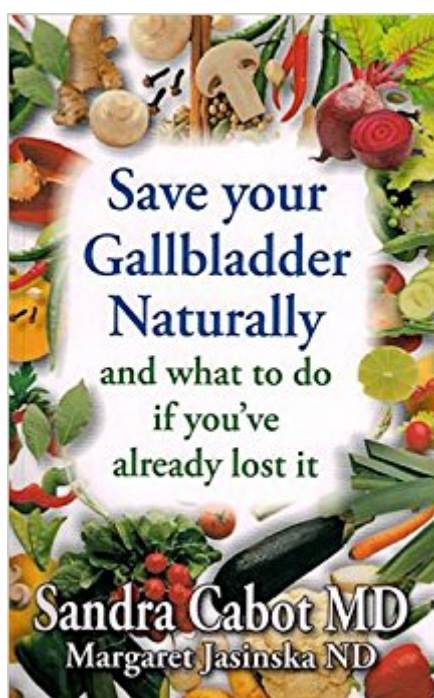


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# Save Your Gallbladder Naturally And What To Do If You Have Already Lost It



## Synopsis

Bestselling author Sandra Cabot MD and naturopath Margaret Jasinska ND provide a comprehensive step-by-step plan for dissolving gallstones and improving gallbladder function. If you are having gallbladder problems, whether you have already lost it or not, this book tells you what to do. Gallbladder disease can be painful and frightening, which explains why many people are rushed off to surgery to have their gallbladder removed. Is this the best thing to do? Are we panicking? These decisions are complex and serious and thus it takes an expert in liver and gallbladder problems like Dr Sandra Cabot to help you make sense of it. Thankfully, Dr. Cabot has written this book to help you and your doctor make the best decisions. Your gallbladder is precious and supports optimal digestion and absorption of nutrients. In most cases, there are safe natural alternatives that can help you to save your gallbladder, dissolve stones, and restore a healthy gallbladder and healthier liver function.

## Book Information

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## Customer Reviews

Dr. Sandra Cabot MBBS, is the medical and executive director of the Australian National Health Advisory Service. She graduated with honors in medicine and surgery from the University of Adelaide in South Australia in 1975. She began her medical career in 1980 as a GP obstetrician-gynecologist and practiced in Sydney Australia. During the mid 1980s she spent time working as a volunteer doctor at the Leyman Hospital, which was the largest missionary hospital in Northern India. She is the author of the Liver Cleansing Diet, a bestselling nonfiction book of the 1990s and has authored and coauthored more than twenty books on health and nutrition. Dr. Cabot

is an experienced commercial pilot and flies herself to seminars throughout Australia, often visiting remote areas. Sandra and her Beechcraft Baron aircraft do regular work for the Angel Flight Charity, which provides free transport for patients with chronic and severe disabilities in remote Australian areas.

This book is really a more central discussion of diet and lifestyle than most others and it's simple easy and short. You might as well eat for your liver and gallbladder because if you do that you'll certainly be doing the right thing for your digestive system, leaky gut, et al. I can't rate this book highly enough. Actually I located this author the day I was told to have my gallbladder removed at an ER and I emailed her in Australia. She emailed me back the next day, surprisingly, and also directed me to her affiliate in the US who I was able to call and who gave me feedback and direction without charge. Dr. Cabot also sells a line of supplements and based on the simple clarity and honesty demonstrated in her book I am a believer. I did have gallbladder surgery but the book is now my bible on how to save my liver - something the medical establishment won't even mention.

This book is easy to follow, practical advice whether you have an issue with your gallbladder or want to avoid future problems. Definitely worth reading.

Good practical advice written in a clear, understandable manner. There are a few gallbladder friendly recipes in the back of the book. I've tried two of them so far and found them easy to prepare and quite delicious.

I really felt like the author knew what she was talking about. It confirmed a lot of what I had already read. Love how she explains how to use the supplements. I will be taking her advice and will update this review in 6 weeks.

I found it helpful

Great book!

The book was interesting, and answered most of my questions.

Great tips on caring for yourself after losing your gallbladder. Discover things your surgeon never

told you - like you can still get more stones! Wish I would have discovered this information much sooner.

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