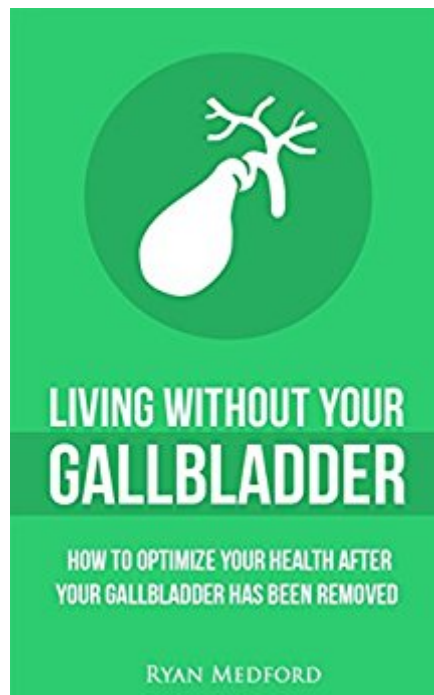




Ebook Directory
the best source of ebook

The book was found

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

File Size: 408 KB

Print Length: 43 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 17, 2016

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B01FTL0X9C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #161,705 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Abdominal #139 in Â Â Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health,

Fitness & Dieting #162 in Â Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

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.

[Download to continue reading...](#)

Living Without Your Gallbladder: How To Optimize Your Health After Your Gallbladder Has Been Removed After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, 2nd Edition After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful The Decision: Your prostate biopsy shows cancer. Now what? Medical insight, personal stories, and humor by a urologist who has been where you are now. Haunted Hotels of Branson: Who has been sleeping in your bed? Chelation therapy: Has the plug been pulled on our biggest killer? Ear Candling - The Essential Guide: Ear Candling - The Essential Guide: This text, previously published as "Ear Candling in Essence", has been completely revised and updated. The Winner - This book has been designed to help explain Asthma and its effects to young children The Half Has Never Been Told: Slavery and the Making of American Capitalism The President Has Been Shot!: The Assassination of John F. Kennedy The Best Turkish Cookbook - Turkish Cooking Has Never Been More Fun: Turkish Recipes for Everyone The Everything Large-Print Crossword Dictionary: Finding a solution has never been easier! The Everything Large-Print Crossword Dictionary: Finding a solution has never been easier! (Everything®) Moose Racks, Bear Tracks, and Other Kid Snacks: Cooking with Kids Has Never Been So Easy! (PAWS IV) Amazing Cauliflower Recipes to Please You This Season: Cooking with Cauliflower Has Never Been Easier Than These 25 Recipes! Fun With Pickling: Learn the Pickling Process with Pickling Guide with over 100 Pickling recipes, Pickling Vegetables has never been easier. 2017 Pickling Book Strange as This Weather Has Been: A Novel The President Has Been Shot!: The Assassination of John F. Kennedy - Audio Has the Bible Been Changed?: The Reliability of the Scriptures According to Jewish, Christian, and Islamic Sources Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)