

Qi Gong for Gallbladder Problems

By Lisa B. O'Shea

Published in *New Health Digest*, July/August 2006 Issue



Gallstones affect approximately one in ten Americans and over 500,000 people undergo surgery for gallstones annually

(about.com). Common signs of a gall bladder attack are steady, severe pain in the upper abdomen that increases rapidly and lasts from 30 minutes to several hours, pain in the back between the shoulder blades, pain under the right shoulder, nausea or vomiting. Recurrence of these symptoms usually indicates gallstones or sediment are clogging your gall bladder. Sometimes this can lead to a serious infection and you should seek immediate medical attention if you experience sweating, chills, fever, yellowish color of the skin or whites of the eyes, or whitish, clay-colored stools.

Many people have gallstones or sediment and never know it. But if you experience the following problems you may be heading for gall bladder trouble: indigestion (especially intolerance of fatty foods), abdominal bloating, flatulence, periodic pain below the right front of the rib cage, tension in back of shoulders near the neck, bitter taste in mouth, and chest pain. Also, obesity is a strong risk factor for gallstones as is rapid weight loss, chronic illness, and stress.

Removing the gall bladder is a common medical solution for gall bladder problems but is not the only solution. In fact, once the gall bladder is removed, it is even more difficult to properly digest fats in

your diet and many people continue to have digestive problems, sometimes worse than before the surgery.

To help resolve gall bladder problems before surgery is absolutely required, try the following diet suggestions from Paul Pitchford in his book, Healing with Whole Foods.

Gall Bladder Flush (for sediment and small gall stones only):

For five consecutive days, ingest on an empty stomach two tablespoons of olive oil followed by two tablespoons of lemon juice

If there are large stones in the gall bladder, the gradual Gall Bladder cleanse below is safer.

Gradual Gall Bladder Cleanse -

Avoid foods rich in saturated fats and cholesterol: heavy meats, dairy, eggs. Avoid peanuts, eat other seeds and nuts sparingly, if at all. Eat primarily unrefined grains, vegetables, fruits, and legumes. Pears, parsnips, seaweeds, lemons, limes, and turmeric speed up gallstone removal.

Radish also helps with stones and sediment. For 21 days, eat just one or two radishes a day between meals, drink three cups of cleavers tea or five cups of chamomile tea each day and pour four or five teaspoons of cold-pressed flax oil over food at one meal of the day or use half this amount at two daily meals. Take flax oil six days a week for two months.

The following Qi Gong exercise helps to clear out gall bladder congestion and prevent future attacks. If you find, even after surgery that you have continuing symptoms as listed above, then this exercise will still be very helpful for you.

Liver/Gall Bladder Sound Exercise:

Sit on the edge of a chair or your bed. Feet flat on the floor, knees at a 90 degree angle. Place your palms facing up on your lap, elbows out slightly and away from your body. Keep your back straight and relaxed and your chin in slightly.

Begin the posture by bringing your hands out from the sides of the body. Stretch them out as far as they will go while keeping the elbows bent slightly and the shoulders relaxed. Continue to raise the hands up until they meet over the head. Interlock the fingers and turn the palms over to face the ceiling. Stretch slightly up with your right shoulder and lean to the left side. This should allow you to feel a gently pulling on the right side of your body where your liver and gall bladder is located. Look up and **open your eyes wide**.

Exhale and make the following sound. "Tshhh" like water hitting a very hot frying pan. As you breathe out and make the sound, picture the negative emotion of anger coming out of your liver and gall bladder. When you have finished the sound, relax and inhale. Release your hands, turn them palm down and lower them slowly in front of your body down to your lap and place them palm up on your lap. Relax and feel the positive emotion of kindness growing in your liver and gall bladder. Also, imagine the fresh green color of spring filling this area. Relax as long as you want with the eyes open or closed. Repeat the exercise as many times in a row as feels good and do the exercise at least three times per day.



Lisa B. O'Shea Certified Qi Gong Therapist and Instructor

Qi Gong Institute of Rochester 595 Blossom Rd. Ste. 307 Rochester, NY 14610
(585) 377-2044 Toll Free: (877) 346-4017 www.Qigongrochester.com