

## Treatment plan

Name: Kerrie Brown

Date: 04/05/23

## Supplement/ intervention

Supplement	Treatment objective	Morning dose	Evening dose
Herbal Formula	To reduce stones in the gall bladder, improve digestive function, increase energy levels and support the nervous system.	7.5 ml in a small amount of water	7.5 ml in a small amount of water

## Action Plan

1. Start on treatment above until next consult.
2. Follow suggested dietary modifications until next consult.
3. Monitor symptoms closely, if any significant discomfort in digestive region- report straight to your GP to avoid rupture.

## Diet

1. As your digestive function is reduced, it is important to stimulate digestive acids in the morning. Starting the day with the juice of half a lemon in a glass of warm water will signal to the digestive system to start releasing digestive acids and enzymes. You can also substitute with 2 tablespoons of apple cider vinegar in glass of warm water.
2. It doesn't seem you are meeting your caloric needs for your height, age, weight and sex. Stimulating your appetite before a meal with some bitter and sour foods will help you to eat more and digest better.
3. It also doesn't seem like you are meeting your protein requirements which are essential for balancing blood sugar levels, which in turn balances cortisol production (thereby reducing stress). Starting the day with eggs and vegetables is a great option.

4. You are currently not drinking enough water for your size, so it is ideal to increase this – it is especially important in helping to dissolve gallstones. This can be consumed through broth, non-caffeinated herbal tea, diluted juice and flavoured water. Some herbal teas I recommend for you are chamomile, ginger, dandelion and milk thistle. This is especially good to drink when you are feeling bloated or unsettled in the tummy as they will help to relieve it.  
Make it a habit to consume half a litre before you even have breakfast.
5. Beetroot is wonderful for the liver and gall bladder. Consuming it as a fresh juice often is ideal. Additionally in salads and with meals is beneficial too.
6. Cruciferous vegetables like broccoli and cauliflower help the liver detoxify.
7. While you are healing the gall bladder it is important not to consume any alcohol as it places too much of a load on both the liver and gall bladder, which will worsen the condition.
8. In addition, I encourage you to drink plenty of turmeric, dandelion and milk thistle tea.

## Investigations

Your electrolyte balance according to your blood tests are good – indicating an appropriate level of acid/base balance. This can be ruled out as a cause for the gall stones.

Often opportunistic bacterial overgrowths in the digestive tract can be linked to liver/ gallbladder dysfunction. As you used to have recurrent UTI's and treat with antibiotics there may be an imbalance in the gut microbiome causing/exacerbating the condition.

Additionally some parasites can effect the bile salt ratio excreted from the gall bladder.

The most likely cause of your gall stones is that there is a deficiency in bile salts meaning that the bile contains more cholesterol than bile salts. This causes the bile to form into small vesicles which then become stones. The cause of this deficiency could be from parasites/ bacteria or simply just an inefficiency of producing appropriate enzymes in the liver.

The herbs in the formula will improve the bile salt ratio as well as break down stones. If after diet and herbal modifications there is no improvement, it may be worth doing a complete GI map test to see what bacteria and or pathogens may be imbalanced.

Thankyou for coming to see me and I look forward to our next visit!