Healthy and Delicious Gallstones Recipes
Easy-to-Make Meals to Prevent Gallstones and Keep Your Gallbladder Healthy

David Smith
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By David Smith

www.GallstoneAdvice.com
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Dear Reader,

Healthy and Delicious Gallstones Recipes is the first ever gallbladder recipe and diet tips guide devoted exclusively to gallbladder health and the prevention of gallstones.

You will finally ease the pain and inflammation in your gallbladder with the delicious recipes and expert advice in this guide I have compiled from years of research and real life success stories on natural ways to heal your gallbladder and eliminate gallstones naturally and safely.

Inside you'll discover:

• The secret to healing your gallbladder by eating the right foods and avoiding the wrong ones
• The proven gall bladder recipes that have worked for thousands of gallbladder disease sufferers and can work for you

• The reasons why you will never get better until you learn the correct gall bladder diet

• Easy to make gall bladder recipes that are delicious and nutritious

• Gall bladder cookbook secrets that will make you feel better, look better and live longer

...and much more!

So dive right into Healthy and Delicious Gallstones Recipes and start living the life you deserve free of gallbladder pain and gallstones troubles.

The gall bladder recipes and gall bladder diet tips inside are unlike any you have ever read in any cookbook. This is truly the first gall bladder cookbook of its kind and you owe it to yourself to at least try the delicious, natural and healthy meals that will help you to live a new life without pain and worry.

Sincerely, Your Friend and Coach,
David Smith
CEO & Founder – KD Natural Health Publishing

KD Natural Health Publishing Blog:
www.KDNaturalHealth.com

Let me know if have a question or need any help:
David@KDNaturalHealth.com
How Healthy is Your Gallbladder?

If you answer yes to one or more of these questions below, you may need to follow some basic diet guidelines to restore the health of your liver or gallbladder:

Do you ever get nauseous after a meal?
Do you ever feel heavy after a high fat or greasy meal?
Do you ever feel heartburn about an hour after the meal?
Do you avoid fatty foods and generally eat a low fat diet?
Do you have bowel movements that keep changing?
Do you ever have green or greasy stools?
Do you have a history of any gallbladder problems?

If you experience any of the above symptoms, this guide can help relieve your gallstone and gallbladder pain. Read the following background information to understand your condition and then follow the dietary guidelines and recipes for a few weeks.

By following a correct diet, you can cleanse your gallstones naturally and reduce the inflammation in your gallbladder. The reason for this is because gallbladder disease is closely linked to dietary deficiencies, as you will learn next.
What are Gallstones?

Gallstones are very common, with an estimated one million Americans developing them each year. The presence of gallstones is known as cholelithiasis. Gallstones develop when bile (a digestive liquid secreted by the liver) hardens and turns into small, pebble-shaped substances in the gallbladder. Bile contains water, fats, cholesterol, bile salts, proteins, and a waste product called bilirubin. The body needs bile to digest fats and stores it in the gallbladder until it is needed. If the bile contains too much cholesterol, bile salts, or bilirubin, it can turn into gallstones. About 80% of gallstones are made of hardened cholesterol ("cholesterol stones"). When excess bilirubin is the cause of a gallstone, the stone is called a "pigment stone" because of its black or dark brown color.

The majority of the people with gallstones are completely unaware of these small substances in their gallbladder. Most people only find out they have gallstones when a stone gets stuck in one of the tubes that leads to the gallbladder (called the cystic ducts). This can result in severe pain in the upper right abdomen or tenderness under the ribs on the right side, and can be accompanied with nausea, vomiting, jaundice, and/or fever. If the duct is not quickly unblocked, severe — possible fatal — damage can occur.
Causes of Gallbladder Disease

High cholesterol is often associated with heart disease, but did you know it is also a cause of gallstones in obese people? Diabetes and low thyroid have also been shown to help create gallstones, and research is now proving that rapid weight loss can also contribute to gallbladder symptoms.

Nutritionally, a diet high in refined carbohydrates, such as sugars is the main cause of gallbladder disorders. Fat heavy meals may also lead to gallbladder pain. Other causes linked to gallbladder problems include:

• Chronic constipation
• Hereditary
• Poor health
• Stress

Gallbladder Disease Symptoms

Age, heredity, and diet all play an important role in the development of gallstones. Although anyone can develop gallstones, older and/or overweight people are more likely to get them. Furthermore, women are at greater risk of developing gallstones. This is believed to result from changes in estrogen levels associated with pregnancy, the birth control pill or hormone replacement therapy. High estrogen levels may prevent the
gallbladder from contracting properly, making it more difficult for the gallbladder to expel gallstones as they begin to form.

Middle-aged white females who live in Western countries are among the people most prone to developing gallstones. For some, they develop with rapid weight loss. By the age of 60, chances of developing this condition even out – by then about 30 percent of everyone, both men and women have gallstones.

**Common Symptoms of Gallbladder Disease**

• Constipation  
• Feeling of fullness after meals  
• Gas  
• Intermittent pain in the abdomen  
• Indigestion  
• Nausea

**Less Common Symptoms**

• Acne  
• Anemia  
• Dizziness  
• Intolerance to fats  
• Jaundice
6 Diet Tips for Gallstone Free Life

The following are 6 diet tips that may help prevent gallstones. Note: the information provided below does not constitute a substitute for professional medical or health advice.

#1: Follow a Low Glycemic Diet

A diet rich in low GI foods has been associated with a reduced risk of gallstones.

Carbohydrates that have a high Glycemic Index (GI) rating are broken down rapidly by the body and cause blood glucose levels to go up sharply and quickly, which in turn generally triggers the pancreas to release large amounts of insulin. In contrast, low-GI carbohydrates, which take much longer to digest, generally cause only a small, slow rise in the blood glucose and insulin levels. It has been proven that a diet focusing on low-GI foods rather than high-GI foods can reduce a person's risk of developing diabetes. Now, recent research indicates that a low glycemic diet could also help prevent gallstones. Most non-starchy vegetables, legumes and fruit have a low GI rating while most refined carbohydrate-rich foods and potatoes are rated high on the Glycemic Index.
#2: Cut Down on Animal Protein

A significant number of animal studies have shown that a diet low in meat protein and high in plant protein can reduce gallstone formation in animals. The difference in the lysine/arginine ratio of the different types of proteins may be responsible for the lower risk of gallstones. Plant proteins, such as soy, nuts, and seeds, generally have a high concentration of the amino acid arginine in relation to the amino acid lycine, while animal proteins typically contain high levels of lycine in relation to arginine.

There is some evidence suggesting that what holds true for animals may also hold for people. The Nurses' Health Study, a cohort study following American women during 20 years from 1980 until 2000, found that increased consumption of vegetable protein resulted in a lower rate of gallstones formation — provided that the energy levels were balanced.

#3: Step Up Your Magnesium Intake

Foods rich in magnesium have also been shown to prevent gallstone formation. A large cohort study with 42,705 American men published in The American Journal of Gastroenterology found that an increased intake of supplemental and/or dietary magnesium was associated with a reduced risk of gallstones. The
researchers found that men with the highest average magnesium intake (454 mg/d) were about 30% less likely to develop gallstones than men with the lowest average intake (262 mg/d). Exactly why magnesium can reduce the risk of gallstones is, however, not known, but it might have to do with magnesium's ability to control plasma triglycerides and maintain the HDL-cholesterol ("good cholesterol") levels. Mild deficiencies of magnesium are fairly common in Western countries, where consumption of processed foods is common, as processing significantly decrease the magnesium content of foods. The intensive farming practiced in many Western countries also depletes the soil of magnesium and so reduces the magnesium content of the plants growing in the soil.

#4: Eat Plenty of Fiber-Rich Foods

A diet rich in fiber has been shown to reduce the risk of gallstone formation. A study following the eating habits of 69,000 women over a period of 16 years found that those who consumed the most fiber overall had a 13% lower risk of getting gallstones, compared to those consumed the least fiber. The protective effect of fiber was even more pronounced in the case of diets rich in insoluble fiber. The researchers speculated that the protective effects of insoluble fiber might be linked to its ability to speed up the intestinal transit time (how long it takes for food to travel through the intestines), to control the secretion of bile acids, fight insulin resistance, and lower triglycerides.

If you consume little fruit, vegetables, legumes, and whole grains, try adding these fiber-rich foods to your diet. Also, keep in mind
that most the skin of fruits and vegetables contains the most fiber, and thus you might want to avoid peeling fruits and vegetables before eating them (of course, there are certain foods that must be peeled). Add fiber to the diet gradually; a sudden, dramatic increase in fiber may cause bloating and gas. Also, drink plenty of water with fibrous foods to avoid constipation.

#5: Cut Down on Calories

Healthy weight loss efforts may reduce your risk of gallstones. Even slightly overweight people have a significantly higher risk of developing gallstones than normal-weight people. Being merely 10 pounds overweight doubles the risk of gallstones, and being obese increases the risk up to 6 times. However, it is important not to cut off calories too fast: research has shown that losing more than 2 to 3 pounds per week is itself a risk factor for developing gallstones. This is because rapid weight loss can impair the production of bile salts which keep cholesterol soluble. Furthermore, fasting and crash dieting can hinder gallbladder contractions and thus the release of bile.

#6: Favor Unsaturated Fats

A diet low in saturated fats — the kind generally found in meat — and high in unsaturated fats has been shown to reduce the risk of gallstone formation. A study following the eating habits of 45,000
men over a period of 14 years found that those who consumed the most unsaturated fats — such as vegetable oils — had an 18% lower risk of getting gallstones, compared to those who consumed the least unsaturated fat. The researchers suggested that the protective effects of unsaturated fat could be attributed to its ability to make cells more sensitive to insulin, which is thought to reduce gallstone formation. The results of this cohort study are supported by a smaller studies conducted in Greece and Israel as well as animal studies.

Low Fat Diet for Gallbladder

For many who suffer from gallbladder disease or stones, a low fat diet is recommended to prevent complications. Foods to avoid include and foods to eat more of include:

Foods to Avoid

- Eggs
- Pork
- Milk
- Grapefruit
- Fowl
- Hydrogenated Oil
Oranges
Beans

Saturated Fats
Corn
Coffee

Alcohol

• Animal fats
• Fried foods
• Greasy foods
• Pickles
• Processed and denatured foods
• Products made with sugar
• Products made with coffee
• Products made with spices
• Red meat
• Refined carbohydrates

Foods to Eat More Of

Garlic
Ginger
Prunes

Artichoke
Coconut
Apples

Avocado
Grapes
Radishes

Apricots
Berries
Lemon

Casaba Melons
Figs
Pear

Currants
Guava

**Other Dietary Recommendations:**

• Eat small amounts rather than large meals.
• Avoid carbonated drinks. (These can prompt stones to move and cause more pain).
  • If you plan to lose weight, slow steady loss is best.

**Recommended Supplements**

• Take a good multi-vitamin and mineral supplement
Home Remedies to Treat Gallbladder

The following home remedies can treat acute gallbladder inflammation in a safe and natural way:

• Fast for two to three days drinking only water until symptoms subside.
• Following the fast drink fresh fruit and vegetable juices for three to five days. Recommended fruits and vegetables include:

  Carrots
  Beets
  Grapefruit
  Pears
  Lemons
  Grapes

Once the juice fast is finished, and you're ready to eat solid foods, good nutrition is essential for your diet for gallbladder symptoms. Raw and cooked vegetables are recommended as part of a well balanced diet that should continue to include vegetable juices, and a reasonable amount of fruits and seeds. Along with this, include dairy like yogurt or cottage cheese and one tablespoon of olive oil two times a day. While olive oil is a fat, it is a healthy fat.
Juice Recipes for Gallbladder

The following juice recipes for gallbladder are a sampling of the many healthy and tasty possibilities. For more juice recipe ideas, Dr. Norman Walker's book Fresh Vegetables and Fruit Juices offers a variety of juice combinations.

Beet Carrot Cucumber: Combine equal amounts of beet, carrot and cucumber juices. Recommended: Drink twice a day.

Pear Juice: Noted for its delicious flavor, and healing affect for gallbladder disorders.

Endive Chicory Juice: The flowers, roots and seeds of the chicory plant are used for their medicinal affect for a variety of disorders including gallbladder. Just about any combination of endive or chicory juice elevates the release of bile. Recommended: Approximately 30 to 60 ml three times a day.
Recipes for Preventing Gallstone Formation and for Gallbladder Health

Beet Tonic Recipe

1 fresh beet, peeled and grated

Juice of ½ lemon

2 TBSP flax oil

Combine all ingredients. Take 1 tsp of this 'salad' every hour, for 1-2 days, until gallbladder pain subsides.

Flaxseed Tea

1 TBSP whole flaxseeds boiled in 2 ½ cups water.

Drink 1 cup each day, on an empty stomach.

Green Smoothie
1 bunch parsley
3 medium zucchini
½ lb green beans
5 stalks celery

Steam all ingredients for 8-10 minutes, and then mix in blender. You can add a little warm water.

Drink 1-3 per day as a meal or with meals, as needed for gallbladder pain to subside and to improve gallbladder function.

Options for more flavor: Try adding a steamed apple and fresh lemon juice. Or you can try adding garlic and ginger with low sodium vegetable broth. Avocados add a nice creamy texture as well.

**Beet and Ginger Soup**

Beets and ginger will both help you to heal your gallbladder and ease your gallstones pain. This recipe also includes other foods that are excellent for your gallbladder health – carrots and apple cider vinegar. The recipe amounts can serve four people for dinner or lunch.

**Ingredients:**

- 4 beets
- 1 Tbs. olive oil
1 c. chopped onion  
6-7 chopped carrots  
1 Tbs. shredded fresh ginger  
1 Tbs. minced garlic  
6 c. vegetable stock  
½ tsp. apple cider vinegar (ACV)  
1 tsp. salt  
Pinch of pepper

Peel the beets under running water to wash away the messy red juice. Cube the beets. Sauté the onion in the olive oil, then add the ginger, garlic and carrots. Leave cooking for five minutes and stir often. Add the beets, vegetable stock, salt, pepper, and apple cider vinegar. Then cover and cook the soup for an hour. When done, puree the soup in a blender or food processor. Serve the soup hot or cold. Enjoy!

Curried Chicken and Apple Sandwiches

This recipe for a gallbladder-healthy lunch is filling and tasty. Apples and turmeric are two ingredients that have traditionally been used to maintain gallbladder function.

Ingredients:
12 oz of cooked, chopped chicken (a 12.5 oz. can of 99% fat-free chicken will do)
2 tablespoons of low-fat mayonnaise (this is the only ingredient that isn’t particularly gallbladder friendly)
1 large apple, chopped into ¼” pieces
1 Tbs of chopped onion
1 Tbs of yellow curry spice with turmeric
Sliced tomatoes and/or fresh spinach to top the salmon
8 slices of whole grain, low-sugar bread

Mix the chicken, mayonnaise, apple, onion, and curry spice. Spread the mixture evenly on four pieces of bread. Place tomato and/or spinach on each mixture, and top each sandwich with the remaining slices of bread. Makes 4 sandwiches.

Salmon Sandwiches

This delicious treat will give you a quick bite and help your gallbladder and gallstones at the same time.

Ingredients:
8 oz of cooked, chopped salmon (wild Salmon is best - one can will work as well, but fresh is preferred and usually higher in gallbladder healthy Omega-3 fatty acids)
2 tablespoons of low-fat mayonnaise (this is the only ingredient that isn’t particularly gallbladder friendly)
|1/4 tsp of red pepper flakes (or a couple of dashes of Tabasco or other hot sauce will do) |1 Tbs of chopped onion |1 Tbs of chopped garlic |1 Tbs of lemon juice |1 Tbs of well drained capers |Sliced tomatoes and/or fresh spinach to top the salmon |6 slices of whole grain, low-sugar bread |

Combine the salmon, mayonnaise, red pepper flakes, onion, garlic, lemon juice, and capers. Spread the mixture evenly on three pieces of bread. Place tomato and/or spinach on each mixture, and finish each sandwich with the remaining slices of bread.

Barley Apple Pilaf

This recipe is full of ingredients that will help to cleanse your gallstones and promote gallbladder health: apples, barley, parsley, and olive oil.

**Ingredients:**
| 2 large apples, cored and chopped into 1/4” pieces | 1/2 c. uncooked barley | 1 c. low fat chicken broth | 2 Tbsp. extra virgin olive oil |
Pour the olive oil in a large skillet and heat to medium. Add the barley and onion and cook until they are golden brown. Then add the broth, thyme, and raisins and cook until it boils. Lower the temperature to low and cover. Cook until the barley is tender, which should be about 45 minutes. Add in the apples and parsley and cook another 3-5 minutes. Serve to a party of four.

Healthy Gallbladder Breakfast Recipe

You might not be used to starting the day with vegetables, but you might be surprised to learn that eating breakfast with cooked veggies mixed in can start your day just right. Plus, it also goes well with a low-carb diet.

Ingredients:
| Broccoli or spinach: Cook up some spinach or broccoli. You could heat up or microwave a half a cup of frozen veggies, but fresh would be better. Eat as much as you want! |
| Flax seed oil: Drizzle on a teaspoon of flax seed oil. |
| Apple cider vinegar: Pour in a teaspoon of apple cider vinegar. |
Garlic: About a ¼ teaspoon of minced garlic help give some more anti-oxidants to the mix.

Turmeric/curry spice: Turmeric is great for your gallbladder, so sprinkle some turmeric into the mixture.

Stir it up and enjoy!

**Walnut and Beet Salad**

Beets are a wonderful healing food for the gallbladder and walnuts are full of omega-3 fatty acids which also benefit the gallbladder.

**Ingredients:**
- 3 beets (cooked and peeled)
- 2 apples
- ½ c Feta cheese
- 2/3 c Walnuts
- ¼ c sliced green onion
- About 1/3 c vinaigrette dressing (3 parts extra-virgin olive oil, 1 part apple cider vinegar is recommended)

Cut the apples and beets into ¼” cubes, then mix all of the ingredients together, and serve over lettuce.
Radish, Artichoke, & Bean Salad

Try this quick and easy salad that contains several ingredients that help pass gallstones and heal the gallbladder: artichokes, radishes, and lemon juice.

**Ingredients:**
- 1 can of white beans, rinsed and drained
- 12 baby artichokes, peeled and quartered (or one jar of artichoke hearts)
- 2 cups of asparagus, cut into 1-2” lengths
- 1/3 cup thinly sliced radishes
- 3 Tbs. sliced green onions
- 2 Tbs. chopped fresh basil
- 2 Tbs. fresh lemon juice
- 1 Tbs. extra-virgin olive oil
- Pinch of salt and black pepper
- 1/8 teaspoon black pepper

Steam the artichokes until they are tender – about 10 minutes. Also steam the asparagus for 2 minutes. Combine all of the ingredients together and enjoy!
Morning Diet Recipe for Gallstones

This delicious morning drink recipe for gallbladder health is the result of much research and testing. It works for several reasons. For starters, acidic diets are linked to gallstones formation so it’s important to raise your pH levels with alkaline foods like the ones in this recipe. Secondly, fiber is well-known for flushing gallstones. Finally, Vitamin C is an essential vitamin for most bodily functions, including gallbladder health.

**Ingredients:**
- **Greens:** Green Edge Powder or Green Edge II work well. They seem to be the best valued drink mix on the market and contain:
  - Algae (spirulina and chlorella)
  - Flaxseed (great oil for you gallbladder)
  - Grasses (alfalfa, barley, kamut, oat, and wheat grass),
  - Turmeric
  - Ginger
- **Fiber:** Eating soluble fiber through fruits and veggies is the best. As an extra fiber boost, you can use psyllium husk (Metamucil or other generic brands). A teaspoon works just fine.
- **Vitamin-C:** We go with Emergen-C, the one that’s branded “1000mg Vitamin C” and is “Lite.” (The less sugar the better for your gallbladder and general health.)

Mix one scoop of the greens mix, a teaspoon of fiber, and one packet of Emergen-C together in 8 oz of water, stir well, and enjoy.
Do you have a morning drink that you’ve come up with? How does this work for you? Let me know: David@TheRefluxSolution.com

**BBQ Chickpeas**

2 cans chickpeas, drained  
1 jar pasta sauce  
1/3c molasses  
1/4c onion, diced

Spray an 11X13" cooking dish w/ spray to avoid sticking. Combine all the ingredients. Pour into casserole dish. Bake covered at 350F for 60 minutes. Serve over brown rice. It sounds strange, but it is really tasty.
Apple and Onion Soup

6 servings

Apples are rich in pectin, a type of dietary fiber that has been shown to stop gallstone formation. Also onions may be helpful for people who are prone to developing gallstones: according to one study, consumption of onions (and garlic) may reduce the incidence of cholesterol gallstone formation by 40%.

Ingredients

1 tbsp canola oil
2 medium yellow onions, sliced
1 small leek, chopped
1/2 tbsp fresh rosemary, chopped
1/2 tbsp fresh thyme
3 organic apples, cut into small dices
6 cups fat-free, low-sodium vegetable broth
Directions

Heat oil in a medium saucepan over medium heat. Add onions and sauté until golden.

Pour in the broth and bring to boil over medium-high heat. Add apples, and reduce heat to medium-low. Simmer for 10 minutes.

Season with salt and pepper, if desired. Ladle into soup bowls and serve.

Wholewheat Muffins with Bananas and Walnuts

Makes 6-8 muffins

Not only are these whole wheat muffins delicious, they can also benefit people who are at risk of developing gallstones. The
walnuts in these muffins are packed with compounds that can help prevent gallstones. Several large-scale studies have found an association between a high consumption of nuts, such as walnuts, and a reduced risk of gallstones.

Ingredients

1 cup whole wheat flour
1/3 cup brown sugar
1/2 tsp baking powder
2/3 cup walnuts, chopped
1/4 tsp salt
2 medium bananas, sliced
1/4 cup almond milk
1 egg, lightly beaten

Directions
Preheat oven to 350°F (175°C, gas 4).

Combine flour, sugar, baking powder, walnuts, and salt. In a separate bowl, mash bananas with a fork.

Add egg and almond milk to banana mixture, then combine dry and wet ingredients. Pour batter into a non-stick muffin pan.

Bake for 30-40 minutes, then transfer muffins to a cooling rack. Serve warm.

Apple and Carrot Salad with Goji Berries

Serves 4

Apples are rich in pectin, a type of dietary fiber that has been shown to prevent gallstone formation, while goji berries are loaded with magnesium. A large cohort study with 42,705 American men published in The American Journal of
Gastroenterology found that an increased intake of supplemental and/or dietary magnesium was associated with a reduced risk of gallstones.

**Ingredients**

- 2 cup apples, diced
- 2 cup organic carrots, grated
- 1/2 cup Tibetan goji berries, soaked
- 8 tbsp apple juice
- 2 tsp fresh ginger, minced
- 4 tbsp extra-virgin olive oil
- Lettuce leaves

**Directions**
Combine apple dices, carrots, and goji berries in a small bowl.

Mix apple juice, ginger, and olive oil in a separate bowl and drizzle over salad mixture. Toss gently and serve on lettuce leaves.

**Oat Muesli with Apples and Raspberries**

4 servings

The apples and oats featured in this muesli are rich in dietary fiber which has been shown to reduce the risk of gallstone formation. Research on the eating habits of 69,000 women over a period of 16 years found that those who ate the most fiber overall had a 13% lower risk of getting gallstones, compared to those who ate the least fiber.
Ingredients

1 1/2 cups rolled oats
1/2 cup popped rice
2 tsp ground cinnamon
1 cup organic apples, diced
1 cup raspberries
3 tbsp brown sugar
Rice milk to serve

Directions

Preheat oven to 325°F (160°C, gas 3).

Mix oats, sugar, and cinnamon in a bowl. Spread mixture evenly onto a non-stick baking tray.

Toast oat mixture in preheated oven for about 10 minutes, stirring occasionally. Watch mixture very closely when toasting as it can burn very easily.

Remove from oven and let cool. Pour into a large bowl and stir in popped rice.
Divide mixture into serving bowls and top with apples and raspberries. Serve with rice milk.

**Low Glycemic Raspberry Muffins**

Yields 10 muffins

This muffin recipe will satisfy those who love muffins but are concerned about the high glycemic rating of most muffins. This recipe calls for some of the lowest glycemic muffin batter ingredients, including soy flour, whole wheat flour, and raspberries. The soy featured in these muffins also contains lecithin, a natural compound that aids in the breakdown of fat and cholesterol and may help prevent cholesterol gallstones.

**Ingredients**
1 1/2 cups whole wheat flour
1/2 cup soy flour
2 tsp baking powder
1/3 cup brown sugar
2 tsp cinnamon
2 egg whites
1 cup soy milk
2 Tbsp canola oil
1 cup raspberries

Directions

Preheat oven to 375°F (190°C, gas mark 5).

Combine dry ingredients in a large bowl. Whisk together egg whites, soy milk, and canola oil in a separate bowl.
Add wet ingredients to dry ingredients and mix until just blended (do not over-mix). Fold in raspberries.

Fill 12 paper muffin cups with batter (about two thirds full). Bake until you can insert a toothpick and it comes out clean, about 15-20 minutes.

**Apple Slices with Cinnamon**

Serves 1

This dessert is a snap to prepare, and it contains only 95 calories! But the benefits of this dish are more than that: apples are packed with pectin, a type of dietary fiber that has been shown to stop gallstone formation.
Ingredients

1 medium apple, cored and sliced
1/4 tsp cinnamon, ground

Directions

Place apple slices on a small serving plate. Sprinkle with cinnamon and serve immediately.

Buckwheat Pancakes with Bananas

Serves 2
Japanese scientists have discovered that high protein buckwheat flour exerts strong protective effects against gallstone formation.

Ingredients

1 cup buckwheat flour
1 Tbsp brown sugar
2 Tbsp potato starch
1/2 tsp salt
1 tsp baking powder
1 cup rice milk
2 Tbsp canola oil
Vegetable cooking spray, for frying
2 large bananas, sliced
Brown rice syrup, to serve

Directions
Combine dry ingredients in a medium bowl. Add rice milk and canola oil, and whisk until well combined. If batter seems very thick, you may want add a little extra rice milk or water.

Preheat a large nonstick skillet over medium heat. Spray with vegetable cooking spray.

With a ladle, pour batter to the size you prefer. Even out batter on skillet with back of a spoon. Cook pancake on medium high heat for a few minutes until bubbles appear. Flip over and continue frying until cooked (a properly cooked pancake appears dense and not sticky when cut in the middle).
Weight Loss Muffins

Yields 12 muffins

Obesity and carrying a few extra pounds have been associated with an increased risk of gallstones. These scrumptious muffins are packed with weight loss promoting fiber and protein, while being extremely low in fat.

Ingredients

1 cup rolled oats, soaked in 1 cup skim milk for 1-2 hours
1/2 cup unsweetened applesauce
2 egg whites
1 cup skim milk
1 cup whole wheat flour
1/2 cup brown sugar
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1 cup blueberries

Directions

Preheat oven to 400 degrees F (200 degrees C, gas mark 6).

Beat together egg whites, oat-milk mixture, and applesauce. Combine dry ingredients in a separate bowl.

Add liquid ingredients to dry ingredients and mix until just combined (do not over-mix). Fold in blueberries.
Fill 12 paper muffin cups with batter (about two thirds full). Bake for 20 minutes or until done.

**Green Pea and Mushroom Risotto**

Serves 3

This simple recipe helps you create a risotto that's full of flavor and fiber. In addition, it is rich in antioxidants and fiber which can give you a real health boost.

**Ingredients**

2 Tbsp olive oil
2/4 lb crimini mushrooms, cleaned, stemmed, diced
1 garlic clove, minced
1 yellow onion, finely chopped
1 2/3 cups long grain brown rice, uncooked
4 1/4 cups vegetable broth (allergen-free)
3 tbsp parsley, chopped
1/4 lb frozen peas, thawed
Salt and pepper
Fresh parsley, for garnish (optional)

Directions

Heat 1 tablespoon olive oil in a large saucepan. Add mushrooms and season with salt and pepper. Cook, constantly stirring, for a few minutes until mushrooms soften. Transfer to a plate and set aside.

Using same saucepan, heat another 1 tablespoon olive oil, and add minced garlic and onion. Sauté for a few minutes until onions begin to turn translucent. Add rice and cook for a few minutes, constantly stirring.
Add half a cup of broth. Cook, stirring occasionally, until almost all broth is absorbed. Add another half a cup of broth each time liquid is absorbed until all broth is used and rice is almost cooked (use water if you run out of broth towards end).

Add peas, chopped parsley, and sautéed mushrooms. Cook for a few minutes, constantly stirring. Season with salt and pepper to taste. Transfer to serving plates and garnish with fresh parsley.

**Fantastic Fiber Muffins**

This high-fiber muffin recipe combines wheat bran with whole wheat flour and apples to create a delicious treat that helps you reach your fiber quota. A diet rich in fiber has been shown to reduce the risk of gallstone formation.
Ingredients

1 1/2 cups wheat bran
1 cup nonfat milk (or milk substitute)
1/2 cup unsweetened applesauce
1 egg
2/3 cup brown sugar
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 cup organic apples, washed, cored, chopped

Directions
Preheat oven to 375°F (190°C, gas mark 5).

Combine wheat bran and milk, and let stand for 15 minutes.

In a large bowl, whisk together apple sauce, egg, and brown sugar. Stir in bran mixture and mix well.

In a small bowl, combine all-purpose flour, whole wheat flour, baking powder, baking soda, and salt. Stir into bran mixture and mix until just blended (do not over-mix). Fold in chopped apples.

Fill prepared muffin capes with batter (about two thirds full). Bake for about 15-20 minutes.
Low-Fat Apple and Raspberry Crumble

This divine dessert tempts your taste buds and also makes a healthy alternative to many other desserts. The apples and oats featured in this crumble are rich in dietary fiber which has been shown to reduce the risk of gallstone formation. A study following the eating habits of 69,000 women over a period of 16 years found that those who consumed the most fiber overall had a 13% lower risk of getting gallstones, compared to those consumed the least fiber.

Ingredients

5 large cooking apples, finely sliced
1 cup raspberries
2 cups apple juice
2 cups rolled oats
2 tbsp butter or margarine
2 tbsp brown sugar
2 tsp of cinnamon
1/2 tsp cloves

Directions

Preheat oven to 350°F (gas 4)

Arrange apple slices and raspberries in a buttered baking dish. Pour apple juice over.

Mix rolled oats, sugar, and spices in a medium bowl. Cut in butter or margarine with fingers until evenly dispersed.
Cover apples and raspberries with crumble topping.

Bake for 45-60 minutes in preheated oven. Serve hot or cold.

**Quinoa Crepes with Applesauce**

10-12 crepes

These quinoa crepes are packed with fiber and magnesium, which makes them an ideal dessert for fighting gallstones. In addition, quinoa has a low Glycemic Index (GI) rating, which means that it helps keep blood glucose and insulin levels under control. Recent research suggests that a diet containing low glycemic foods, such as quinoa, can help prevent gallstones.
Ingredients

1 1/2 quinoa flour
1/2 cup tapioca flour
1 tsp baking soda
1 tsp cinnamon
2 cup carbonated water
3 tbsp canola oil
3 cups unsweetened, organic apple sauce
Cinnamon, to taste

Directions

In a medium bowl, mix together quinoa flour, tapioca flour, baking soda, and cinnamon. Add water and oil and whisk until well combined.
Preheat a large nonstick skillet over medium heat. Add a few drops of canola oil.

For first crepe, pour about 1/3 cup of batter into skillet, rotating skillet quickly until bottom is evenly coated. Cook crepe on medium high heat until bottom is light brown. Flip over and briefly cook other side.

Repeat previous step until batter is gone. Serve with apple sauce.

**Wholewheat Muffins with Bananas and Walnuts**

Makes 6-8 muffins
Ingredients

1 cup whole wheat flour
1/3 cup brown sugar
1/2 tsp baking powder
2/3 cup walnuts, chopped
1/4 tsp salt
2 medium bananas, sliced
1/4 cup almond milk
1 egg, lightly beaten

Directions

Preheat oven to 350°F (175°C, gas 4).
Combine flour, sugar, baking powder, walnuts, and salt. In a separate bowl, mash bananas with a fork.

Add egg and almond milk to banana mixture, then combine dry and wet ingredients. Pour batter into a non-stick muffin pan.

Bake for 30-40 minutes, then transfer muffins to a cooling rack. Serve warm.
Recommended Health Resources

The Reflux Solution
You just eat a nice dinner and now...

Your throat burns like a fire... acid rushes up into your mouth... pain stabs your chest like a knife... and you are exhausted from not sleeping at night.

You may have heartburn and even worse, acid reflux (GERD).

Sure, you could take a pill and hope it will work but as soon as it wears off you’re back to square one, dreading the next attack.

Find out a quick, safe and effective way to cure heartburn and acid reflux without drugs or medications.

Click Here to Learn About The Reflux Solution

The Diet Solution
The Best Diet is an eating plan that does NOT resemble a diet at all, according to Isabel De Los Rios, an acclaimed weight loss expert. Tell people you had French toast for breakfast, chicken stir fry for lunch and a juicy steak with potatoes for dinner and they will wonder how in the world you are losing weight and
looking great, she says. Easy, you stopped dieting and found the Best Diet for you! Click Here to Find the Best Diet For You.

The Gout Remedy Removal Report
Treat and cure your gout using safe, natural, and proven home remedies. Try alternative health researcher Joe Barton’s 100% guaranteed Gout Toe Treatment report that shows you over 50 step by step home treatments to cure gout in less than 2 hours. Click Here to Learn About Joe’s Gout Toe Treatment.

Lose Excess Abdominal Fat
If you want to succeed in finally getting rid of that extra abdominal fat that is not only UGLY, but also DANGEROUS, don't waste another day allowing that nasty abdominal fat to kill your confidence as well as contribute to your risk for MAJOR diseases. Best-selling health author Mike Geary reveals the solution to rid yourself for life of this problem at his website: Click Here to Start Losing Dangerous Abdominal Fat
Yeast Infection No More
Nutritionist Linda Allen shows you the ultimate holistic yeast infection solution guaranteed to permanently cure the root of candida and dramatically improve the overall quality of your life, naturally, without the use prescription medication and without any side effects.  Click Here to Learn More about Linda’s program.

The Fastest Way to End Digestive Pain Forever
Digestive Pain Gone In As Little As 1 Day... even if diets, drugs & surgery failed. Natural relief for Acid Reflux, Gastritis, Diverticulitis, Diverticulosis, Colitis, Crohn's (IBD), IBS, Ulcer and Hiatal Hernia.  Click Here for a FREE Report that reveals “What Your Doctor Won't Tell You About Digestive Pain.”

Home Remedies For Better Health
For the first time a Naturopathic Doctor opens his vault to unveil the complete list of home remedies used by professionals Holistic Practitioners... All Natural Cures and Home Remedies That Will Give You RELIEF From Your Symptoms NOW Proven In Clinical
Trials! Click Here for the FREE Newsletter "The 50 Home Remedies You Need Today!"

The Missing Ingredient for Good Health

Why most health foods are a waste of money! And the real reason you can take vitamins, minerals, and herbs by the handful and still suffer poor health. Discover an almost-unknown nutrient that might take your health to a whole new level. Within days or weeks – sometimes the first day – you can see miraculous relief from medical problems that have troubled you for years. Click Here to Learn About The Missing Ingredient for Good Health.

The Kidney Disease Solution

An All Natural Step-by-Step Program, Proven To Start Healing Your Kidneys Today. Medical Researcher, 2nd Generation Naturopath and Kidney Disease Expert Teaches You How To: Lower Creatinine Levels, Improve Kidney Function, and Safeguard Your Kidneys From Further Damage With Great Results Which Are Noticeable As Quickly As Within Weeks Even If You Are On Dialysis Or If You Are In “End Stage Renal Failure.” Click Here To Learn More.
The Gallstone Elimination Report

You just ate a nice dinner when...

You feel a stabbing pain in the pit of your gut... it almost sends you to the ground in agony... you can hardly breathe.

You may have gallstones in your gallbladder. Your doctor will want to cut your gallbladder without a second thought.

But is there a safer, natural solution?

Fortunately, the answer is “YES!” and this report reveals step by step how to dissolve and eliminate your gallstones and heal your gallbladder with easy, safe and effective natural methods.

You will pass your gallstones, be healthier and feel better than you have in years.

>Click Here to Discover The Gallstone Elimination Report
About The Author

David Smith is a medical author and researcher who has written numerous books, articles and special reports about safe and natural ways to cure yourself of debilitating diseases and conditions such as gallstones, hemorrhoids, heartburn and acid reflux.

**His mission is simple:** to give ordinary people the tools to take back control of their health without expensive drugs or dangerous surgeries. He has personally cured himself of gallstones and heartburn and helped thousands of people to do the same.

David was inspired to become a natural health expert when he was diagnosed with gallstones and doctors wanted to remove his gallbladder. That was a wake-up call for David, who realized that until then he had taken his health for granted and depended on doctors to give him a “magic pill” whenever he got ill.

“At that moment I realized how little I knew about natural health or even about how my body really works,” admits David. He set out to change that and began to research everything he could about natural ways to eliminate his gallstones and live a healthier life again.

“It wasn’t easy,” he says. “I tried many remedies and so-called cures but most of them turned out to be useless.” He didn’t give
up, however, and in the end discovered and perfected a simple, foolproof way to eliminate his gallstones and heal his gallbladder with safe and natural methods.

He then published The Gallstone Elimination Report, a guide with the exact step-by-step instructions to get rid of gallstones naturally. “If I can do it, anyone can do it,” says David. He’s right, because since then thousands of people around the world have used his methods to successfully pass and dissolve their gallstones safely at home.

That first success ignited David’s passion for natural medicine. **He now dedicates his life to helping people heal their diseases with safe and effective natural methods.** David constantly searches for legitimate natural cures to many of the diseases and conditions that plague our modern society.

In addition to The Gallstone Elimination Report, David has also written Eliminate Your Hemorrhoids For Good, The Reflux Solution, and numerous articles, podcasts and videos that teach you how to live a better life using safe and natural methods. Visit David’s blog at [http://www.KDNaturalHealth.com](http://www.KDNaturalHealth.com) for tips and advice on how to look better, feel better and have more energy using nutrition, lifestyle changes and simple natural methods that work better than drugs and surgery. He updates his blog all the time so make sure to check in often to get the latest updates and discoveries from David’s research.
David enjoys hearing from his readers and loves to hear their ideas and suggestions. Although he receives dozens of testimonials and success stories every day from people who have used his methods, David always appreciates hearing new feedback from readers. **So if you have a success story or a question or comment, please email David at:**

David@KDNaturalHealth.com