

## Gallbladder Disorder

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The gallbladder is a small, pear-shaped organ located beneath the liver on the right side of abdomen; its primary functions are to store and concentrate bile, and secrete bile into the small intestine during digestion.

**Alfalfa- Internal Purposes:** Alfalfa is a good source of minerals and vitamins that have a neutralizing effect on the intestinal tract. Also it is an excellent source of chlorophyll that is beneficial in healing. Helps to detoxify the body, especially the liver. Take 1,000 milligrams in tablet or capsule form with a glass of water twice a day for 2 days.

**Peppermint- Internal Purposes:** Europeans are known to use Peppermint oil capsules to cleanse the gallbladder.

**Turmeric (Curcumin)- Internal Purposes:** Turmeric is an overall health tonic that is beneficial for gallbladder problems. If you feel that you may be at risk for gallbladder problems start taking Turmeric right away as it can keep you from getting further problems.

**Barberry Root Bark, Catnip, Cramp Bark, Dandelion, Fennel, Ginger Root, Horsetail, Parsley, and Wild Yams- Internal Purposes:** These nine herbs have beneficial properties for treating gallbladder disorders.  
**Cautions:** Barberry is not to be use if you are pregnant.