Using Natural Herbs to Cure Gallstones by James Blee

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Gallstones are not deemed as life threatening. However, that said, callousness or negligence can cause a lot of trouble. The only way to remove them from our bodies is surgery. But it is an expensive process and causes a lot of pain for the patient. Medical science has discovered three life-saving herbs to cure gallstones.

Artichoke with caffeoylquinic acid and cyanarin, derived from the acid itself, is one of the prime herbs used in gallstone treatment. The prime activity of this acid is to stimulate and enhance the bile secretion. Bile is needed to neutralize fat and cholesterol, the two main chemical components behind the production of most gallstones. This process has pushed surgical removal of gall stones to backseat in Europe. During the purchase of medicines for gallstones, verify that it contains a minimum of 8% caffeoylquinic acid to give you proper cure.

Next comes, the most effective herbal remedy to alleviate gallstones problems. It is the milk thistle procedure which has the capabilities to cure ailments of pancreas and liver. Milk thistle prohibits unlimited secretion of the driving force behind the creation of gallstones i.e. cholesterol and increases bile secretion..

Recently, it has been found by the doctors that certain ingredients in turmeric are responsible for treatment of gallstones and bile ducts, liver etc. The main chemical compound found in turmeric called curcumin that imparts color and flavor to it is the main component to fight against gallstones. Eating curries containing turmeric paste or powder is enough. But eating it raw will have a better and faster effect.

Thus gallstones can be cured without those painful surgeries. Before taking these medicines, consult a good naturopathic doctor. Taking the medicines without the consultation with the doctors is never recommended at all.

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James Blee - About Author:
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