

## Save Your Gallbladder and what to do if you've already lost it Sandra Cabot

Start your self-diagnosis here! Better than talking to a doctor, better than random Internet advice

This is not great literature, but it does not have to be. It is fully worth the Kindle price. If you have a pain in the right side of your abdomen just under your bottom rib, as I do, you need the information it's here.

Let's look at the alternative information sources. You can talk to a doctor, which I did. The doctor interpreted my collection of symptoms as mere heartburn, and gave me the standard medical treatment: a three-drug regimen of protein pump inhibitors, something to slow down peristalsis, and I forget what the other was.

The problems were as follows. (1) although he was correct in his diagnosis of heartburn (that doesn't take a genius!) he didn't probe to see if there was anything going on with the gallbladder, (2) he didn't ask probing questions about the relationship of my lifestyle to my digestive problems.

I took the three drug regimen for a little while and it seemed to help. Then I read up about the long-term effects of protein pump inhibitors. It was clear that I needed to change my diet. I gave up drinking, which helps the heartburn quite a bit. However, the other pain remains. The one right under my right side rib. What was that?

Despairing of doctors, I researched on the Internet to find out that it was probably gallbladder problems. The first thing that comes up is a half-dozen sites that want to sell you something. There are a half-dozen more with quick and easy solutions. That's not it. I wanted to get some thorough information about the problem.

As a top Amazon reviewer, I am partial to books. I wanted a book that described the problem and the solution. This is that book. It is quite thorough, offering a number of different perspectives and avenues of treatment. I would recommend that anybody who is far enough into researching their problem to read this review to spend the three dollars for the Kindle version of the book. It will be the best money you ever spent.

I bought the book yesterday and started a plan immediately. I have changed my diet rather radically, cutting out sugar, flour and dairy products. The book provided a few useful recipes and food suggestions. It also provided some reassurance that the problem is not fats, but how your body handles cholesterol. It has a pretty good section on the cholesterol metabolism. It also suggested the first diagnostic step: get an ultrasound to see if you have gallstones. I will do that next. I want to have the information in hand before I talk to a doctor. I know from experience that doctors are quick to push pills and cut things, and I want as much information as possible before I talked to one. This book does not in any way guarantee that I will not have to have my gallbladder taken out, but it does give a pretty good analysis of what happens if they do remove it. Removal is not a total solution, and you will probably have to change your diet anyhow. The author tells you what to do after the operation.

The book has several deficiencies. It is short, repetitive, and not terribly well organized. Who cares? Let the literary critics carp about literary style. This book provides the information you need.