

# Gallbladder Stones

## What Is a Gallstone?

A gallstone is a crystalline concretion formed in the gallbladder. These pieces of solid material form when pigments and cholesterol found in bile develop into hard particles. Gallstones are classified as yellow-green cholesterol stones in 80% of cases and small, dark pigment stones made of bilirubin in the remaining cases.

## What Causes Gallstones?

Gallstones may be caused by several factors, including weight, decreased gallbladder motility, poor diet, and genetics. Gallstones will form when bile components are imbalanced; as an example, cholesterol gallstones can develop when too much cholesterol is found in bile. Gallstones may also form if the gallbladder does not empty effectively.

Pigment gallstones are most often associated with existing medical issues, including liver cirrhosis and blood diseases like sickle cell anemia.

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**“I ordered Serrapeptase after it was recommended by a relative. My husband has suffered with extreme pain for 18 months with gallstones and severe pain after eating. It was recommended that he have his gallbladder removed, but we were so reluctant to go down this route, so I browsed the internet for alternative remedies, and decided to search natural remedies.**

**Well, when my relative suggested Serrapeptase I researched this product and was so impressed with the testimonials, I decided to order some and give it a go, as we were really desperate now and my husband was in so much pain. Although it is early days, only three days into taking the Serrapeptase he has had 2 completely pain-free days and is feeling so much better, and no longer scared to eat. We are excited and hopeful, but like I said it is early days and I will keep you informed.”**

**- Lynette**

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*Follow the Health Plan as recommended for the best results:*

## GALLBLADDER STONES HEALTH PLAN

The following plan is designed to provide relief for gallbladder stones and to improve the overall health of the digestive system. When the supplement regime below is combined with a naturally healthy lifestyle, it's possible for the symptoms of gallbladder stones to improve and in the long-term, for good health to be achieved.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support healthy digestion and organs - in order of priority:*

- **SerraPlus+** - Take 2 capsules x 3 times per day, 30 mins before eating a meal and drop to 1 x 3 after a week or so. Reduces inflammation and scars. Contains Serrapeptase.
- **Quebra Pedra** - Take 3 capsules per day as per the container. Helps to dissolve gall stones.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.