

Subject: How To Remove Gallstones.

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April 22, 2011.

I know a person who is in the hospital to have gallstones removed right now.

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Subject: How to remove gallstones naturally, without surgery

Date: Fri, 22 Apr 2011

This method to remove gallstones naturally is probably a traditional European remedy. I learnt it from a Taiwanese, Dr Lai Chiu Nan, a chemistry doctorate holder and former cancer researcher in one of America's top cancer research institutions, who now teaches natural health.

Dr Lai Chiu Nan visited Singapore during the early 1990s and gave a number of free lectures, in both Chinese and English, attended by capacity crowds at the Singapore Indoor Stadium, which seats about 12,000 people.

After attending her lectures, I wrote an article in <http://www.natural-cancer-cures.com/the-good-life.html>

The Good Life, on how to remove gallstones naturally. I have since seen excerpts of that article reproduced in all sorts of places, including pamphlets at health stores, websites and blogs.

Possible 'dangers'

Before I pass on this method to remove gallstones, I should point out that some doctors have warned of its "dangers".

They say that, if the gallstones are too big, they might end up being stuck in the gall bladder ducts and this could be dangerous. In theory, this might happen. So if you are afraid, don't do it.

When you embark on natural remedies, whether to remove gallstones or for other purposes, you need to take responsibility for your own health and I shall not be held liable for any harm or danger that you might experience. At the same time, when you embark on natural cures, it helps also to understand the reasons behind some of the procedures.

In this case, part of the method to remove gallstones naturally involves drinking plenty of apple juice for about a week. It is believed that some substance in the apple juice, probably malic acid, helps softens the gallstones so that the risks of them being stuck in the gall bladder ducts are minimised.

In any case, if you lack the confidence, don't do it.

Just be aware also that surgery and other medical procedures to remove gallstones UN-naturally also come with their own set of risks. You decide which risks you wish to take.

No guarantees

I should also point out that this method to remove gallstones naturally MAY NOT WORK for everyone.

When my friends and I tried it, one (or maybe two) of them did not pass out anything. After I put this information out on the Internet, I received a few more emails from readers telling me that "nothing happened".

At the same time, there were also people who passed out stones but further ultrasound scans of the gall bladder still showed some stones inside.

Why? I don't know and am trying to find out. Some sceptics say this shows the method is fake. Could be. But I don't think so because some people do feel better after going through it.

Possible instant diarrhea. Another possible side effect of this natural way to remove gallstones is "instant diarrhea" at the last step, on Day 6.

<http://www.natural-cancer-cures.com/remove-gallstones.html>

See below. I write this from personal experience. Luckily, I was at home and the toilet was nearby. But I have not heard of anyone else with a similar experience. But just in case... do this gallstone removal remedy at home, and do the last step nearby a toilet.

Why remove gallstones?

Gallstones may not be everyone's concern.

But they should be because we all have them. Moreover, gallstones may lead to ca-cer.

"Can-er is never the first illness", Dr Lai Chiu Nan points out.

"Usually, there are a lot of other problems leading to can-er. In my research in China, I came across some material which say that people with cancer usually have gallstones. We all have gallstones.

It's a matter of big or small, many or few.

One of the symptoms of gallstones is a feeling of bloatedness after a heavy meal. You feel like you can't digest the food.

If it gets more serious, you feel pain in the liver area."

So if you think you have gallstones, Lai Chiu Nan offers the following method to remove them naturally. The treatment is also good for those with a weak liver, because the liver and gallbladder are closely linked.

TO REMOVE GALLSTONES NATURALLY

For the first five days, drink at least four glasses of apple juice every day. Freshly squeezed or packaged apple juice are both okay. Or eat four or five apples, whichever you prefer. Apple juice softens the gallstones. During the five days, eat normally.

On the sixth day, take no dinner. (But take breakfast and lunch as usual and ok to drink water or other light fluids at night, but not, for example, a hearty soup.)

At 6 pm, take a teaspoon of Epsom salt (magnesium sulphate) with a glass of warm water.

At 8 pm, repeat the same. Epsom salt or magnesium sulphate opens the gallbladder ducts.

At 10 pm, take half cup olive oil (or sesame oil) with half cup fresh lemon juice. Mix it well and drink it. The oil lubricates the stones to ease their passage.

<http://www.natural-cancer-cures.com/remove-gallstones.html>

See above about possible instant diarrhea during this final step to remove gallstones naturally.

After this, sleep or at least lie down and rest.

Do not engage in physical activity.

The next morning, you will find green stones in your stools.

"Usually they float", Dr Lai Chiu Nan notes. "You might want to count them. I have had people who passes 40, 50 or up to 100 stones. Very many". Even if you don't have any symptoms of gallstones, you still might have some. It's always good to give your gall bladder clean up now and then.

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