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Know Some Essential Facts about Gallbladder by [James Blee](#)

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We pay enough attention to our eye makeup or the glow of our skin. The essential components of our body like the liver and the gall bladder do not get the deserved attention, until some complications arise. Poor conditions of health, digestive problems and low energy are the consequences of toxic livers and clogged gall bladders.

Often the hospitals are full of patients who have come to remove stones from the gall bladders or transplant the livers. But these essential parts can be looked after properly with the help of some nurturing herbs, natural therapies and proper diet. There are two detox applications which can be followed in homes only. One is the gall bladder flush and the other is the coffee enema. You can depend on apple diets like consuming organic apples or apple juice for a few days to soften the gall bladder stones or the fat globules. The maltic acid from the apples are able to melt the stones and are therefore a compulsory item in the menu. Next is the coffee enema which was used to lessen the pain of the injured soldiers. This can be practiced at home as well.

The solution is nothing but fine grind coffee boiled in a cup of water and then cooled down to room temperature. The caffeine stimulates the liver ducts. Milk thistle and dandelion root can also be used as daily liver tonics. We should ensure that liver, which is the main organ responsible for cleaning out toxins, should be always detoxified. But if at all, you have to go for a surgery do not forget to consult a practitioner who can guide you well. It is because once you remove the organ, you will be left with very limited options. Just removing the organ is not an effective solution; you have to uproot the main cause.

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