



Natural Remedies for Gallstones

1. Apple Juice and Apple Cider Vinegar for Gall Stones

- Apple Juice- 1 glass
- Apple Cider Vinegar- 1 tbsp

Do this:

- Mix apple cider vinegar in the glass of apple juice.
- Mix well.
- Drink this once everyday.
- Alternatively, you can add two teaspoons of apple cider vinegar and one teaspoon of lemon juice to a glass of warm water. Drink it on an empty stomach in the morning. Doing this regularly for weeks can dissolve gallstones and prevent pain.

In fact, this is a very good natural remedy to quickly get relief from the pain which you get during the gall stone attack. Also, once you get rid of gall stones, you should continue to have apples. You can actually make a habit of having fresh uncooked applesauce mixed with shredded raw beets and 2 tablespoons of olive oil and a little fresh lemon juice.



[2. Pear Juice for Gall Stone Removal](#)

Your pear shaped gallbladder can be cleaned with the fruit whose shape it takes- yes the pear itself.

Get this:

- Hot water- half a glass
- Pear juice- half a glass
- Honey- 2 tbsp

Do this:

- Mix pear juice with hot water.
- Add honey to it and mix well.
- Have this juice thrice a day.



3. Beetroot, Cucumber and Carrot Juice for Gallstones

Juice therapies are what are mostly recommended by traditional natural remedies for gallstones. Among these juices, one that is made from the combination of beetroot, cucumber and carrots is highly effective for gallbladder. Beets not only strengthen and cleanse gallbladder and your liver but also help in cleansing colon and your blood. Cucumber, with its high water content, is great for detoxifying liver as well as gallbladder which is also done by carrot juice high in vitamin C and other rich nutrients.

Get this:

- Beet root- 1
- Cucumber- 1
- Carrots (medium)- 4

Remember, you should get equal amounts of all the three juices. So, if needed, increase or decrease the quantity of each vegetable accordingly. For example, you should get 1/3 glass each of beet root juice, carrot juice and cucumber juice to get a glass of their combined juice.

Do this:

- Take out the juice of all the three vegetables- beetroot, cucumber and carrots.
- Mix them.
- Have this juice twice a day.

You may even add apples, celery and ginger while making this juice to get added benefits.



4. Dandelion for Gallstones

Dandelion herb helps support your liver which aids your gallbladder in its functioning. The dandelion Leaves help in promoting bile excretion from the liver thus detoxifying it and metabolize fat efficiently. They are also effective when it comes to stimulate your sluggish gallbladder. So, it does make sense to use dandelion to cure your gallstones. You can always add the tender dandelion greens to your salad or steam them and have it. You can also have dandelion tea. Here's the recipe for the same.

Get this:

- Hot water- 1 cup
- Dried dandelion leaves- 1 tsp
- Honey (optional)- as per taste

Do this:

- Place the dandelion leaves in a pot or cup.
- Pour the hot water over it.
- Cover and steep for 5 minutes.
- Add honey if using.
- Drink this tea twice or thrice a day.

If you suffer from diabetes, you should first consult with your doctor before having dandelion herb.



5. Peppermint for Gallstones (Mint leaves)

Peppermint oil is known to be helpful in digestion as it stimulates the flow of bile and other digestive juices. It also contains terpene, the natural compound that is said to dissolve gallstones. What's the better way than having peppermint tea made with mint leaves. However, if you don't want to make the tea, you can also have peppermint oil capsules- enteric-coated capsules- as they release the oil in the small and large intestine and not in the stomach. Peppermint tea is very useful while you have that gallbladder attack. It helps relax spasms and relieve you from acute pain.

Get this:

- Fresh or dried mint leaves- 1 tsp
- Water- 1 cup
- Honey (optional)- as per taste

Do this:

- Boil the water.
- Add mint leaves. (if fresh, crush them first)
- Put off the flame, cover and steep for 3-5 minutes.
- Strain and add honey if using

It's better to have this tea in between meals.



6. Lemon Juice for Gallstone

Just as vinegar stops your liver from making cholesterol, lemon juice or such citrus fruit juices also do the same task. So have a lots of citrus fruits but don't forget to take lemon juice daily. You may just add the juice of half a lemon in glass of water and have it twice or thrice a day. Alternatively, you can adopt the following Ayurvedic remedy using lemon juice to dissolve your gallstones.

Get this:

- Olive oil- 30 ml
- Fresh lemon juice- 30 ml
- Garlic paste- 5 g

Do this:

- Mix olive oil, lemon juice and garlic paste.
- Have this mixture every morning on an empty stomach.

Do this for at least 40 days.

- Alternatively, you can drink four tablespoons of lemon juice mixed in a glass of warm water every day on an empty stomach. Continue this treatment for several weeks until the gallstones are eliminated from the body.



7. Diet and Lifestyle Changes for Gallstones

There have to be certain changes in your diet and lifestyle to cure gallbladder stones. Here are some suggestions.

- **Drink 8-10 glasses of water everyday.**
- If overweight, reduce weight. Avoid fatty foods. Exercise regularly. Eat smaller meals and spread it over the day- instead of 3 big meals, have 5-6 smaller meals.
- **Avoid constipation, it helps in forming gallstones.**
- **Have coffee everyday** but do not drink it in excessive amounts. Two to three cups a day is enough. Coffee increases the flow of bile and thus prevents gallstones.
- Have loads of vitamin C during the day. For this, include citrus fruits in your diet. Have lemon juice.
- Use such spices and herbs that stimulate liver as well as gallbladder like turmeric, dried ginger, black pepper, long pepper, asafoetida, etc.