

LIFESTYLE GUIDE: Calcified Gallbladder Stone

1. Diet

- Eat 4-5 small meals per day. Avoid overeating and long fasting.
- Use steaming, boiling, baking. Avoid fried, fatty, spicy, and smoked foods.
- Limit salt and completely avoid alcohol and vinegar.
- Drink 1.5-2 liters of warm water daily (not before bed).

2. Physical Activity

- Walk 30-60 minutes daily, especially after meals.
- Swimming and gentle yoga are recommended.
- Avoid strenuous exercise immediately after eating.

3. Sleep & Routine

- Go to bed before 11:00 PM. Eat dinner at least 3 hours before sleeping.
- Do not drink large amounts of liquid before bed.

4. Emotional Health

- Avoid stress - it can trigger gallbladder spasms.
- Use mint, chamomile, or lemon balm tea in the evening. Try breathing exercises.

5. Medical Monitoring

- Ultrasound every 6-12 months.
- Monitor liver enzymes: ALT, AST, bilirubin, ALP.
- See a doctor immediately if pain, nausea, or bitter taste appear.

6. Absolutely Avoid

- Lemon + oil flushes, 'cleanses', or tubage methods.
- Strong bile-stimulating herbs without medical supervision.
- Fasting or aggressive detox diets.

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