

## good for the gallbladder



Women who eat vegetables to get their daily protein have a reduced chance of eventually having a cholecystectomy—gallbladder removal—according to a study that appeared in the July 1, 2004, edition of the *American Journal of Epidemiology*.

The gallbladder stores bile, used to emulsify beneficial fats so the body can absorb them. Half a million cholecystectomies are performed every year in the United States, usually because of gallstones.

Vegetable protein had previously been found to prevent gallstones in animals. And now, the new study—which followed 7,831 women over a period of 20 years—has concluded that the risk of requiring a cholecystectomy decreased in women who had high intakes of vegetable protein as opposed to animal protein.

Based on these results, researchers recommended that women increase their consumption of vegetable protein as a protective measure.

### Natural Alternatives to Mass Meds

Each month, Amber D. Ackerson, ND, informs you about complementary and alternative choices to mass-produced over-the-counter (OTC) drugs.

CONDITION	OTC DRUG	ALTERNATIVE
Sprains and strains	Bayer, Ecotrin, Bufferin (aspirin); Advil, Motrin, Nuprin (ibuprofen); Tylenol (acetaminophen)	<b>Glucosamine sulfate:</b> 1,500 mg/day; <b>Chondroitin sulfate:</b> 1,200mg/day; <b>Bromelain:</b> 750–1,000 milk clotting units (MCU) three times daily between meals for 1–2 weeks; <b>Vitamin C:</b> 3 grams/day for 1 week, then 1.5 grams/day for 2 weeks. <b>Herbal salve with horse chestnut (<i>Aesculus hippocastanum</i>) and arnica (<i>Arnica montana</i>):</b> Rub into skin over injured joint 3 times/day for 1–2 weeks. <b>Note:</b> People with upper gastrointestinal inflammation (esophagitis, gastritis or gastric ulcer) or who take blood thinners should consult their doctor before taking bromelain.
Common warts ( <i>Verruca vulgaris</i> )	Compound W, Dr Scholl's Wart Remover Kit, Mosco	Topically: Slice one clove of <b>garlic</b> in half, and rub sliced side on wart each evening before bed, and cover with waterproof tape until wart is gone. Wash surrounding area to avoid irritation, especially in children, and cleanse entire area in the morning. (May take up to 9 weeks.) Orally: <b>Zinc sulfate:</b> 15 mg/daily for adults.
Infant colic	Mylicon Drops, My Baby Gas Relief Drops (simethicone)	<b>Pediacalm</b> (Lev Laboratories Ltd.): Use as directed.
Cavities (dental caries)	Fluoride tablets; Gel-Kam Home Care Gel; ACT Anticavity Fluoride Treatment Rinse	Continue fluoride treatment as recommended by dentist. <b>Vitamin B<sub>6</sub>:</b> 3–5 mg/day; <b>Lactobacillus rhamnosus</b> (LGG): use as directed. Herbal mouthwashes such as <b>Oral Health Tonic</b> (Herb Pharm) and <b>Dentaforce</b> (Bioforce USA): use as directed. Use of <b>xylitol-sweetened gum, lozenges, toothpaste and mouthwash</b> also offers significant protection. <b>Note:</b> Children of mothers who took 20 mg/day of vitamin B <sub>6</sub> during pregnancy have a significant reduction in cavities.

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