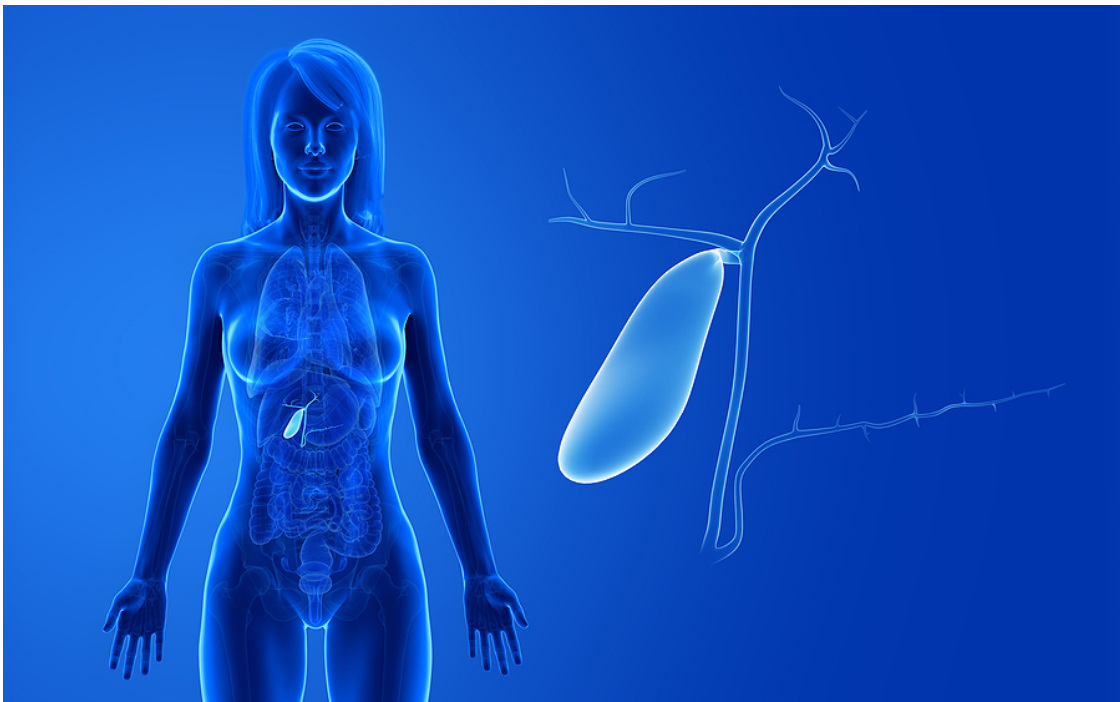




## Hazelnut Naturopathic Health

### What Your Gallbladder Does & How to Keep it Healthy



On the right side of your abdomen, just under the ribcage, is the gallbladder. A small pear-shaped organ, it supports the body's detoxification process and, working with other organs, is crucial to the digestion of certain foods, particularly fatty foods. Learn more about what the gallbladder does and how to keep it healthy by following the link below.

[Read More](#)

#### Beautiful Beets

Any way you slice them, beets are a versatile part of a healthy diet. They contain a variety of vitamins and minerals, including several of the B vitamins, vitamin C, zinc, selenium,



manganese, and phosphorus. Also rich in antioxidants (lutein, betalain, and zeaxanthin), beets support our bodies' ability to eliminate toxins and free radicals. Like most nutrient-dense veggies, beets support the immune system and are potent staples in an anti-inflammatory diet.

Since beets are also rich in fiber, including them in your diet helps support a healthy digestive system and can prevent common problems like indigestion and constipation. Just don't be surprised to see a reddish pigment in your stool or urine. (If that persists when not eating beets, it's best to consult your doctor).

In addition to purple, beets come in red, gold, and pink. When selecting beets, opt for organic whenever possible. Look for small or medium-sized roots. Skins should be smooth and evenly colored. Beet greens or roots might look a little beat up, but they are quite hardy. Avoid choosing beets that show dark spots, bruises or wet areas, which indicate the vegetable is rotting.

Generally, you'll want to use the beets soon after bringing them home. From the plump, juicy bulb to the root and greens, there are a number of ways to add this veggie to a meal and reap the health benefits. Slice up beets for salads or as an addition to yogurt. Roast them or dice them into a stir fry (adding at the very end).

If you have a large number of beets or aren't using them right away, check out these tips for storage of the bulb and greens, from Harvest to Table.

(<https://harvesttotable.com/harvest-store-beets/>)

## **Beet and Goat Cheese Salad w/ Walnuts**

This delicious root vegetable is versatile, nutritious, and easy to prepare. Enjoy it as a main course or side salad. It goes particularly well with a healthy entree (we suggest grilled fish). It's also sure to be a hit at a picnic.



### Ingredients for the Salad

- 30 - 45oz canned whole beets or 1# beets (2 1/2-3") for roasting\*
- 5 oz baby arugula or mixed greens (4 cups)
- 1/2 cup shredded carrots
- 4 oz goat cheese
- 1/2 cup chopped walnuts

\*Most people opt to use canned beets for this recipe, but if you would like to

roast them, do that first. Instructions are below.

#### Ingredients for the Vinaigrette

- 1/2 cup EVOO
- 1/4 cup Balsamic vinegar
- 1 Tbs Dijon mustard
- 1/8 tsp kosher salt
- Freshly ground black pepper to taste

#### Preparation

1. Drain and dry canned beets, or if using roasted beets, cool and peel. Cut beets into bite-sized pieces. Tip: Put a sheet of parchment paper on your cutting board to prevent staining.
2. Using a small bowl, whisk ingredients for the vinaigrette together and set aside.
3. In a separate bowl, combine cut beets and 1/4 cup of the dressing. Toss to coat. Let beets marinate at room temperature for 15-20 minutes.
4. Place greens and shredded carrots in a salad bowl and toss with dressing to taste.
5. Arrange tossed salad on plates or platter. Top with marinated beets, then sprinkle with the walnuts and goat cheese. Serve immediately.

#### To roast beets:

1. Set the oven rack in the center position. Preheat oven to 400 degrees F.
2. Trim the tops off the beets, leaving 1/2 inch of the stem.
3. Wash and scrub dirt from the beets and dry well.
4. Rub with olive oil and sprinkle with salt and pepper.
5. Wrap the beets tightly in aluminum foil and place on a sheet tray.
6. Roast the beets until fork-tender, about 40 to 60 minutes, time will vary depending on the size of the beets.
7. Check every 20 minutes for doneness.
8. Allow beets to cool, peel and cut into 1/2-inch wedges.

#### Recipe Source:

Medicine Talk Team



### **The Golden Nutraceutical: Turmeric**

The golden-orange spice that lends pizzazz to curries and mustards comes from turmeric, an herb with numerous health benefits. Turmeric (*Curcuma longa*) contains curcumin, a biologically active compound

known for its antimicrobial, antioxidant, and anti-inflammatory properties. Traditional Indian and Chinese Medicine practitioners use various forms of

turmeric when treating conditions such as heartburn, digestive ailments, arthritis, and chronic pain. Numerous modern studies indicate that curcumin is also active against chronic diseases in which inflammation plays a significant role, including diabetes, obesity-related health complications, irritable bowel syndrome, some types of cancer, cardiovascular, autoimmune, and digestive diseases.

Research shows that curcumin blocks inflammatory enzymes at the cellular level in a natural, gentle, and effective manner. When inflammation in the digestive tract is reduced, the gallbladder can better carry out its important function in the digestive process. For instance, obesity is associated with digestive diseases and various cancers including gallbladder cancer. Studies indicate that curcumin has therapeutic value in the treatment and prevention of obesity-related cancers. Studies have also shown promising, but not conclusive, results for curcumin's effects on gallstones.

While dietary intake of turmeric is not likely to reach therapeutic levels in terms of disease treatment, including turmeric liberally in your diet may provide digestive health benefits. For example, sprinkle turmeric over soup, yogurt, roasted veggies, or eggs. To help your body maximize absorption of turmeric's key compounds, add it to healthy fats such as olive oil, an omelette, lean meat, or fish while they are warming.

If you are interested in exploring turmeric for a medical concern, speak to your naturopathic doctor about the appropriate nutritional supplement for your needs. Turmeric extract is prepared in capsule, powder, or tea form and taken at different doses for different medical needs. Your practitioner will be able to recommend a supplement that has the best bioavailability to be properly absorbed through the digestive tract.

## **Support Digestive Health with Ox Bile**

Before we can talk about what an ox bile supplement is and why you might consider taking it, you have to know a little something about bile. Bile is a greenish-yellow fluid produced by the liver and stored in the gallbladder. In your intestine, bile makes it easier to digest food that contains fat; it also helps the body eliminate waste products and absorb vitamins A, E, D, and K. Bile also helps dissolve gallstones.



Ox bile supplements are commonly used in Traditional Chinese Medicine for the prevention and treatment of digestive illnesses, from the mild (constipation) to severe (IBS). If you're looking to strengthen your gut and digestion, taking an ox bile supplement as recommended by your health practitioner can help your system handle some of the less healthy foods you



eat from time-to-time.

Ox bile works in the body the same way as the bile that is naturally produced by your liver. However, it must be taken at very specific times. A holistic health practitioner like your local naturopathic doctor is the best person to speak with about using an ox bile supplement, to ensure that you receive the right dose and schedule for taking it.



## **Manipulative Therapy for Gallbladder Dysfunction**

If you're suffering from gallbladder dysfunction, consider the benefits of manipulative therapy; it's a hands-on method of manipulating the soft tissue and/or bony structures associated with a specific region of

the body, as well as the pathways that innervate and nourish that region. Often combined with manual therapy (soft tissue therapy that focuses on massage and trigger points), manipulative therapy is aimed at normalizing structural and functional processes in the body that are under stress. By helping the body move toward more balanced function, it can relieve symptoms of disease, including gallbladder dysfunction.

Gallbladder dysfunction is characterized by the inability of certain parts of the biliary system to facilitate the normal flow of bile from the liver to the gallbladder for storage and concentration. A disturbance in the system can stem from a neural or hormonal signaling problem or inability of the gallbladder to contract. This causes problems with the ejection of bile from the gallbladder -- either too slow or too fast - and can lead to varying symptoms depending upon the individual. Manipulative therapy such as visceral manipulation helps regulate the bile flow by removing blocks in the signaling pathways and/or supporting the healthy contraction of the gallbladder.

Manipulative therapy can be safe, effective and beneficial for many patients. It can potentially eliminate the need for more invasive treatments, including surgery. Make sure that you choose a physician (not a physical therapist or massage therapist) who specializes in manipulation and gallbladder conditions.

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## **Check Out A Few Older Posts**

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## Natural Stress Solutions During Stressful Times

Tensions can be high right now, especially in a world with COVID-19. Learn more about dealing with stress naturally [here](#).



## Hibiscus sabdariffa: An Herbal Heart Tonic

Hibiscus is a traditional medicinal herb used for centuries around the world for heart support and other health issues. Read more [here](#).

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