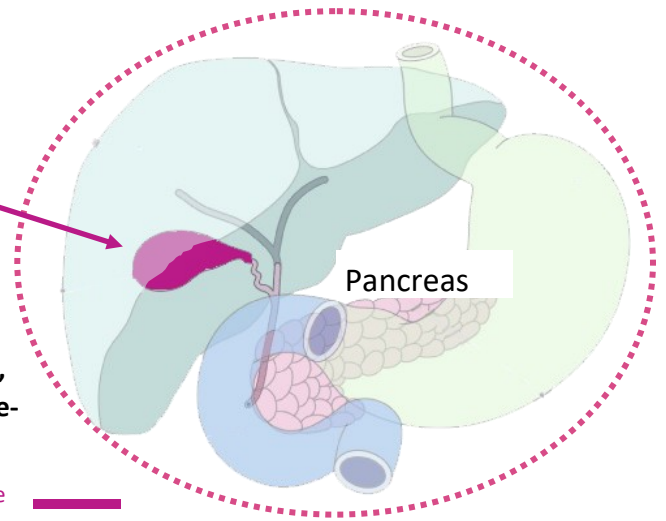


The Gallbladder



The gallbladder is an organ that concentrates bile produced in the liver by 5 to 10 times and store it until needed. There is a thin muscle inside the gallbladder, and when food enters the duodenum from the stomach, the stimulation causes the muscle to contract and send bile to the duodenum.

【 Bile 】

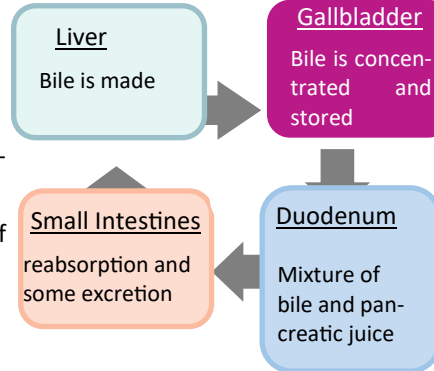
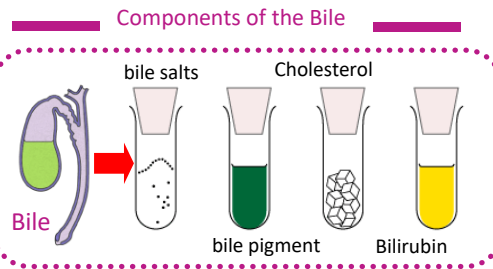
Bile aid in the digestion of fats and facilitate their absorption, but it is not a digestive enzyme. Bile contains bile salts, bilirubin cholesterol, etc. Bile salts not only help the function of lipase (enzyme that breaks down fat), but also convert fat-soluble vitamins that are insoluble in water into forms that are easier to absorb.

【 enterohepatic circulation 】

Bile made in the liver is stored in the gallbladder through the bile duct, then mixed with pancreatic juice in the duodenum and sent to the small intestine as a digestive agent. Some is excreted in the small intestine, but most of the bile is reabsorbed and returned to the liver for reuse. In this way, bile circulates between the intestine and the liver, and this is called "enterohepatic circulation".

【 If you don't have enough bile...】

Bile secretion occurs about 1 hour after eating and peaks at 2 hours. It is important to note that eating fatty foods and sweets can easily lead to a lack of bile, which puts a heavy burden on the liver. In addition, the small and large intestines are also greatly affected, as bile production is limited. Not only does it make it impossible to keep the intestines alkaline, it can also cause constipation, diarrhea, and colon cancer because fat is not broken down. In addition, since bile has the detoxifying effect of the liver and also works to excrete waste products from the body, a balanced diet is very important.



Bile salt and blood sugar

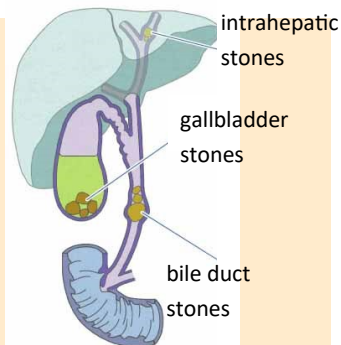
Bile salts are closely related to blood sugar levels, and it is said that people with type II diabetes and insulin resistance often lack the amount of bile salts. Proper secretion of bile is important for maintaining normal blood sugar levels.

Bile and vitamin C, green juice

Bile salts contained in bile are made from cholesterol in the liver, and vitamin C is essential for the conversion of cholesterol into bile salts. In addition, dietary fiber is important for excreting fat and bad cholesterol in the intestinal tract. Green juice is rich in dietary fiber, which catch and discharge fat and excess cholesterol.

Gallstones?

A gallstone is a stone that has accumulated in the gallbladder or bile duct as a result of solidification of bile components (cholesterol, bilirubin, etc.). When the function of the gallbladder declines and bile becomes congested, it may accumulate like tea stains. When this hardens, it becomes large and becomes like sand or stone, and is called gallstone. When gallstones form in the intrahepatic bile duct, they are called intrahepatic stones, when they form in the gallbladder, they are called gallbladder stones, and when they form in the passage leading from the gallbladder to the duodenum, they are called common bile duct stones.



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