

**Good Evening Everybody and Welcome
to Dr. Smith **Live**
This is Energy Medicine: The New Frontier
This is Episode 99
I have a special show to night:**

- **10 tips for Tuning Up Your Body**
- **10 Reasons Pineapples Are Amazing**
- **5 Phenomenal Benefits of Pumpkin Seeds
For Your Body**

**Resolving gallstone naturally: 10 Natural
Remedies for Treating Gallstones**

a. Lemon Juice

Drink 4 freshly squeezed lemons each day on an empty stomach. Continue this therapy for a week. It can help to remove the gallstones. The elimination of the gallstones gets easier when you drink lots of water.

b. Peppermint

Peppermint aids digestion by stimulating the flow of bile and other digestive juices. Plus, it has a compound called terpene that can effectively dissolve gallstones. It is also believed to help relax spasms and relieve acute gallbladder pain.

c. Dandelion

Dandelion herb helps support your liver which aids your gallbladder in its function. 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.

d. Psyllium

Psyllium is a very good source of soluble fiber, hence it is considered a good remedy for gallstones. The fiber in psyllium binds to the cholesterol in bile and helps prevent gallstones from forming. Plus, it promotes normal bowel movements, which reduces risk of the gallbladder system becoming congested. In addition, psyllium prevents constipation, a condition associated with increased gallstone formation.

e. Epsom Salts

Epsom salts dilates the bile ducts and allows the gallstones to move readily through the bile duct. Pour one teaspoon of Epsom salts into room temperature water and drink it during the evening.

f. Quebra Pedra

The herb Quebra Pedra can be manufactured into a tea and taken for the alleviation of gallstones or kidney stones and detox the liver. Put in a few teaspoons of the natural extract to 8 ounces of water. Continue this for 2-4 weeks. Natural source of lignans, glycosides, alkaloids, and ellagitannins.

g. Apple Juice and Apple Cider Vinegar

With all its health benefits, apple is also capable of dissolving gall stones when taken in the forms of juice and apple cider vinegar. The malic acid present in the apples assist in softening gallstones and vinegar stops the liver from making cholesterol that are responsible for forming stones in gallbladder. Not only does this fruit dissolve gall stones but also prevents the recurrence of gall stones as well as subsides the pain that you get during flare ups.

h. Choline

Classified as a lipotropic, or fat emulsifier. Choline keeps the liver healthy by helping to move fats from the liver to cells in the body. Choline makes phosphatidylcholine, which is crucial for making the fatty substance that is used to form cell membranes. You get choline in your diet from foods that contain lecithin, which the body breaks down into choline. Some foods that contain lecithin are rice, eggs, red meat, liver, cabbage, cauliflower, soybeans, chickpeas, lentils, green beans, split peas, and soy lecithin. Works closely with other B vitamins, especially folic acid (Vitamin B9) and cobalamin (Vitamin B12), to process fat and keep the heart and brain healthy.

Note: high levels of niacin can deplete the choline in your system.

- i. **Beets and beet tops:** juicing small amount of beets and beet tops helps thin the bile and soften gallstones (cholesterol stones). After 6 to 8 weeks of the above tips; do a gallbladder flush.

10 Reasons Pineapples Are Amazing

1. Every Serving Contains 10 Essential Nutrients

That's right, in and around all that yellowy goodness is a ton of different nutrients, including:

- Thiamine: B-1
- Riboflavin: B-2
- Vitamin B-6 (pyridoxine)
- Folate: B-9
- Pantothenic acid: B-5
- Magnesium
- Manganese
- Potassium
- Antioxidants
- Polyphenols (like beta-carotene)

As you get older, people often develop B-vitamin and magnesium deficiencies. Eating pineapple is a great way to combat that trend, while all the antioxidants are great for the health of your heart, cells, and brain.

2. Your Entire Dose of Vitamin C in One Cup

While people typically think of oranges as the best way to get their vitamin C, just one cup of pineapple also gets the job done, giving your immune system a nice boost.

3. The Only Source of Bromelain

The bromelain enzyme breaks down protein and helps to reduce inflammation. Since pineapple is the only known source, it has been eaten for centuries to treat indigestion and inflammation.

4. Reduces Your Risk of Age-Related Illness

Eating more pineapple, and fruit in general, can help with all sorts of age related health problems from macular degeneration to wrinkles. The

antioxidants help to fight cancer-causing free radicals, while the nutrients help to prevent harmful deficiencies often caused by old age.

5. Relieves Asthma Symptoms

Beta-carotene is a nutrient found in pineapples that can actually help lower your risk of developing asthma, and can help relieve asthma symptoms. Broccoli, mangoes, pumpkin, carrots, and cantaloupe are also good for the same reason.

6. Improves Fertility

If you are planning to have a baby any time soon, pineapples are a must have. Vitamin C, beta-carotene, zinc, copper, and folate are all known to help naturally boost male and female fertility and pineapples are full of them.

7. Naturally Lowers Blood Pressure

Bromelain is actually a blood thinner, and so can help you naturally lower your blood pressure. It

can even act as a replacement for aspirin, provided you check with your doctor.

8. Gives Your Skin a Healthy Glow

Pineapples are good for you, inside and out. The same things that help your blood pressure, digestion, and immune system, also help your skin. Antioxidants and vitamin C both prevent free radicals from causing skin damage. Plus, vitamin C plays a vital role in forming collagen, which keeps your skin full and elastic.

9. Reduces Inflammation

Since the late 1800s pineapple has been used to treat swelling after surgery, but it can also be used for injuries like sprains and strains, or conditions like tendonitis and carpal tunnel syndrome.

10. Improves Digestion

Pineapples can help with indigestion because of the bromelain they contain and because they are full of dietary fiber. The bromelain helps break

down leftover proteins while the fiber can relieve constipation and cleanse the colon.

5 Phenomenal Benefits of Pumpkin Seeds For Your Body

1. Pumpkin Seeds are loaded with Magnesium. Most Americans are magnesium deficient. Being one of the most vital minerals, it is responsible for over 300 different biochemical reactions which are essential for your body to function properly. 1/2 cup of pumpkin seeds contains 92% of your daily value of magnesium.

2. Pumpkin seeds naturally boost testosterone. Pumpkin seeds do wonders for male sexual health. The nutrients contained in pumpkin seeds such as vitamins B, C, D, E, and K play a very important role in libido. Additionally, pumpkin seeds are loaded with zinc which is the power behind high testosterone levels.

3. Pumpkin Seeds Improve Mood and Diminish Hot Flashes. Pumpkin seeds can also help improve your mood as they contain tryptophan which is needed to produce serotonin in the brain. Pumpkin seeds can also help with hot flashes due to the magnesium, which helps to balance your body temperature.

4. Pumpkin Seeds Can Fight Cancer. Pumpkin seeds contain compounds known as cucurbitacins (class of bitter steroids, found in plants that is cytotoxic). A New study, found that these compounds are known to fight cancer and kill different types of cancer cells.

5. Pumpkin Seeds can help you with Insomnia. Tryptophan, contained in pumpkin seeds, is an amino acid that aids in the production of melatonin and serotonin, which is responsible for our sleep/wake cycle. Thus,

eating pumpkin seeds will help you fall asleep easier.

Researchers at New Mexico Highlands University (NMHU) discovered that walking dramatically boosts blood flow to the brain, boosting cognitive function.

Shocking study reveals patients who go to the hospital on a weekend are more likely to die within 30 days. The report also showed that weekend admission elevated the odds of a longer hospital stay. According to the researchers, this weekend effect stemmed from a lack of inpatient and outpatient services during weekends. The experts stressed that more seasoned senior doctors were rarely available on Saturdays and Sundays. The report highlighted the staff shortage during weekends, which negatively impacted certain procedures such as x-rays, blood tests, and vital scans.