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# August 2020 Vitalit-E-News References

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

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## **Beautiful Beets**

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"Beets Health Benefits, Nutrition, Cooking Tips." https://www.gallbladderattack.com/blog/beets-health-benefits-nutrition-and-cooking-tips/

"What's New and Beneficial about Beets?" http://www.whfoods.com/genpage.php?tname=foodspice&dbid=49

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

Recipe source: Medicine Talk team

#### The Golden Nutraceutical: Turmeric

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### Support Digestive Health with Ox Bile

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## Osteopathic Manipulative Therapy for Gallbladder Dysfunction

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