

# Murphy's Sign Test Liver/ Gallbladder Screening

*"What if there was a way we could screen every patient in a few seconds to see if there was a problem brewing with a swollen gallbladder?"*

It really is true, "a chain is only as strong as its weakest link." As research broadens, we continue to see a convergence between different systems of the body. It seems like everything affects everything; for example, hormones affect the way our nervous system functions. The nervous system has a powerful effect on the immune system, and the immune system has an expanding role in how the hormone system functions; and what we call the total toxic load of the individual has an equally significant role in each of these systems.

Neurotransmitters, cytokines, endorphins, interleukins are all chemical messengers that talk to the body turning "on" and "off" bodily systems. Let me give you a specific example most of us are familiar with. The thyroid makes T4; however, the liver and kidney convert T4 to its metabolically active counterpart T3 which is used by the



cells. We can have sufficient T4 but if the liver is not physiologically healthy, the conversion to T3 is impaired.

Truly we are more than the sum our parts. This is one reason why I have heard many of the great physicians of the mid 1900's say "whenver you get a tough patient, make sure you address the liver, the liver is the LIVER of the body."

Let's go a step further. What happens when the gallbladder is underactive because the bile is thick, sludgy, and sticky? The liver can't drain

properly, and the result is a physiologically underactive liver. However, if not allowed to drain, it will eventually affect other systems like the under conversion of the T4 to T3 as I mentioned. What if there was a way we could screen every patient in a few seconds to see if there was a problem brewing with a swollen gallbladder? Remember, poor gallbladder function means poor liver function. Before I discuss the test, let me remind you that one important gallbladder mucosa function is to recover sodium, chloride, bicarbonates, and other

small electrolytes necessary to keep a healthy acid/alkaline balance. In this way the gallbladder helps alkalize and maintain intestinal pH for healthy gut flora and discourages pathogenic bacteria, fungal forms like candida, and many types of amoeba and parasites from taking up residence.

If the liver and gallbladder are doing their job of making and releasing healthy bile, many of the GI problems we see today would not exist. Unfortunately, the American diet is not conducive to healthy bile flow whether it is from the abuse of hydrogenated oils, excess sugar and refined carbohydrates, or the reduction of fiber. Bile often becomes thick and sluggish and as a result, the gallbladder becomes tender and swollen.

It's amazing to me how many people have this problem. Sugar cravings, hormonal issues, gas, bloating, inability to tolerate fatty meals, headaches, pain between the shoulder blades or under the left shoulder, or just a generalized feeling of discomfort after eating can all be attributed to biliary stasis. Have I got your attention? Optimal gallbladder function and healthy bile means a healthy bowel. Can you see why this is such a valuable test?

The functional test I am referring to is called the Murphy's sign and here's how to do it:

- Have the patient lie on their back with their knees bent.
- Slowly insert the tips of your fingers (palm side down) under the rib cage on the patient's right side; approximately 3-4 inches from the xiphoid process as the patient inhales.

- Point your fingers toward the gallbladder.
- Watch their facial expression and if they wince, gasp for breath or make a face, you know the sign is positive for a swollen/unhealthy gallbladder.

When you do this test it is important to go slow and be sensitive to tenderness. You will be surprised how many people have a positive Murphy's sign.

If the Murphy's sign tests positive, use organic beets, taurine, vitamin C, and pancrelipase to thin bile and open the flow. One of my mentors always used to say as surely as paint thins paint, beets thin bile; and that has been my experience over the years as well.

My favorite product for this is Beta-TCP. Start with 2 tablets and increase to 4 tablets with each meal over a 4 week period if they have a gallbladder. If the gallbladder has been removed or stools are light or clay colored use Beta Plus instead as it contains bile as well as the organic beets. The dose for Beta Plus is 1-3 tablets with each meal.

You'll know the problem is fixed when the tenderness is gone. The Murphy's sign test is a quick test and easy to master. There's a link below for information about Beta-TCP and biliary insufficiency.

The liver/gallbladder connection is a big deal. Don't take it lightly. In more ways than we can understand, it can affect all the systems of the body.

Thanks for checking in again this week. I'll see you next Tuesday.