

ISSUE MARCH 2023

31 NEWSLETTER



WATER STREET HEALTH SERVICES

Providing health care through Christian faith & guidance.

210 South Prince Street, Lancaster PA 17602 • Phone: (717) 358-2017 • Fax: (717) 393-1017

Bile Salts: What are they, how do they work? 9+ reasons you need them.

By Dr. Axe

Are you suffering from gas, bloating, and abdominal pain and yellowing on the skin? You may be dealing with a bile or bile salts deficiency. A bile dysfunction can alter the health of your liver, gallbladder, colon and skin – Leading to inflammation and the buildup of fats and toxins.

Bile is a digestive liquid that's produced in the liver and contains bile salts and other substances that help to break down fats from our diet. Each day, the liver produces approximately 500-600 milliliters of bile, which consist primarily of water and electrolytes, but also contains organic compounds like bile salts, cholesterol, phospholipids, bilirubin and ingested compounds, such as proteins.

Bile, which is a greenish-yellow secretion, is in charge of aiding the digestion of fats in the duodenum, the first region of the small intestine. Waste products are also eliminated from the body when they are secreted in to bile.

Bile is continually secreted from the cells of the liver and then passed to the gallbladder, which is attached to the liver and rests on top of the small bowel. In the gallbladder, bile is stored and concentrated by the absorption of water and small electrolytes.

The body will store bile and other secretions until they are needed to perform digestion. After we eat, our bile duct opens and allows bile, enzymes and secretions to do their jobs.

Bile salts are the main organic component found in bile. They allow the body to excrete cholesterol and potentially toxic compounds, like bilirubin and drug metabolites. Bile salts are synthesized in liver cells that are called hepatocytes, then stored in the gallbladder and secreted into the first part of the small intestine. Then they are reabsorbed and returned to the liver, where they are recycled and used by the body again. 9 Benefits of Bile Salts are:

1. Eliminate Cholesterol and Toxic Compounds
2. Fight Infectious Agents
3. Promote Gallbladder and Liver Function
4. Help Dissolve Gallstones
5. Allow for the Digestion and Absorption of Fats and Nutrients
6. Affect Bacteria in the Gut
7. Help Control Blood Sugar Levels
8. Trigger the Release of Glutathione
9. Eliminate Bilirubin

"No longer will a man teach his neighbor, or a man his brother, saying, 'know the Lord', because they will all know me, from the least of them to the greatest. For I will forgive their wickedness and will remember their sins no more" **~Hebrews 8:11-12**

PHYSICAL THERAPY

For appointments, stop by the clinic front desk or call 717-358-2017. Appointments are available from 1-4 pm every Wednesday.

WSHS medical clinic accepts all uninsured, no income and under 250% poverty income level patients. For questions, call 717-358-2017 during clinic hours of operation.

WSHS Dental Clinic is operating by volunteer hours. The clinic will contact patients whenever there is an available appointment. If you need immediate care, please call the following resources:

Hope Within Ministries:

4748 E Harrisburg Pike, Elizabethtown, PA 17022, call: 717-367-9797

Union Community Care: Multiple Locations, call 717-299-6371

PRESCRIPTION REFILL INSTRUCTIONS & MEDICINE PICK-UP

With at least 48 hours in advance, please bring your medicine bottles to WSHS during clinic hours of operation or call (717) 358-2012.

THANK YOU FOR YOUR GIFT-IN-KIND DONATIONS TOTAL FOR FEBRUARY IS \$2,803.41

ORGANIZATIONS & EDUCATORS THAT PARTNERS WITH THE CLINIC

NAAMAN CENTER: Provides individual counseling, Outpatient Treatment & group sessions for WSM guests on Wednesdays & Thursdays afternoons 1:30-3:30pm.

For admissions call: 844-888-8085

DIABETES CLASS: Jean Langenbach, RN meets every 2nd & 4th Thursday of the month on Thursdays afternoon from 3:30-4:30pm.

For admissions call the clinic nurse line 717-358-2016

MENTAL HEALTH COUNSELING

Individual counseling is available for WSM guests Monday through Friday. Contact the Access Center to Schedule an appointment.

CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday evening March 26, 4:30-8:00pm

Fridays, Saturdays & Sundays

CLINIC HOURS OF OPERATION

New Donation Hours for 2023

Monday & Wednesday 9AM—12PM

Monday 4PM— 7PM

Thursday 1PM—4PM

Day	Medical	Dental	Registration
Mon	9 AM—12PM 5PM—8PM	CLOSED	CLOSED
Tues	CLOSED	By Appointment	9 AM—12PM 1PM—4:30PM
Wed	9AM—12PM	By Appointment	CLOSED
Thursday	2PM—5PM	By Appointment	9AM—12PM

Water Street Health Services does not accept expired, opened, or damaged donated items.

CLINIC CLOSED ON HOLIDAYS

New Year's Day
Martin Luther King Jr.
Memorial Day
Juneteenth
Independence Day July 4th
Labor Day
Thanksgiving Day
Christmas Day