

Bile and Bile Acids

Quality of bile and nature of one's microbiome drive major aspects of gut and cardiometabolic health.

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Bile acids and the gut microbiota: metabolic interactions and impacts on disease

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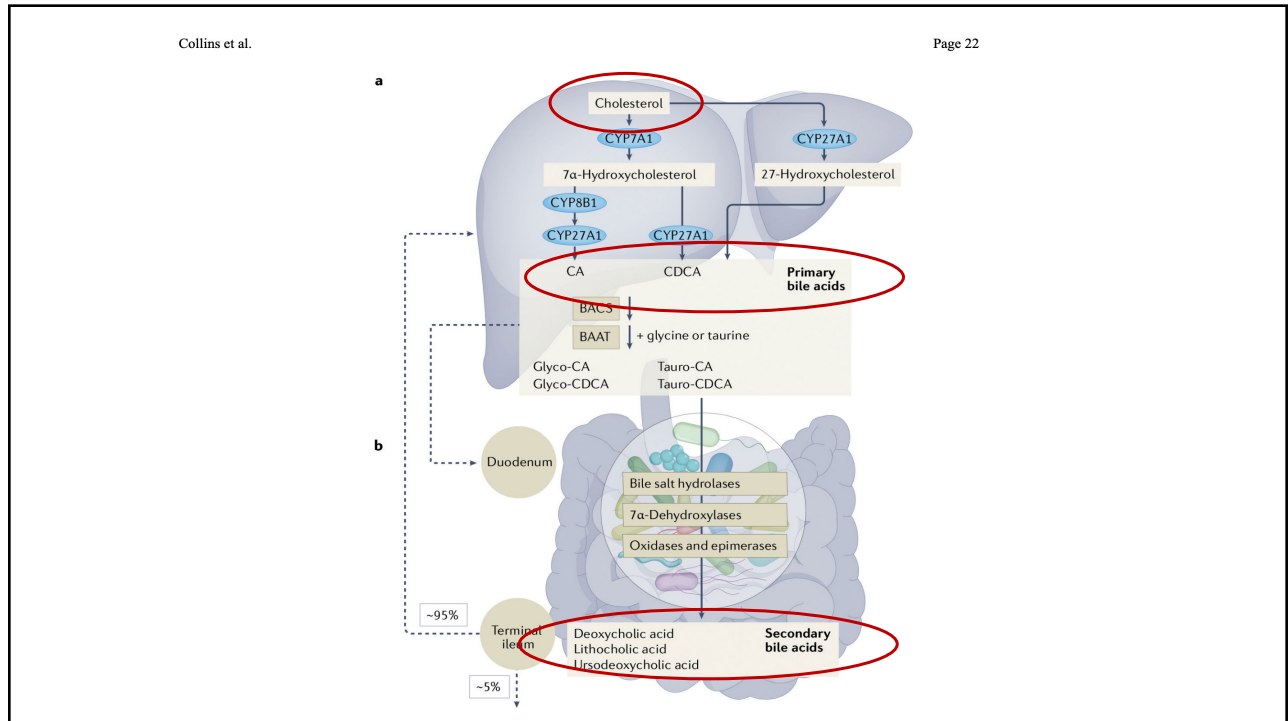
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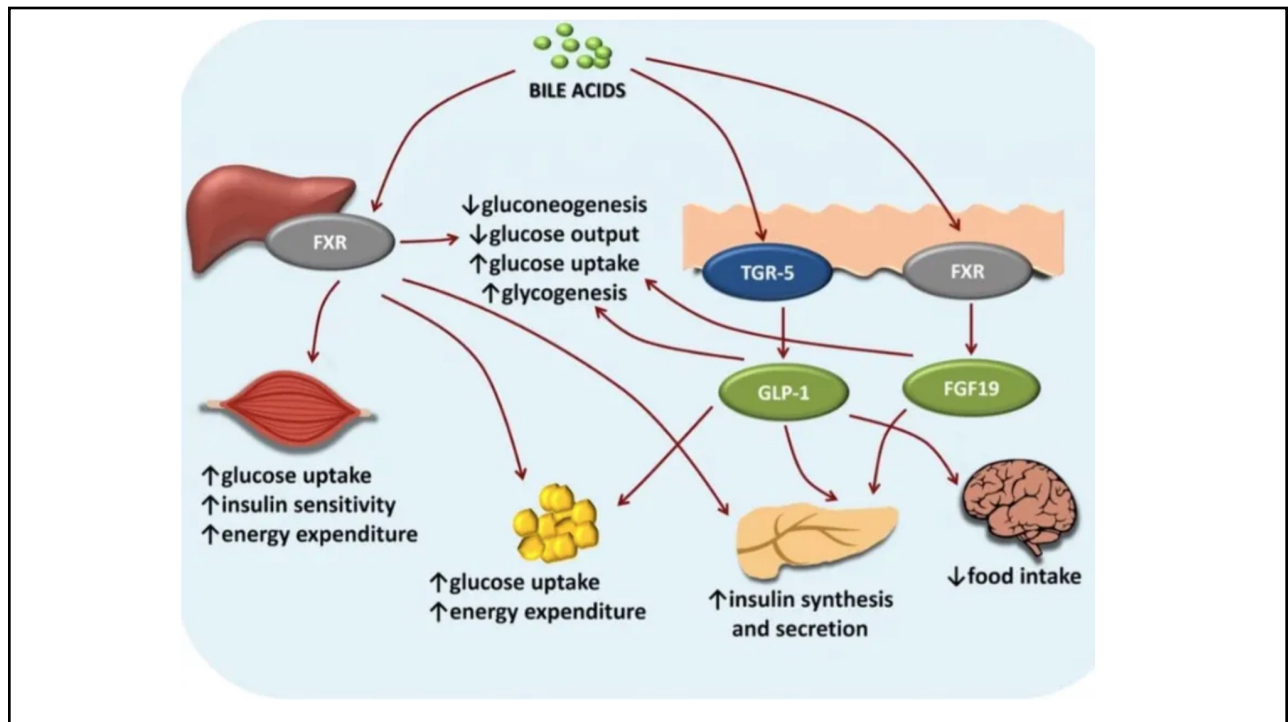
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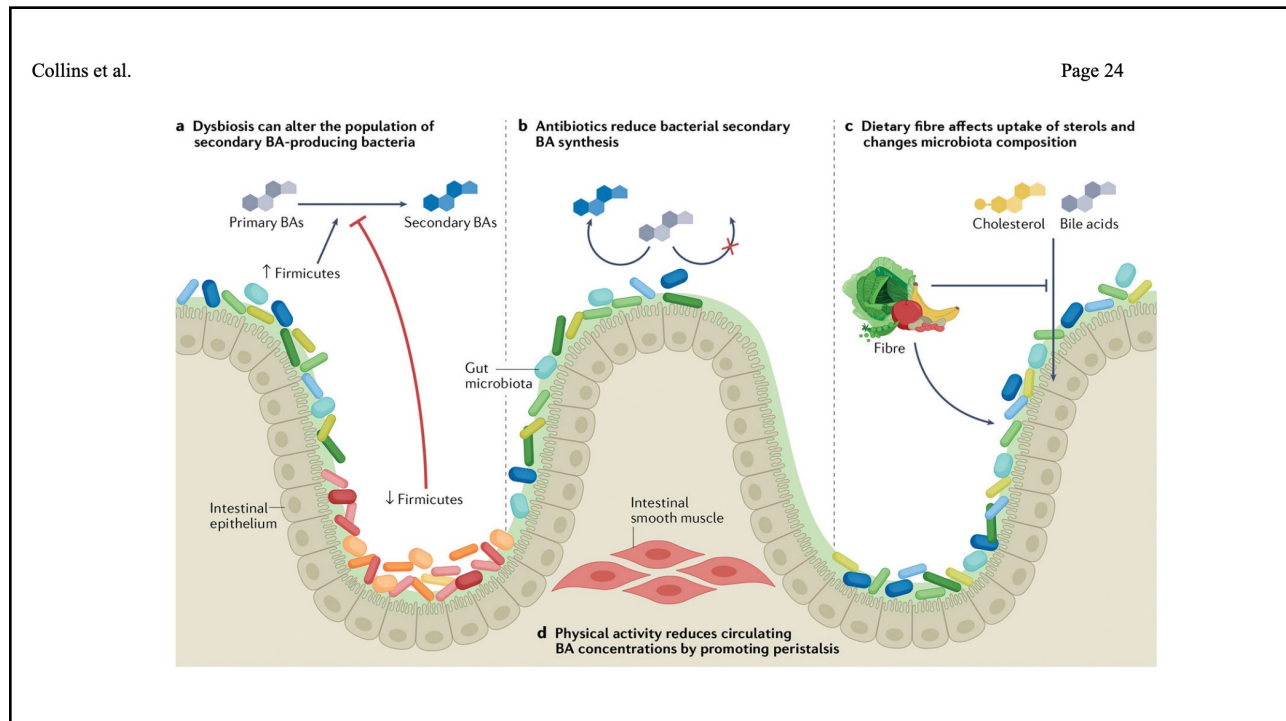
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- Top Sources of Fats/Oils:
1. Black Seed Oil
 2. Freshly-Ground Flaxseeds/Cold-Pressed Flaxseed Oil
 3. Extra Virgin Olive Oil
 4. Sardines/Mackerel/Wild Salmon and Oily Fish
 5. Avocados/Avocado Oil
 6. Raw Almonds
 7. Raw Pecans
 8. Grass-Fed, Whole Milk Yogurt
 9. Extra Virgin Coconut Oil
 10. Pasture-Raised Butter

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Top Vegetables:

1. Dandelion Greens
2. Watercress
3. Mustard Greens
4. Arugula
5. Radicchio
6. Beets
7. Collard Greens
8. Endive
9. Artichokes
10. Brussels Sprouts

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Worst Foods (based on the changes caused in bile acid viscosity)

1. Donuts
2. French Fries
3. Fried Chicken
4. Bacon and Any Fried Pork Product
5. Pastries / Cookies
6. Soda/Soft Drinks
7. Fried Seafood (clams, shrimp, fish)
8. Fried Dough and Any Fried Flour Product
9. Potato Chips
10. Tortilla Chips

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