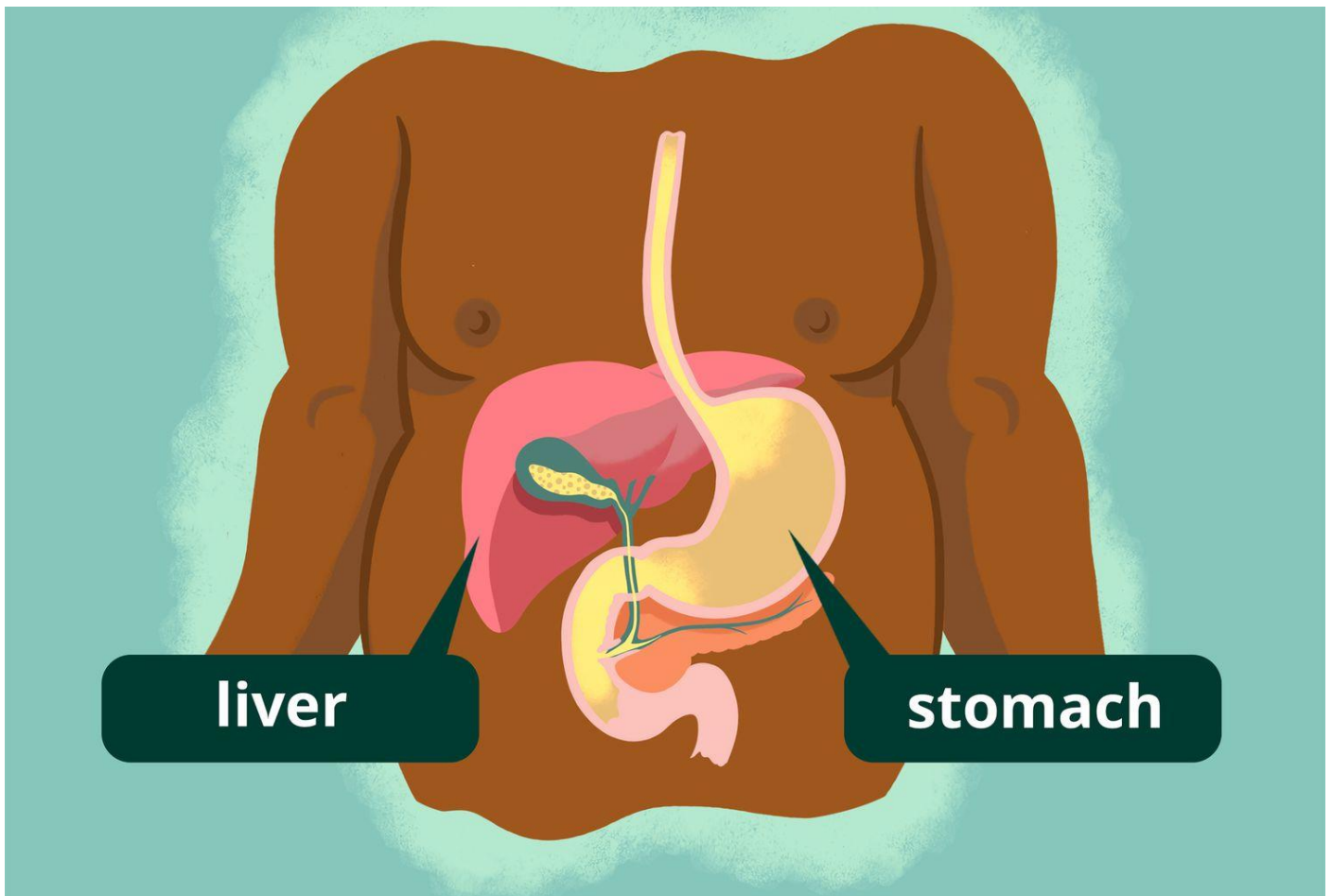


# Understanding Chronic Cholestasis



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data.

## About Chronic Cholestasis

Chronic cholestasis is a condition characterized by a prolonged reduction or stoppage of bile flow, which can lead to the accumulation of bile acids in the liver and bloodstream. This can result in jaundice, itching, and other complications. Causes of chronic cholestasis include liver diseases such as primary biliary cholangitis, primary sclerosing cholangitis, and certain genetic disorders.

## Home Remedies

- **Milk Thistle:** Known for its liver-protective properties, milk thistle can help support liver function.
- **Dandelion Root:** Consuming dandelion root tea may help stimulate bile production.
- **Turmeric:** Incorporate turmeric in your diet for its anti-inflammatory and liver-supportive benefits.
- **Lemon Water:** Drinking lemon water can help stimulate liver function and bile flow.
- **Fiber-Rich Foods:** Include foods high in fiber, such as fruits, vegetables, and whole grains, to support digestive health.

## Do's and Don'ts

### Do's:

- **Follow Medical Advice:** Take medications and follow treatment plans as prescribed by your healthcare provider.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight to support liver health.
- **Adequate Hydration:** Drink plenty of water to stay hydrated and support liver function.
- **Regular Monitoring:** Regularly monitor liver function and bile acid levels as advised by your healthcare provider.
- **Hygiene:** Practice good hygiene to prevent infections that could exacerbate liver conditions.

### Don'ts:

- **Avoid Alcohol:** Refrain from consuming alcohol, which can worsen liver damage and interfere with bile flow.
- **Limit Fatty Foods:** Reduce intake of high-fat and fried foods that can be difficult for the liver to process.
- **Avoid Unnecessary Medications:** Avoid over-the-counter medications and supplements that can stress the liver without consulting your doctor.
- **Prevent Exposure to Toxins:** Avoid exposure to environmental toxins and chemicals that can harm liver function.

## Dietary Recommendations:

For chronic cholestasis, a balanced vegetarian diet can support liver health and overall well-being. Focus on foods that are easy to digest and promote liver function.

Meal	Recommended Foods
Breakfast	<ul style="list-style-type: none"> <li>- Smoothie with spinach, apple, and flax seeds</li> <li>- Oatmeal with berries and a sprinkle of chia seeds</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>- Lentil and vegetable soup with whole grain bread</li> <li>- Quinoa salad with chickpeas, cucumber, and bell peppers</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>- Baked butternut squash with steamed green beans and a side of brown rice</li> <li>- Stir-fried tofu with mixed vegetables and a light ginger-soy sauce</li> </ul>