

Bile Support Guide



**RebelTM
health**

**Build Your
Resilient Gut**
MICROBIOME & BEYOND

Build Your Resilient Gut: *Bile Support Guide*

First Edition

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Bile Support Guide

Lifestyle Recommendations

- Optimize meal hygiene (See Setting Yourself Up for (Digestive) Success! Guide)
- Eat smaller and more frequent meals - temporarily, for low bile/gallstones
- Optimize hydration
- Be mindful of drastic weight changes (which can cause problems with bile production/flow)
- Regular exercise
- Optimize the microbiome (See [5 Pillars Guide to a Resilient Microbiome](#)) to optimize bile acid recycling

Dietary Recommendations

- CORE FOODS FOR BILE SUPPORT:**
Bitter greens or digestive bitters supplement with or before meals, lemon water, cruciferous vegetables, egg yolks (in moderation if stones are present), liver, salmon, dark poultry, soybeans, high-fiber foods
- ADDITIONAL CONSIDERATIONS FOR GALLSTONES SPECIFICALLY:**
Reduce fat intake, only small amounts of healthy fat (olive oil) to stimulate bile flow without overburdening

Supplements to Consider

- CORE SUPPLEMENTS TO SUPPORT OPTIMAL BILE STATUS:**
[MegaGuard](#) (bile flow and motility)
- [TUDCA](#) (liver, bile flow, bile acid recycling, etc...)
- TO CONSIDER WITH INSUFFICIENT BILE, GALLBLADDER REMOVAL, ETC....:**
Ox Bile (post-gallbladder removal - aids in digestion of fats)
- [Holozyme](#) (full spectrum digestive enzyme - aids in digestion of fats)
- [HCLGuard+](#) (supports stomach acid and bile release signaling)
- Choline/Phospholipids (phosphatidylcholine) and taurine (for bile production)
- Dandelion root, milk thistle, artichoke leaf extract, ginger
- Digestive bitters (to stimulate bile flow)
- SPECIAL CONSIDERATION FOR GALLSTONES:**
Magnesium to relax bile ducts and prevent bile stasis ([MagnesiumHP](#))