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LOW BILE SALTS



My son just recently had a stool test done and it came back with low bile acid. I was wondering if I could give him bile salts? Could be an issue with his liver or gallbladder since he is low in bil

Low bile salts is generally indicative also of low bile acid and therefore reduced digestive capability. Bile acids are the detergent produced by the liver from cholesterol to help break down fats and oils in the diet so that the body can absorb them, including the fat soluble vitamins A, D, E and K.

Common symptoms of low bile acid/ impaired bile flow

- Jaundice
- Poor growth
- Liver or spleen enlargemen
- Bleeding
- Rickets (Vitamin D deficiency)
- Liver disease

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LIMITED TIME

Causes of low bile salts

- Poor gut bacteria
- Recent anti-biotic therapy
- Low digestive pH levels
- Side effect of pharmaceutical medications
- Decreased liver and gall bladder function



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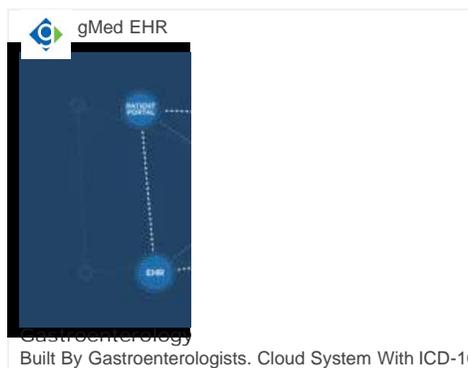
Functions of bile acids

- Eliminating cholesterol from the body
- Driving the flow of bile to eliminate catabolites from the liver
- Emulsifying lipids and fat-soluble vitamins in the intestine to form micelles that can be transported via the lacteal system
- Aiding in the reduction of the bacteria flora found in the small intestine and biliary tract



Diet tips for low bile salts

- Begin each day with a glass of warm water with ½ lemon squeezed in it. Lemon juice stimulates digestive and liver function, including the gall bladder
- Consume good raw oils in your diet. Foods which contain good oils are raw olive oil, fish oil capsules, flaxseed oil capsules, fish, nuts and seeds and avocados
- Reduce saturated fats (animal fats and dairy foods), transfatty acids, processed foods and simple sugars. Saturated fats and transfatty acids are commonly found in foods such as cakes, cookies, biscuits, bakery foods, margarine, donuts, processed and deep fried foods
- Eat more bitter foods to stimulate liver and gall bladder function such as rocket, endive, raddichio and kale. Also eating foods high in sulphur such as garlic, brussels sprouts, cabbage, onions, broccoli, cauliflower and radish
- Introduce herbal teas such as Dandelion, Burdock, Peppermint, Green Tea, lemon and ginger to support liver detoxification, digestion and the production of bile
- Increase omega 3 essential fatty acids in the form of deep sea oily fish (Salmon, Snapper, Mackerel, Anchovies, Cod, Sardines, Halibut)
- Lecithin sprinkled on your food, cereal or in a smoothie helps to emulsify fats, lipids and oils and the break down of cholesterol and bile in the digestion due to the phosphotidylcholine



Natural remedies for low bile salts

- Probiotics increase beneficial bacteria, as an imbalance of good vs bad bacteria in the bowels is a contributing factor to poor gall bladder function and limited synthesis of bile acids
- Vitamin C and bioflavonoid help to stimulate bile movement
- Liver herbs may help to encourage liver and gall bladder herbs due to their cholagogue (bile stimulant) effects such as Globe Artichoke,

Dandelion, St Marys Thistle, Bupleurum, Citrus Peel, Greater Celandine, Agrimony, Golden Seal, Barberry, Yellow Dock, Chamomile, Ginger and Turmeric

- The amino acids Taurine, Choline (lecithin) and Methionine are beneficial for encouraging bile acid. They contain sulphur components which help to increase liver detoxification processes and stimulate the synthesis of bile and gall bladder function

Lifestyle factors for low bile salts

- Healthy bacteria in the digestive tract converts bile from the gall bladder into bile acids, low gut bacteria may therefore be a contributing factor. You may consider introducing more probiotics into the diet, especially if he has had courses of anti-biotics in the past
- Low digestive pH levels
- Address poor gut bacteria
- Address any side effects of pharmaceutical medications
- Address sluggish bowel function
- It is also recommended to take a blood test to determine the functioning of the liver, as liver complications may be a related cause. Elevated serum ALT (liver enzymes) and AST should be tested as well as bilirubin, alkaline phosphate and AST/ ALT levels
- Check gall bladder and liver function as a decline in the function of these can dramatically affect the storage of bile in the bile duct and the production of bile in the liver. Bile produced in the gall bladder ensures adequate break down of foods and also helps to lubricate the bowel



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