My 12 Step Program to a Radical Metabolism

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Here are my down and dirty steps to send your metabolism into overdrive. Pre-order *Radical Metabolism* and get ready to ignite your fat-burning fire!

1. **REMEMBER, BILE IS BEAUTIFUL!**
   For those of you without a gallbladder, with gallstones, or who are exhibiting signs of poor fat metabolism, a bile extract (known as bile salts) would be my choice to provide the missing bile to help emulsify fats. There are several bile supplements available on the market today. An ox bile supplement is considered a daily “must” for those of you who have had your gallbladder removed. You may also have to supplement with other gallbladder support as well. One product does not work for everybody, so see what works for you and slowly but surely build up tolerance. Check out Bile Builder.

2. **BEETS CAN’T BE BEAT**
   Beets thin out and move bile. Beets are chock full of betaine which is a supercharged bile rebuilder. These can be roasted, steamed or taken as beet root powder. Beets can also be grated raw in salads or juiced in a combo along with carrot, celery and cucumber juice. Beet root concentrate can also be taken in a tablet form.

3. **ADD SOME ARTICHOKE**
   Artichokes are a wonderful bile-producing food and also support overall liver function.

4. **BITTER IS BETTER**
   Encourage your liver’s bile production, aid digestion and build vitality by eating nutrient-rich bitter herbs and greens with your meals. Experiment by adding dandelion greens, arugula, radicchio and endive to your salad.

5. **LOAD UP ON LECITHIN**
   Lecithin, from non-GMO soy or sunflower seeds, is one of the primary emulsifying or detergent-like agents in bile. It breaks down fats and makes them easy to digest. It also keeps cholesterol moving through the bloodstream and prevents blockage.

6. **OPT FOR ORTHOPHOSPHORIC ACID**
   This liquid substance is a natural remedy to help dissolve gallstones and remove blockages, providing relief from discomfort.

7. **DRINK HOT WATER WITH LEMON FIRST THING IN THE MORNING**
   This daily Fat Flush ritual helps thin bile to get it moving. It is also a great way to gently cleanse your liver and detoxify your system.

8. **ENJOY APPLE CIDER VINEGAR**
   A miracle in a bottle that cures all sorts of woes, apple cider vinegar contains malic acid, which aids in digestion and thins out bile.
9. CONSIDER HCL SUPPLEMENTATION
Start at moderate doses as low as 250 mg per capsule and work your way up according to tolerance. HCl is best combined with pepsin, another stomach digestive aid and sometimes is formulated with ox bile for more complete digestion.

10. LOOK FOR LIPASE
For most efficient absorption and assimilation of Smart Fats, you might consider adding lipase. This is a digestive enzyme secreted by the pancreas, which breaks down fats and oils into small particles. In my testing, lipase is one of the most highly deficient enzymes for just about everybody.

11. TRY TAURINE
This is a very important amino acid commonly deficient in those with allergies and multiple environmental sensitivities. It is required by the liver for the removal of toxic chemicals, drugs and metabolites from the body. It is a key component of bile acids made in the liver. It is commonly deficient in vegetarians because it derived from organ meats and other animal proteins.

12. GET CLEAR ABOUT CHOLINE
While typically used for cognitive improvement and muscular endurance, this vitamin is key for regenerating the part of your liver that makes bile. Choline functions as a powerful emulsifying agent making fats easier to digest. And, it is a most outstanding nutrient to remedy a fatty liver. Choline is contained in our Bile Builder.

MOVING FORWARD
There are no quick fixes, but Radical Metabolism comes close. It’s the nearest thing to a “quick fix” I’ve ever written! I hope my 12 Steps will empower and motivate you for a lifetime of soaring metabolic health.