

HOW TO DIGEST FAT

WITHOUT A

GALLBLADDER

JUST ENOUGH FAT



Eat just enough fat to keep you in ketosis. Measuring your blood ketones will help you determine how much fat you need.

CONSUME THE RIGHT FATS



Medium-chained triglycerides (MCTs) are absorbed quickly without gallbladder assistance. Choose coconut, palm & MCT oils.

EAT SOLUBLE FIBER WITH FAT



Soluble fiber draws water into the colon so you digest a little slower, making it easier on the liver.

TAKE SUPPLEMENTS



Supplement with pancreatin (a digestive enzyme) or ox bile salts, to help break down and emulsify fat so it can be more easily digested.