

## Aids for Digesting and Assimilating Fats

- lemon, citrus
- ginger
- taurine
- garlic
- ACV
- wheatgrass juice
- bitter/greens: arugula, dandelion (via alkaloids in greens)
- turmeric
- capcaisin via cayenne/jalapeno
- ox bile
- Digestive Enzymes
- wormwood, rue, Angelica, Chamomile, Dandelion, Goldenseal, Horehound, Milk Thistle, Peppermint, Yarrow; via tea
- Kombucha
- coconut water
- HCL / Pepsin
- Lipase
- Swedish Bitters from Maria Treban