

Liver & GallBladder Flush

ITEMS NEEDED

- Organic no sugar added, not from concentrate apple juice
- Organic cold pressed Olive Oil
- Organic no sugar added lemon juice
- Epsom Salts
- Organic Red Grapefruit Juice



Do once per week for 4 weeks

PREPARATION

Step 1 Eat low-fat on the day of the liver flush

Step 2 At 6 PM stop eating or drinking

Step 3 At 8 PM mix and drink:

- 8oz apple juice w/1 tbsp. Epsom Salts
- Mix epsom salts until fully dissolved.

WITHIN 1 – 2 HRS. YOU MIGHT HAVE A VIGOROUS BOWEL MOVEMENT.

Step 4 At 10PM mix and drink:

- 4 oz red grapefruit juice (1 regular grapefruit)
- 4 oz olive oil
- 4 oz lemon juice
- Chug-a-lug this delicious 12 oz drink as best you can.

Step 5 Immediately lay down:

lay on your right side and bring right leg up near chest for about 45 minutes. Just try to sleep through the night on right side close to fetal position.

Next AM optional

Repeat apple juice and Epsom Salts mix

Notes:

If you don't have a BM within 1 –2 hrs of taking the apple juice/Epsom salts, continue with the rest of flush instructions. On your next attempt at a flush, stop eating at 4PM and do AJ/ES at 6PM and again at 8PM (if needed to stimulate BM) and continue with rest of flush as above. Conversely, if you have a very short transit time - go easier on the Epsom Salts and drink. Just enough to give you a good BM before the flushing concoction.

It is common to experience an upset stomach or nausea for a period of time.

Some aids for upset stomach are; fresh ginger, ginger tea, digestive enzymes and HCL supplements.

**This is not recommended for treatment of any disease and/or condition but only for therapeutic cleansing purposes. It is recommended that you consult with your doctor or physician for any medical concerns before doing this flush.