



GALL BLADDER AND LIVER FLUSH

The following instructions can be helpful to cleanse liver and gallbladder of sludge. If you have a medical challenge please consult your Health Care Provider.

It is a preventative measure that is initially used to expel gravel, and then can be used periodically for maintenance.

- Monday through Saturday noon. Drink one quart of organic, unfiltered apple juice, in addition to your regular liquids and meals. Take your supplements as usual.
- Saturday noon: Eat your normal lunch.
- Three hours later: Take 1 tablespoon of Epsom salt dissolved in 5 ounces of water. This acts as a laxative, which will help the expulsion process. Epsom salt does not taste very good; drink a little fresh grapefruit juice right after, if necessary.
- Two hours later: Repeat the above step.
- Dinner Saturday night: Have grapefruit juice for your meal.
- Bedtime: Drink ½ cup of warm, organic, extra virgin olive oil blended with ½ cup of fresh lemon juice, preferably home made.
- After this, go directly to bed. Lie on your right side with your knees pulled up close to your chest for 30 minutes. Keep in mind that it is perfectly normal to experience nausea after drinking this olive oil mixture. It will pass as you fall asleep.
- Sunday morning: One hour before breakfast, take 1 tablespoon of Epsom salt dissolved in ¼ cup warm water. Resume your regular, healthy eating plan.
- When you have your next bowel movement, you should notice small gallstone-type objects in the stool. They range in color from light to dark green and in size from sunflower seeds to cherry pits.
- If you see a large number of stones, the flush should be repeated in about one month.

This flush can be done once a year for maintenance. When your liver is functioning well the whole body benefits.