



## Gall Bladder and Liver Flush

The following instructions can be helpful to cleanse the liver and gallbladder of sludge. If you have medical challenges please consult your health care provider before proceeding.

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

You have 3 options - please follow the one you were recommended as a preparation before the actual flush.

Consecutive 6 days follow **one** of the options listed below:

**ONE:** Combine one quart of unfiltered apple juice with 60 drops of Phosfood liquid in addition to your regular liquids and meals drink throughout the day and finish before dinner.

**TWO:** Combine 1 cup unsweetened cranberry juice with 3 cups water. Add 60 drops Phosfood liquid & drink throughout the day and finish before dinner.

**THREE:** Combine 60 drops Phosfood liquid with 1 quart water & drink throughout the day and finish before dinner.

**FOUR:** Instead of Apple juice you may mix 1 teaspoon of Malic acid in 1 quart of water & drink throughout the day as before. Please note you still want to add 60 drops of liquid Phosfood into this mixture.

### The Actual Flush takes place on the Sixth day

- Eat your normal breakfast and have lunch between Noon and 1:00 PM
- For dinner have grapefruit juice for your meal by 5:00 PM
- 6:00 PM - 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.
- 8:00 PM - Repeat the above step.
- 10:00 PM Drink 1/2 cup of warm, organic, extra virgin olive oil blended with 1/2 cup of fresh lemon juice (or fresh grapefruit juice), preferably homemade from organic fruits. Whipping them in a blender will make it taste better.
- After this, go directly to bed. Lie on your right side with your knees pulled up close to your chest **or** on your back with your head propped above your heart for 30 minutes. Keep in mind that it is perfectly normal to experience nausea after drinking the olive oil mixture. It will pass as you fall asleep.
- Morning of seventh day - One hour before breakfast drink 1 tablespoon of Epsom salt dissolved in 1/4 cup warm water. Resume your regular healthy eating plan.
- When you have your next bowel movement you should notice small pea 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 these objects then the flush can be repeated in about one month.
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The GBL flush can be done once a year for maintenance when your liver's function is healthy your whole body benefits.

**NOTE:** For best results it is recommended to avoid taking your supplements and eating meat products, fried foods, dairy, sugar, caffeine, and white flour products the week of the GBL preparation.

PS. For more information please refer to a book by Andreas Moritz – The Gallbladder and Liver Miracle Cleanse.

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