

One Week Liver and Gallbladder Cleanse

(People who do not have a gallbladder can do this cleanse ... you just clean your liver)

THIS CLEANSING OF THE LIVER AND GALLBLADDER STIMULATES AND CLEANS THESE ORGANS AS NO OTHER METHOD.



You will need:

- 6 quarts' apple cider
- 6 teaspoons Epsom salts
- ½ cup cold-pressed olive oil
- ½ cup lemon juice

The liver & gallbladder cleanse is an important detoxifying agent. It helps restore normal functional capacity of the liver & gallbladder and if an individual has gallstones

NOTE:

- *This cleanse is NOT recommended for:*
 - people under 25 years of age
 - pregnant women, or
 - People with known large gallstones (larger than a dime ... this can be determined by an ultrasound). These individuals can still do this cleanse but MUST FIRST have the large gallstones shattered by sound waves by their doctor.
- *Plan to stay home the evening of the 6th day.*

LISTED BELOW ARE THE STEPS TO FOLLOW:

- Day 1 through 6, drink 1 quart of apple cider **DAILY** (fresh extracted vegetable juices may be substituted for apple cider).
 - It is preferable that you purchase additive-free apple cider.
 - Keep your diet vegetarian style (fat free) for a more thorough cleansing. Eat as much as you like of fat free foods.
 - Continue with your regular supplements.
- At noon on Day 6 eat a normal vegetarian lunch.

- Three hours later, take two teaspoons of Epsom salts dissolved in about one ounce of hot water. That taste may be objectionable to some people. If so you may follow Epsom salts with a little citrus juice (fresh squeezed if possible).
- Two hours later, repeat step three.
- Four your evening meal on Day 6 you may have only citrus juices or citrus fruits (eg. grapefruits, oranges, etc.)
- At bedtime, in a blender, whip ½ cup of warm olive oil (cold-pressed) with ½ cup of lemon juice. (It is better to use fresh lemon juice, but bottled juice is permissible.)
 - Drink the mixture quickly – do not sip slowly.
 - (Some people occasionally reported slight to moderate nausea when taking the olive oil & lemon juice. This nausea will slowing disappear when you go to bed. If the olive oil induces vomiting, you need not repeat the procedure. This occurs only in rare instances.)
- Following step six, go immediately to bed. Lie on your right side with your right knee pulled up close to your chest for at least 30 minutes.
- The next morning, one hour before breakfast, take two teaspoons of Epsom salts dissolved in two ounces of hot water. (Your bowels will be loose and move frequently for the next 2 to 2 ½ hours due to the Epsom salts, so you must allow time to be home for that time.)
- Resume your normal diet on Day 7 & continue your normal nutritional supplements.

NOTE:

People who have chronically suffered from gallstones, biliousness, backaches, nausea, etc. occasionally find small gallstone-type objects in the stool on Day 7. These objects are light green in colour. They are very irregular in shape, gelatinous in texture, and vary in size from grape seeds to cherry pits. If there are several of these in the stool, you should repeat the liver cleanse in two weeks.