

Liver/Gallbladder Flush (7-day program)

1. Day 1-6

- a. Eat 4-6 apples (green apples like Granny Smith work best) or drink 4-5 glasses of organic, unfiltered apple juice from morning to night. (You can eat normally, unless you have experience fasting. Fast only under supervision.)
 - b. Approximately 1 hour before bed mix:
 - 2 tbsp (30ml) olive oil* - cold pressed is best
 - 2 tbsp (30ml) lemon juice - freshly squeezed is best (or use grapefruit juice).
 - 8 oz of filtered nonchlorinated water (use hot water if you want)

Drink down and go to bed and lie on right side. Repeat for 6 days.

2. Day 7 - Give yourself an enema first thing in the morning.

- a. Repeat step 1a
 - b. 1 hour before bed mix:
 - 2/3 cup (200ml) olive oil*
 - 1/3 cup (100ml) lemon juice
 - 8 oz filtered, nonchlorinated water

Sip slowly, when done go to bed and lie on right side.

In a.m., give yourself a chlorophyll or coffee enema or have a colonic. This step is a must, because if your colon is not cleared completely prior to this flush you will experience unpleasant symptoms such as; nausea, heartburn, cramping, headaches etc. These symptoms are due to the toxins in the stagnant bile that has been flushed out of the gallbladder into the intestines and the blood.

Please note: For those of you who have a very congested Liver/gallbladder, it may be necessary to use herbs that stimulate liver and that stimulate bile production.

* You can warm up the olive oil if you prefer, by placing glass in pot of hot tap water. (Do not heat oil on stove!)