



Liver and Gall Bladder Quick Flush

Items needed:

- Organic no sugar added apple juice (any kind will work but this kind is recommended)
- Olive Oil (recommend organic cold pressed)
- Organic no sugar added lemon juice (any kind will work but this kind is recommended, classic coke also works)
- Epsom Salt
- Organic no sugar added (red) grapefruit juice (any kind will work but this kind is recommended)

Preparation:

Try to eat low-fat on the day of the liver flush

At 6PM stop eating or drinking

At 8PM mix and drink:

8oz apple juice w/ 1 tbslp. Epsom Salts

Mix ES until fully dissolved.

Within 1 – 2 hrs you have a vigorous bowel movement. In any case;

At 10PM mix and drink:

4 oz red grapefruit juice

4 oz olive oil

4 oz lemon juice OR classic coke

Chug-a-lug this delicious 12 oz drink as best you can. Any olive oil will do. One Ruby Red grapefruit will provide just enough juice.

Immediately lay down:

On 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.

Do once per week for 4-6 weeks

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 easy 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 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.