

ONE DAY LIVER AND GALLBLADDER FLUSH

FOR 1 DAY Only

Eat a very small breakfast; no other eating or drinking all day EXCEPT:

Drink one gallon of apple juice (100% pure apple juice or pure cider, organic is best). Then, 1/2 hour before going to bed..

- . Drink 1/2 cup fresh squeezed lemon juice (some use fresh squeezed pink grapefruit juice – NOTHING from concentrate).
- . Then 1/2 cup cold pressed olive oil (also called extra virgin, double virgin or 1st pressed olive oil). Some people mix the olive oil and juice and drink them together through a straw.
- . Lay on right side with hips elevated (use pillow) for about 30 minutes.

IMPORTANT !!!!!!!!!!!

Next 2 days make sure bowels moves at least 3 times a day. Continuing to drink the apple juice will help ensure you have at least 3 bowel movements. (If you don't your body might absorb the chemicals and toxins flushed out of the liver which are highly concentrated and can make you sick.)

Check with a competent Health Practitioner when trying to decide if this is for you.

THEORY OF HOW IT WORKS

The apple juice acts as a pre-soak loosening foreign substances in the gall bladder and the liver. It also helps to remove some stored feces in the small intestines and the colon.

The lemon juice will help shrink stones and acts as an astringent.

Laying on your right side tilts the liver and gallbladder emptying them.

The heaviness of the cold pressed olive oil when back washing through the liver and gallbladder washes any loosened foreign matter, emptying it into the small intestine, it then gets passed with feces.

CAUTION!!!!!!!!!!

The liver/gallbladder flush should not be done during gallbladder flair up or if the liver is weakened or diseased. It also should not be done if you are pregnant diabetic, hypoglycemic, or physically weak.