

## LIVER / GALLBLADDER / COLON FLUSH

\*\*\*Please consult with your physician before attempting flush.

### Day 1 through 6 (usually Monday through Saturday)

Eat your normal diet with the exception of restricting your dietary oil intake. Continue taking any nutritional supplements that you have been taking. Incorporate 3 or 4 fresh organic apples into your diet DAILY. This will likely mean that you are taking another fruit or vegetable out for the time being.

### Day 6 (usually Saturday)

Eat your normal healthy breakfast and lunch. Lunch should include a healthy green leafy salad. **TWO HOURS AFTER LUNCH:** prepare a mixture of 1 to 2 tablespoons of Epsom Salt in 3 ounces of warm distilled or spring water. Prepare 1/3 to 1/2 cup fresh squeezed lemon juice. If you are allergic to lemons, substitute grapefruit juice (not orange juice). When you are ready, **HOLD YOUR NOSE**, and swallow the Epsom salt mixture, **CONTINUE HOLDING YOUR NOSE**, drink the lemon juice and swish it around in your mouth before swallowing. **RELEASE YOUR NOSE.**

**REPEAT THE ABOVE PROCEDURE IN TWO HOURS.**

**FOR DINNER:** You may not be hungry, but if you are, eat only fresh grapefruit (organic is preferred). If you have a problem with grapefruit, you may eat fresh organic apples and/or drink fresh or high quality organic apple juice.

You will likely have a bowel movement prior to bed. If not, no problem. The bowel movement could occur at some point during the night or after breakfast in the morning. All systems are unique and different. You will know when you need to go so stay close to a bathroom once you start consuming the Epsom salt.

**AT BEDTIME:** Prepare a glass with 1/2 cup of organic, unrefined, cold pressed olive oil. (Spectrum Naturals brand is highly recommended, available at a health food store or co-op, also available in the natural foods section of Coborn's). Prepare a second glass with 1/2 cup of freshly squeezed lemon juice (grapefruit if allergic to lemons). **HOLD YOUR NOSE**, and drink the olive oil, follow with the lemon juice swishing the lemon juice around in your mouth before swallowing. **RELEASE YOUR NOSE.**

Go immediately to bed. Lie on your right side with your right knee pulled close to your chest for 30 minutes. Go to sleep.

### DAY SEVEN (usually Sunday)

**ONE HOUR BEFORE BREAKFAST:** prepare a mixture of 1 to 2 tablespoons of Epsom Salt in 3 ounces of warm distilled or spring water. Prepare 1/3 to 1/2 cup fresh squeezed lemon juice. If you are allergic to lemons, substitute grapefruit juice (not orange juice). When you are ready, **HOLD YOUR NOSE**, and swallow the Epsom salt mixture, **CONTINUE HOLDING YOUR NOSE**, drink the lemon juice and swish it around in your mouth before swallowing. **RELEASE YOUR NOSE.**

You may want to perform 10 to 15 minutes of exercise 30 minutes following this Epsom salt mixture.

Eat a lighter than normal healthy breakfast.

Plan a relaxing, restful day as your body is purging itself. You will likely see a change in your stool color, and/or light to dark green gelatinous objects in your stool today and possibly tomorrow. These contain purged bile from the gallbladder and are helping to detoxify the liver and relieve congestion in the gallbladder.

If there are a large number of these objects in your stool you may repeat the liver/gallbladder flush in 2-3 weeks. Otherwise, the flush may be repeated as needed up to four times per year.