

LIVER & GALL BLADDER FLUSH

Day 1 thru 5

Drink approximately one quart per day of apple cider. Spread this over the day. If you have room for water or other beverages beyond this amount, you may drink them as well. Eat normal diet. If you must use apple juice in place of apple cider, please add 2-3 dropperfulls of ortho-phosphoric acid to the day's juice total. This product available from your nutritionist or health food store.

Day 6

Normal diet till 3pm. At 3pm, mix two level tsp. of Epsom salts to 2oz. of warm water. Drink! You may drink water or citrus as needed after waiting at least 30 min. Between 3 p.m. and 9 p.m. eat only citrus, per your appetite.

At 9 p.m., mix ½ cup fresh squeezed lemon juice with ½ cup extra virgin olive oil (the oil must not be past its expiration date). Mix these ingredients in a shaker. Drink slowly or rapidly, whichever gets the job done. Sometimes warming the mixture under hot water makes it easier to get down. If nausea ensues, you have bad olive oil or your gall bladder dumped such a toxic volume of bile it prefers to relieve itself of the poison immediately. The majority of people will not get sick!

Eat nothing the rest of the night. Try to sleep on right side.

Day 7

You should feel good this day, or no different. If by mid-morning you feel bad, have abdominal pain or feel nauseous, take a one-quart coffee enema. This is done by fresh brewing, (drip method) a quart of coffee, cooling it to less than 95°F, and taking the enema. Eat normal diet.

You may feel good, but have not had a bowel movement by early evening, especially one that is predominately black or green. If so, take the enema.

This flush may need to be repeated weekly, monthly or quarterly. Or, you may need nutritional supplements to maintain your bile flow and gall bladder patency. This flush can be done if you have had your gall bladder removed surgically because bile congestion can occur in the remaining ducts. Lastly, a change of eating habits is necessary if you found the need to do this flush!