

Gallbladder Cleanse Ingredients

To start a simple liver/gallbladder cleanse, this is what you will need:

- Apple juice or malic acid powder (1 tsp per 8 oz. Take 3-6 8oz. glasses the day of the liver flush)
- 4 Tablespoons of Epsom Salts
- 3 Cups of distilled water
- 1/2 Cup of organic Virgin Olive Oil
- 1/2 Cup of mixed organic grapefruit and lemon juice

Gallbladder Cleanse Instructions

The day of the flush just drink fresh apple juices. Have breakfast and lunch only. Fast the rest of the day except having apple juice.

1. At 2:00 PM, mix 4 tablespoons of Epsom Salts in 3 cups of distilled water, pouring all this into some jar. Do NOT drink or consume any foods after 2 PM. This is extremely important! Put this jar in the cooler/refrigerator to make it cold
2. At 6:00 PM, drink 3/4 cup of this mixture. It will taste very bad... but you can add 1/8 tablespoons of powdered Vitamin C to make it taste better.
3. At 8 PM, drink another 3/4 cup of this mixture. Get all your errands done, and prepare for the liver flush. You shouldn't be doing ANYTHING after doing a liver flush,

just lying down and sleeping.

4. At 9:45 PM, pour ½ cup of virgin olive oil into a jar with the ½ cup of citrus juice. Close the jar, and shake it very hard until it is all mixed.

5. At 10 PM, drink this mixture. You may drink it through some large straw if that makes it easier for you. Try to get it all down by 5 mins or so.

6. Lay down in your bed as soon as you are down. This is crucial, and most people do this wrong. Don't do any work, don't even bother brushing your teeth! Just lay down immediately! Lay on your **right side**, with your right knee up towards your chin for 20 minutes or so. Stay still, and try not to move at all. Try to sleep.

7. Next morning. Upon awakening take your third dose of Epsom salts. Don't take this potion before 6:00 am. Do a coffee enema.

8. 2 Hours Later. Take your fourth (the last) dose of Epsom salts. You may go back to bed again and rest the rest of the day.