

Gall Bladder and Liver Cleanse

This cleanse is simple and very effective. Consider the timing well. Make sure you can be at home, near the toilet from about 7:00 pm of Day 1 until the end of Day 2.

Shopping list

- * Extra Virgin Olive Oil. Cold-pressed from the health food store is best.
- * One grapefruit. Organic is best.
- * Food- grade Epsom Salts. They come in a small bottle (like a vitamin bottle) from the drug store. If you have a big bag of Epsom salts around, check the label. If there are instructions for use as a laxative, that means they are food-grade, and you can use them, otherwise, they are just for soaking in.

Mix 1 To be made the night before Day 1 and stored in the fridge, in a glass jar.
4 tablespoons Epsom Salts
3 cups water (spring or filtered)

Mix 2 To be made just prior to drinking.
½ cup olive oil
2/3 cup freshly squeezed grapefruit juice

Day 1

Eat light meals. Excluding meat would be good. No junk food.
4:00 pm Stop eating and drinking. (If you can stop earlier, you'll have an easier time.)
6:00 pm Drink ¾ cup of Mix 1, then just one mouthful of ordinary water to take away the bitter taste of the Epsom salt water.
8:00 pm Same as 6:00 pm.
10:00 pm Prepare Mix 2. Stir very well and drink all at once. (Tastes OK.)
Lie on your back for 20 minutes. Sleep all night.

Day 2

Physical Release Day – You will go to the washroom most of this day, if it didn't already begin the night before. Be prepared to see gallstones. They usually look like peas, but sometimes like bran flakes. If the juice already dissolved the stones, know that anything that floats in the toilet bowl is/was the beginning of a gallstone.

If you have many toxins in your body, you may feel nausea. Just breathe and take it easy. If you feel like eating, make light, healthy choices like fruit and veggies.

8:00 am Take ¾ cup of Mix 1
10:00 am Take ¾ cup of Mix 1

Day 3

Emotional Release Day. Morning: Anger. Afternoon: Depression.
Some people do not go through this. If you do, know that it is temporary, and by Day 4, you'll feel great and have lots of energy.