



TWO-DAY GALL BLADDER/ LIVER CLEANSE

*Choose a time when you can rest and be at home the next day after beginning the cleanse.

*Take no medicines or supplements during cleanse.

DAY ONE:

BREAKFAST

Eat ONLY brown rice, steamed vegetables and/ or fresh vegetable juices.

LUNCH

Eat ONLY brown rice, steamed vegetables and/ or fresh vegetable juices.

2:00PM

Do NOT eat or drink after this time!

Mix 4T. epsom salts with 3 c. water, then refrigerate.

Yield: 4-3/4 c. servings

6:00PM

Drink 1st 3/4 c. serving of the epsom salts mixture.

8:00PM

Drink 2nd 3/4 c. serving of the epsom salts mixture.

9:45PM

Pour 1/2 c. extra virgin, cold-pressed olive oil into a pint jar.

Squeeze 1/2-3/4 c. grapefruit into jar.

Close jar and shake hard until watery.

Visit bathroom before 10PM drink.

10:00PM

Drink olive oil and grapefruit mixture.

Don't take more than 5 minutes to consume this drink.

Immediately lie down on RIGHT side. The sooner you lie down, the more stones you will pass.

Try to lie still for at least 20 minutes.

There will be no pain thanks to the epsom salts opening up the bile ducts. :))

Go to sleep!

DAY TWO:

1st THING

Drink 3rd 3/4 c. serving of the epsom salts mixture.

2 HOURS LATER

Drink 4th 3/4 c. serving of the epsom salts mixture.

1 HOUR LATER

May have brown rice, steamed vegetables, vegetable juice or broth.

Expect a little diarrhea.

You will notice gallstones floating in the toilet after bowel movements-- they ALWAYS float, and are pea green, tan, or black in color.