

Liver and Gall Bladder Quick Flush

Try to eat low-fat on the day of the liver flush

At 6PM stop eating or drinking

At 8PM mix and drink: 8oz apple juice w/ 1 tblsp. Epsom Salts

It does not matter what kind of apple juice, mix ES until fully dissolved. Within 1 – 2 hrs you *may* have a vigorous bowel movement. In any case;

At 10PM mix and drink: 4 oz red grapefruit juice
4 oz olive oil
4 oz classic coke

Chug-a-lug this delicious 12 oz drink as best you can. Any olive oil will do. One Ruby Red grapefruit will provide just enough juice.

Immediately lay down: on right side and bring right leg up near chest for about 45 minutes. Just try to sleep through the night on right side close to fetal position.

Next AM – optional Repeat apple juice and Epsom salts.

Do once per week for _____ weeks

Notes: If you don't have a BM within 1 –2 hrs of taking the apple juice/Epsom salts, continue with the rest of flush instructions. On your next attempt at a flush, stop eating at 4PM and do AJ/ES at 6PM and again at 8PM (if needed to stimulate BM) and continue with rest of flush as above.

Conversely, if you have a very short transit time -- go easy on the Epsom Salts and drink just enough to give you a good BM before the flushing concoction.