

Liver_Gallbladder_Cleanse_2004.txt

Five-day Cleansing and Detoxification
Program for the Liver & Gallbladder

Two Days of a Purifying Raw-Food Program and a Three Day Juice
Fast

IMPORTANT NOTICE: You should be using Total Nutrition (Formula to be posted separately), Echinacea, Total Tonic (same as SuperTonic - Formula in Message Archives) and Cayenne on a daily basis and complete the 2-week bowel detoxification and rebuilding program using Intestinal Cleanse #1 and #2 (see message archives for formulae) before starting on this program. CONTINUE taking Intestinal Cleanse #1 & #2, Total Nutrition, Echinacea, TotalTonic, and Cayenne when you begin this program. Do this program before the 5 Day Detox Kidney Program unless there is a major problem with the Kidneys that needs addressing first.

The evening before you start, make the Liver Detox tea per previous instructions.

Day 1 Upon Arising: Drink 8 ounces of distilled water. This is a great way to start your day. The water rinses and flushes your digestive tract of any leftover food and digestive juices. Make your tea per the instructions on the package. Within 1 hour prepare for the following Morning Drink:

Morning Drink (Liver & Gallbladder Flush)

ú In Spring and Summer mix 8-ounces of fresh orange juice or a citrus juice combination (1 lemon or 1 lime and enough orange, grapefruit or tangerine to make 8 ounces). In Fall and Winter mix 8

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ounces of fresh apple and/or grape juice.

ú 8 ounces of Distilled Water

ú 1-5 clove(s) of garlic (start with one and increase daily)

ú 1-5 tablespoon(s) of organic virgin cold-pressed olive oil (start with

one and increase daily)

ú 1-5 small pieces of fresh Ginger root (1 inch long) (start with one and increase daily)

NOTE: IF YOU FEEL NAUSEOUS AT ALL - ADD MORE GINGER:

15 minutes after this drink, consume 2 cups of the Liver detoxification tea & 2 dropperfuls of Liver/Gallbladder Anti-Parasite tincture. The tincture can be taken straight or in a few oz. of purified water or mixed in with the tea. Repeat the tea and tincture 2 more times during the day.

Day #1 Breakfast: Live, FRESH fruit or vegetable juice is the best way to get your Vitamins, Minerals and other Essential Nutrients.

They are also very important for cleansing and detoxification. If you are hungry before lunch time you may have fruit, diluted fruit juices, and fruit smoothies. Stop all fruit or fruit juices at least 1 hour before lunch. It is best while on this program not to mix fruit and vegetables together.

Day #1 Lunch: For lunch you can have diluted fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may make dressings for the salad if you like using Olive oil, Avocado, Raw Apple Cider Vinegar, Lemon Juice, Garlic, Onions and any Herbs and Spices.

Afternoon Snacks: Raw vegetables, raw vegetable salads, diluted vegetable juices, sprouts, potassium broth, Total Nutrition and herb teas. All vegetable food must be stopped by 6 p.m.

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Day #1 Dinner: Diluted fruit juices, fruits, fruit smoothies, fruit salads and herb teas.

Day #2. #3 and #4: Begin the 3 day juice fast. Start with your water, morning flush drink and herbal tea. Drink diluted fruit juices and herb tea until noon. Drink diluted vegetable juices, Potassium Broth, Total Nutrition and herb tea mid-day and afternoon. Take diluted fruit juices and herb tea again in the evening. Consume at least 1gallon of liquid (8 ounces every hour)! If you get hungry, DRINK MORE!