

How to do the Liver and Gallbladder flush:

Preparation: For 4 days before the cleanse drink 1 liter of apple juice mixed with 25ml of Liverplex per day. Don't drink it all at once, we suggest having 4 equal portions during the day.

Flush: Take no medicines whatsoever (if you have to take drugs make sure you did the Kidney cleanse first), and stop parasite and kidney herbs the day before.

Eat a no-fat breakfast and lunch such as fruit, baked potato or steamed vegies or the liver/gallbladder soup. This allows the bile to build up and develop pressure in the liver.

The timing during this cleanse is critical!

Organic Liver/Gallbladder Soup

1 Organic Beet - Chopped

2 Organic Carrots - Chopped

10 Organic Garlic cloves - Minced

½ Organic Onion - Chopped

1 Teaspoon Organic Himalayan Sea Salt

½ Teaspoon Organic Turmeric

½ Teaspoon Organic Oregano

Breakfast Option 1 (Recommended) - To maximize the liver's ability to detoxify and cleanse, I chose a combination of foods which are high in naturally occurring sulphur and glutathione. Sulphur helps the liver detoxify harmful chemicals. The ingredients in the liver gallbladder soup include onions, carrots, garlic, beet, turmeric, and oregano. The combination of these foods will help your liver purge toxins during the cleansing process. Other liver and gallbladder detoxifying foods are artichoke, asparagus, broccoli, cabbage, kale, brussel sprouts, and cauliflower which may also be added to the soup if you wish.

Pour 1ltr of purified water into a soup pot. Add all of the ingredients to the water. Bring to a boil, reduce heat, and then simmer on low heat for one hour. After your meal, refrigerate and save the remaining portion of your soup for tomorrow's lunch meal.

1:00 PM: This will be your last meal of the day. Choose one of the following options.

Snack Option 1: Organic Avocados, Organic Lime or Lemon, & Sea Salt. Eat 3 organic avocados. Season with sea salt and fresh lime or lemon juice to taste. Avocados help the body produce glutathione, which is necessary for the liver to detoxify harmful toxins. Recent studies indicate improved liver health with the regular consumption of avocados.

Snack Option 2: Eat 6-8 ounces of raw organic walnuts. Walnuts contain the amino acid arginine, which is necessary to help the liver detoxify ammonia. Walnuts are also high in glutathione and omega-3 fatty acids which support normal liver detoxification. Make sure you chew the nuts well (until they are liquefied) before swallowing.

Snack Option 3: Water Meal. If you are not hungry or you feel that you can fast through the afternoon, drink as much distilled water as you can. For every 32 ounces of water you drink during the day, add 2 teaspoons of Organic Apple Cider Vinegar.

2:00 PM

Do not eat or drink after 2PM!!! (except 200 ml water to take the oxy powder caps at 8PM)

Get the Epsom salt ready. Mix 4tbs. in 750ml water, pour into jar.

This makes four servings 185 ml each. Set jar in refrigerator if you like your drinks cold.

6:00 PM

Drink one serving of the Epsom salts. You may add 1/8tsp vitamin C powder to improve the taste. Rinse your mouth afterwards

8:00 PM

Drink the second serving of the Epsom salts.

Get everything ready for bedtime now (brush your teeth etc). If you don't want to take Epsom salt in the morning take the OxyPowder caps now.

9:45 PM Squeeze the grapefruits. Pour the grapefruit juice (no pulp) and the olive

oil into a jar. Close the jar tightly with the lid and shake hard until

watery. (Don't drink it just yet)

You might feel a urge for the toilet by now. Visit the bathroom as often as you need.

10:00PM

Drink the Olive oil, grapefruit mix.

Take 4 ornithine capsules with the first sips (if you tend to have problems sleeping) Drinking through a large plastic straw helps it go down easier.

Get it down within 5 minutes standing upright.

Lie down immediately!!! Lie down flat on your back with your head up high on the pillow. Be perfectly still for at least 20 minutes (try to imagine the stones moving out of your liver and gallbladder into your small intestine and colon to be eliminated in the morning!). Go to sleep.

Next Morning Upon awakening (Not before 6 AM), take your third dose of Epsom salts. If you have problems drinking Epsom Salt you may now also use any fast acting laxative of your choice. Or you took the Oxy Powder last night and should be going to the toilet soon. You may go back to bed.

2 hours later take your fourth (the last) dose of Epsom salt now. Or more of a laxative. You may go back to bed.

After 2 more hours You may start to eat. Start with fruit juice, some fruit later.

Keep it very light until supper.

To purchase the ingredients go to www.wellbeingmarketplace.com look under detox and liver.

Courtesy of Shanti Village: www.shanti.com.au