

LIVER/GALLBLADDER FLUSH

There are a few items that you will need for this cleanse:

- Freshly squeezed apple juice
- Epsom Salts (for internal use) or Ontario grapes
- Freshly squeezed lemon juice
- Virgin Olive Oil

Instructions:

1. From Monday to Saturday noon drink pure, unfiltered apple juice - as much as you can consume, with meals and between them. It should be at room temperature or heated, but not cold. (You can skip this part and still achieve good results)
 2. On Saturday (or any day where the following day is free), have light lunch as you normally would.
 3. Three hours after lunch (no food after lunch), dissolve 2 tablespoons of Epsom salts in three-quarters of a cup of water and drink. Follow this with a chaser of lemonade (lemon juice, stevia and filtered water) to mask the taste, if desired.
- I sometimes skip this step. If your lunch was light and your BM is regular you don't really need to drink the salt water. However, if you are prone to constipation, I would strongly recommend you drink it.
4. For dinner, have raw vegetables only.
 5. At bedtime, take 1 cup of unrefined olive oil mixed (shaken, not stirred) with up to 1/2 cup of lemon juice. This may be divided into 4 doses taken over an hour (i.e. a quarter cup every 15 minutes), but the more rapidly you can take it the better. Using a straw and plugging your nose are helpful. I use MacDonald's straws. They are bigger and thicker and it is easier to drink this stuff.
 6. Go immediately to bed.
 7. Lie on your right side, bend your right knee to your chest and hold for approximately 30 minutes. You can then lower your knee and proceed to sleep.
- If you feel a bit nauseous when waking up, rest a bit until you feel better. I often feel nauseous, but it passes on its own.
8. When you get up in the morning, take 2 tablespoons of Epsom salts in three-quarters of a cup of water (or other cathartic), followed by strong lemonade. This should be done 1-2 hours before breakfast. Again, most people won't need to do this, because they will have a natural bowel movement. If you can't go to the bathroom, you may drink the salt water. I, sometimes when in season, consume Ontario grapes and they do the same trick as the salt water, plus they are a lot tastier.
 9. After evacuation, the toilet bowl may contain many floating small green globs. Darker green ones may be older deposits.

However, you may not see them because they may be inside the stool. In order to see them you have to sift your stool. It is not a pleasant process; however people do that hence you can see many pictures of the stones on internet. The stones are very oily and sticky and they basically look like green balls of lard. Some people will have 40 of them and some people may only have 2 or 3.

