

LIVER GALLBLADDER FLUSH

This outline is a revision of the liver-gallbladder flush, which targets the colon, lymph, liver, kidneys, & gall bladder. It is important to take the stress off the body & this will accomplish that well. This process will ask for approximately 36-hours of your attention.

Repeat this cleanse on consecutive weekends or monthly until the desired results are achieved; watch for gold, green, brown, & black stones. The darker the stones, the deeper the cleansing.

* Do not start any cleansing program without the recommendation of your primary health practitioner. This is especially important if on heart medication, pregnant, diabetic or undergoing treatment of any kind.

Day 1: Begin at 6pm

Day 2: Cleanse Day ALL day

Day 3: Cleanse completes at 6am

* It is recommended that you begin on a Friday evening & finish on Sunday.

DAY 1

- No solid food allowed after 6 pm.
- Complete **Mineral Water Enema** & repeat as described below.
- Drink **Cleansing Mixture** just before bed.
- Take Magnesium powder.

DAY 2

- Wake up by 6 am – empty bowels if urge is there. If not, don't worry.
- Drink **Cleansing Mixture**.
- Take 1 dose of Magnesium.
- Prepare **Coffee Enema**. Hold as you can for 20 minutes. Lay on your right side.
- Every 2 hours drink **Lemon Drink** as below. Begin at 8am and continue until 8 pm.
- Take in no solid food for the **ENTIRE** day.
- 10 pm – Drink **Cleansing Mixture** & Magnesium.

DAY 3

- Wake up by 6 am – empty bowels if urge is there. If not don't worry, as you will eliminate soon.
- Drink **Cleansing Mixture**.
- Do **Coffee Enema** as below. Hold for 20 minutes laying on your right side. Eliminate.

Resume eating light foods such as vegetable broths & lightly steamed vegetables. Fruits are limited to apples & berries, as they are low glycemic. The evening meal is the beginning of your revised eating protocol!

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This is the perfect time to reset your system. Follow the blood type recommendations as they apply to the guideline shared in your appointment. * **Continue with specific recommendations before & after this program.**

MINERAL WATER ENEMA

FOCUS: lower bowel & initiation of the detoxification process.

Fill a standard Enema bottle with warm mineral or spring water. Use Olive or Coconut oil to lubricate the enema tip for insertion. Allow the enema to flow slowly in for a period of 3 minutes; hold for 10 minutes if you can. Use the toilet. Refill enema bottle & repeat the process.

COFFEE ENEMA

FOCUS: Eliminates bile, detoxifies the Liver, Gall Bladder & Colon.

- 4 tablespoons of Organic coffee grounds
- 1 quart of water

Bring to a simmer for 5-10 minutes. Once prepared, cool until just warm. Add 10 ounces pure water to above mixture so that is comfortable to the touch.

Fill a standard enema bottle & begin the process. Retain in colon for 15 – 20 minutes before eliminating. This may prove challenging, so simply do your best. You may experience cramping & urgency to eliminate. Breathe; it helps. 😊

LEMON DRINK

FOCUS: Skin, Lymph, Kidneys, Liver, blood sugar levels & pH.

- 2 tablespoons FRESH squeezed lemon (approx. 1 whole lemon) or FRESH squeezed grapefruit
- 1 tbsp. FRESH lime juice (approx. 1 lime)
- 1 pinch cayenne pepper, gradually increase to your limit
- 10-14 oz pure water
- Optional: 1 tbsp. Grade B organic maple syrup

CLEANSING MIXTURE

FOCUS: Absorbs & eliminates toxins, microbes (bugs) & waste in colon. Balances hormones & kidneys.

- 8 ounces pure water
- 2 ounces either pure Organic Cranberry Juice (unsweetened) or Concord Grape Juice
- 1 tbsp. Zeolite Clay (Zeoforce) or any Edible Clay such as Bentonite Clay. You may also use Zeolite drops as an alternative if you already have them. Diatomaceous Earth also works.
- GSE (Grapefruit Seed Extract) – 15 drops

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