



Liver and Gallbladder Flush

- Monday through Saturday noon, drink as much diluted (half with purified water), pure, Organic apple juice as your appetite will permit, in addition to your supplements and regular meals
- Avoid refined, fried and overly processed foods as much as possible.
- Take 10 Drops of Phos-Food 3 times daily.
- Eat a normal lunch on Saturday.
- Three hours later, take 2 teaspoons of Epsom salts dissolved in about 1-2 ounces of purified water.
- Two hours later, repeat step 3 if you do not eliminate well.
- For the evening meal you may have grapefruit juice, grapefruit or other citrus fruits or juice.
- At bedtime take ½ cup warm unrefined, cold pressed olive oil with ½ cup of lemon juice.
- Go to bed soon after and lie on your right side with your knees pulled up to your chest for about 30 minutes.
- If you do not wake up to eliminate during the night the next morning, one hour before breakfast take 1-2 teaspoons of Epsom salts, dissolved in 2 ounces of warm water.
- Continue with your regular diet and nutritional program.
- An enema or colonic is suggested following the flush.