

Liver and Gall Bladder Flush

Mix or blend the following ingredients:

- 3 tablespoons of highest quality organic olive oil. (If you have chronic liver problems, or if your gall bladder has been removed, use only 1 tablespoon.)
- The juice of 1 organic lemon.
- 1 to 2 cloves of fresh organic garlic, minced or pressed in a garlic press, *or* a 1 inch piece of fresh ginger, grated.

This mixture can be diluted with warm purified water to make one cup. Drink first thing in the morning, then lay back down on your right side with your right knee pulled up to your chest for 30 minutes. When you put your leg down after 30 minutes, the gall bladder will release toxic sludge. Wait at least another 30 minutes before eating breakfast, though you may have organic herbal tea right away. Good choices for tea are fennel, anise, mint, chamomile, fenugreek.

This mixture can be drunk at the very end of any fast, before re-introducing foods.

For a more complete cleansing, this blend can be taken each morning for 10 days on, 3 days off, and then another 10 days.