

## Liver Cleanse

This formula or a variation of it has been used for hundreds of years to cleanse the liver and improve health. It is highly recommended that before you perform the liver cleanse, you perform the kidney cleanse and the parasite program (If needed). This is to insure that your body can handle the toxins that may be released when the liver cleanse is performed.

You will need:

Epsom Salts	4 tablespoons	These will open up the bile ducts
Light Olive Oil	½ cup	This will force the liver to excrete stones and toxins
<b>Fresh</b> Pink Grapefruit Juice	¾ cup	Makes it easier to get the olive oil down
Large Plastic Straw		To help drink the mixture
Pint jar with lid		To help blend the mixture

This procedure is best done during a two-day period when you can take it easy if you need to. The closer you follow the steps in this procedure the better results you will have and the more pleasant this experience will be.

Take no medicine or vitamins that you can do without. Eat a no-fat breakfast and lunch. Don't eat after 2:00 PM

2:00 PM - Mix 4 tablespoons of Epsom salts with 3 cups of water. This will make four ¾ cup servings. You can add some vitamin C improve the taste. Place this mixture in the refrigerator to get as cold as possible. This will make it easier to swallow.

6:00 PM - Drink one serving (¾ cup) of the cold Epsom salts.

8:00 PM - Drink one serving (¾ cup) of the cold Epsom salts.

9:45 PM - Pour ½ cup olive oil into a pint jar. Pour in the **FRESH** squeezed ¾ cup of grapefruit juice. Close the jar tightly and shake hard until the mixture is watery. Be sure you visit the rest room and have all the things you need to do done before this time. Timing is fairly important in the next several steps.

10:00 PM - Drink the mixture. These will help you sleep through the night. Try to get it down in 5 minutes. Don't take more than 15 minutes to swallow the mixture.

Lie down right away after finishing the mixture. This will make it so the liver is cleansed as much as possible. Keep as still as possible for as long as possible. Try to fall asleep.

After 6:00 AM - Take the 3rd dose of Epsom salts. If you don't feel well when you wake up, don't take the Epsom salts until you feel better.

2 Hours Later - Take the last dose of Epsom salts. Wait 2 more hours before eating anything. Start with light food such as fruit or juice. You can eat regular food 2 hours after this. In other words, if you wake up at 6:00 am, don't eat regular food until 12:00 noon.

You may have diarrhea the next morning. This is a normal side effect of the liver cleanse. You may even see gallstones in your stool. They float due to the cholesterol in them. Their color will be green or tan. You should count these and keep a rough estimate of the number. With a really bad liver you will need to perform the liver cleanse a number of times.