

LIVER & GALLBLADDER CLEANSE

- Eat only fruits & non-starchy vegetables for one day.
- Drink 32 ounces of fresh apple juice spaced out throughout the day. It counts as part of your water requirement for the day. If not fresh, then use frozen.
- Use 3 tablespoons of blackstrap molasses in 8 ounces of hot distilled water. Do this about 1 ½ hours before going to bed.
- Drink 6 ounces of extra virgin olive oil mixed with 4 ounces of fresh lemon juice and 4 ounces of orange juice right before going to bed.
- Turn out the light and lie on your right side for one hour.

This flush can be repeated each day for up to 3 consecutive days.