

Liver/Gallbladder Flush

- Use 30 drops Phosfood (Standard Process) two times daily in juice (optional but recommended if suffering with stones)
- 3 days before the flush, drink four 8-ounce glasses of fresh or organic apple juice or apple cider EACH DAY
- On the day of the flush, have supper at 4-5 pm. Two hours later, drink the following mixture:

6 ounces olive oil
The juice of a whole fresh lemon

- Stir the above ingredients and drink the mixture all at once
- Immediately go and lie down on your right side for 30 minutes with your right knee pulled up to your chest. After 30 minutes, return to your normal activities
- The next morning, take citrate of magnesium or an herbal laxative. ½ hour after that, eat breakfast. Take an additional dose of citrate of magnesium or an herbal laxative after supper that evening