

LIVER / GALLBLADDER FLUSH

With the rich food of the holidays approaching, now is an excellent time to do this very simple cleanse. It has worked well for everyone. Producing gentle excellent results, many have completely cleaned their gall bladder so thoroughly that their MD's cancelled the gallbladder surgery, finding it no longer necessary.

Items you'll need;

- lots of Pure Spring or Distilled water
- lots of organic Apple Juice
- Lots of organic Apples and Grapefruit
- 6-9 organic Lemons
- 1 cup Epsom Salts
- YL Code # 3204 **Comfortone**
- YL code # 3276 **Juva Power**
- YL code # 3203 **Detoxzyme**
- YL code # 3340 **GLF oil (Gallbladder & Liver Flush)**
- YL code # 3578 **Lemon oil**
- YL code # 3269 **Lipozyme**
- YL code # 3214 **Juvatone**
- YL code # 3375 **Juva Flex**
- YL code # 3003 **Ningxia Red**
- YL code # 3262 **K&B Tincture** if needed for additional kidney support.
- YL Code # 3874 **Rejuvenate Your Life booklet**

Especially helpful for Gout, Edema, Swollen Joints etc.

Day 1 through 6 (usually Monday through Saturday)

Drink as much fresh organic apple juice as you can. If you cannot get fresh organic apple juice, purchase the best quality organic apple juice available at the health food store or co-op. If you do not tolerate the sugar in apple juice, dilute the apple juice with water. If you still do not tolerate the apple juice, then eat at least three or four fresh organic apples each day in place of the apple juice. Chew the apples well and drink plenty of pure spring or distilled water throughout the day. Continue with your normal diet and any nutritional supplements you are currently taking.

Suggested supplementation:

9 **Detoxzyme** - 3 caps 3 x day between meals

6 **Comfortone** - 2 caps 2 x day with meals

Juva Power - 1 heaping scoop 3 x day in water or juice

GLF oil - 1 capsule (20 drops, size 00) 2-3 x daily

Lemon oil - 1-3 drops in every 8oz. of pure water at least 68oz. per day in addition to you apple juice

6 **Lipozyme** - 2 caps 3 x a day with meals

6-9 **Juvatone** - 3 tablets 3 x daily

Ning Xia Red – 4oz. daily in 16oz pure water

Day 6

Day 6 (Usually Saturday)

Eat your normal, healthy breakfast and lunch.

Two hours after lunch: Prepare a mixture of 1 to 2 tablespoons of Epsom Salt in 3 ounces of hot spring or distilled water. prepare 1/3 to 1/2 cup fresh squeezed lemon juice. if you are allergic to lemons, substitute grapefruit or orange juice. When you are ready, **HOLD YOUR NOSE**, swallow the Epsom Salt mixture, **CONTINUE HOLDING YOUR NOSE**, drink the lemon juice and swish it around in your mouth before swallowing. **RELEASE YOUR NOSE**.

Repeat the above procedure in two hours.

For dinner: Eat only fresh grapefruit (organic is preferred.) If you have a problem with grapefruit, you may eat fresh apples and drink fresh or high quality organic apple juice.

At bedtime: Prepare a glass with 1/2 cup or organic, unrefined, cold-pressed olive oil (Spectrum Naturals brand is highly recommended, available at a health food store or co-op.) Prepare another glass with 1/2 cup of freshly squeezed lemon juice (or grapefruit/orange juice if you are allergic to lemons.) **HOLD YOUR NOSE**, drink the olive oil, follow with the lemon juice, swish the lemon juice around in your mouth before swallowing. **RELEASE YOUR NOSE**.

Go immediately to bed. Lie on your right side with your right knee pulled up close to your chest for 30 minutes. Go to sleep.

Day 7 (usually Sunday)

One hour before breakfast: Take 1 to 2 tablespoons of Epsom Salt dissolved in 3 tablespoons hot spring or distilled water, followed by 1/3 to 1/2 cup fresh squeezed lemon juice. **REMEMBER TO HOLD YOUR NOSE**. You may want to do 10 to 15 minutes of vigorous exercise 30 minutes following the Epsom Salt.

Eat a lighter than normal healthy breakfast. Plan a relaxing, restful day as your body is purging itself. You may see a change in your stool color, and/or light to dark green gelatinous objects in your stool this day and maybe the next. These contain purged bile from the gallbladder and are helping to detoxify the liver and relieve congestion in the gallbladder. If there are a large number of these objects in the stool you may repeat the liver/gallbladder flush in two to three weeks. Otherwise the flush may be repeated as needed, up to 2 to 4 times a year.

It is highly recommended to take for the next 10 days following each liver/gallbladder flush:

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6 **Comfortone** - 2 caps 2 x day

Juva Power - 1 heaping scoop 3 x day in water or juice

GLF oil - 1 capsule (20 drops, size 00) 2-3 x daily

Lemon oil - 1-3 drops in every 8oz. of pure water at least 68oz. per day in addition to you apple juice

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Apply **Juvaflex** generously to liver/gallbladder area 3-4x daily.