



Liver and Gallbladder Cleanse

A cleanse is a gentler way to help increase liver function if you haven't abused your liver or you've already completed the liver flush. To cleanse the liver, milk thistle in powdered capsule form ranks as one of the most useful herbs, although other juices are helpful too.

Carrot juice alone or a mixture of half carrot and half apple juice detoxifies the liver well. One-part red beet to two-parts apple will aid in bile flow and cleans the liver and gallbladder. The author's favorite is a lemonade made of green apples, lemon (with rind) and fresh ginger. Of course, if you don't have a good juicer, all of these foods eaten whole will be helpful.

Seven-Day Liver and Gallbladder Flush

For the first 5½ days of this flush, drink as much RAW (uncooked) apple juice as your appetite will permit (at least three eight-ounce glasses daily), **in addition to meals low in fats**. Organically grown apples are the best.

Alternatively, if you can't tolerate this quantity of apple juice because of high sugar content, use A-F Betafood® tablets by Standard Process® (3 tablets 3 times daily before meals for 5 days). This step softens the stones and/or thins the bile. Continue the process with the following steps:

1. On the sixth day, you should eat a normal breakfast and lunch.
2. Three hours after lunch on day six, take two teaspoons of Disodium Phosphate, a laxative, dissolved in an ounce of hot water. (If Disodium Phosphate is not available, use Epsom salts). If the taste is objectionable, you may follow it with one small swallow of citrus juice (fresh squeezed, if possible), but nothing else that may dilute its concentration. This step opens the bile ducts up to the liver and allows many more stones and sludge to clear out.
3. Two hours later repeat step two.
4. Take pineapple, grapefruit or other citrus fruits or juices for your evening meal. **Eat no other food** or the flush (#5) will not be effective. At bedtime, blend one-half cup of warm, unrefined olive oil with one-half cup of freshly-squeezed lemon juice in a blender and then drink. Unrefined olive oil can be purchased at any health food store. Always use freshly-squeezed lemon juice.



5. After following step four, go immediately to bed and lie on your right side with your right knee up towards your chest for at least 30 minutes. You may feel slightly nauseated, but deep breathing and relaxing will help it to pass.
6. The following morning on day seven, one hour before breakfast, repeat step two by taking two teaspoons of Disodium Phosphate,* a laxative, dissolved in an ounce of hot water.
7. Colonic irrigation or a high enema is recommended on the day after the flush to encourage rapid release of toxins.
8. For a week after the flush, take A-F Betafood®* tablets (2 tablets before each meal) to encourage bile to continue to flow.

Author's Note: You should avoid all fried foods and cooking with oils or fats before, during and for two weeks after this flush to aid in the healing of these organs.

*A-F Betafood® tablets and Disodium Phosphate may be purchased from Standard Process® Distributors at <http://www.standardprocess.com>.