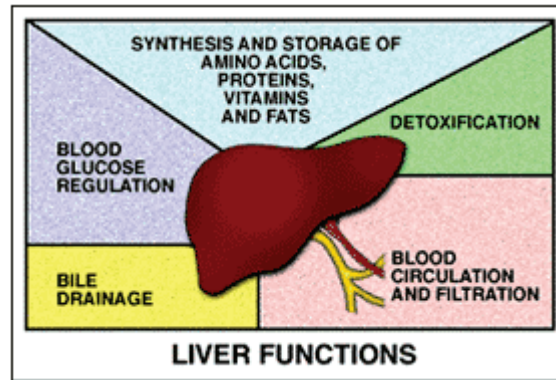


Gallbladder and Liver Cleanse Intro

You may clean your gallbladder and liver with this simple, non-medicinal procedure in less than 24 hours. Schedule a time when you have a holiday from work or a light workload. You will start your cleanse at 2 pm and finish by late morning of the following day. Make sure your bowels are clean. If you need, take a natural bowel cleaner (i.e. senna or garcinia) the day before this cleanse.



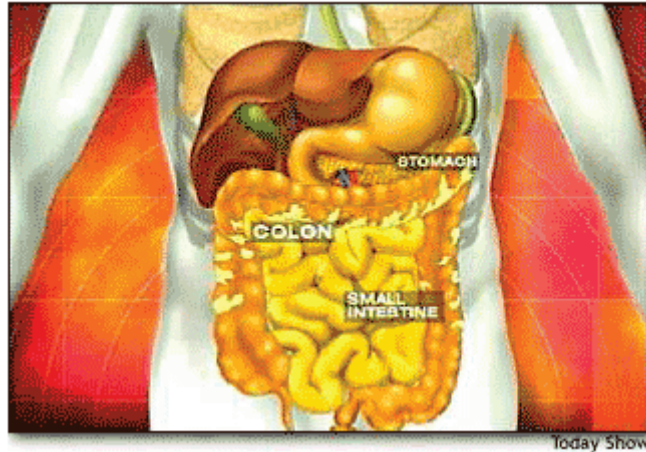
Liver Cleansing will assist these important liver functions.

Gallbladder and Liver Cleanse Shopping List

1. Extra Virgin Olive Oil - 4 oz (equal to 125 ml, ½ cup)
2. Limes, Lemons or Grapefruit - 4 oz fresh juice
3. Epsom salt - Magnesium Sulphate $MgSO_4$ - 4 tablespoons

Day 1 Afternoon

- | | |
|----------|--|
| 2:00 pm | Stop eating and drinking. Mix all of the Epsom Salt ($MgSO_4$) with 1 liter (4 cups) of water. The saltwater may be chilled if you find it easier to drink. |
| 6:00 pm | Drink one cup (250 ml) of saltwater. |
| 8:00 pm | Drink one cup of saltwater. |
| 9:45 pm | Mix Olive Oil and Fresh Juice in a glass. Finish all evening chores and get reading for bed. |
| 10:00 pm | Drink the whole Oil/Juice mixture standing next to your bed. Immediately lie down on your left side and raise your right leg up to your chest. Do not move for at least 20 minutes. Try to go to sleep in this position. |



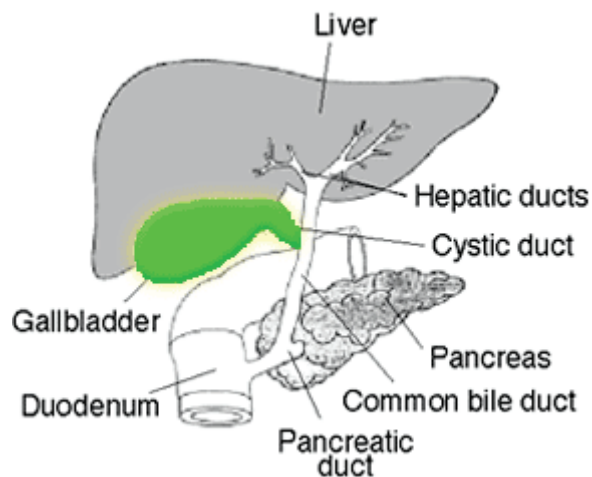
Note: Gallbladder in Green for location within the body.

Day 2 Morning

6:00 am	(or anytime after 6am) Drink one cup of saltwater
8:00 am	Drink your last cup of saltwater
10:00 am	Start to drink - any fresh fruit juice.
10:30 am	Eat fruit.
11:30 am	Eat regular food, but keep it light. By late afternoon you should feel recovered.

What Benefits to Expect from Gallbladder & Liver Cleansing

Of course, you may feel nauseous drinking saltwater and the oil/juice mixture (we think it taste like Italian Salad Dressing.) The saltwater will get your bowels moving and open your bile ducts to prevent any pain. You may feel a train of stones traveling along the bile ducts like marbles. See the detailed picture below for help with visualization while you are cleaning.



Expect diarrhea in the morning. Count your stones. They will look like green and tan peas (there are plenty of pictures on the internet if you want to look for them, but we'll spare you here.) The cholesterol inside makes them float. You may also have crystals, sand, and cloudy white residue; all this is usual.

You may repeat this cleanse every two weeks. Don't cleanse while ill or recovering from illness.

Tips for good Gallbladder health

- Eat light
 - Avoid Fat Meat
 - Avoid Deep Fried Food
 - Avoid Spicy Food
 - Avoid Heavy Milk products
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