



## FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

### Liver and Gallbladder Cleanse

#### Ingredients:

- Epsom salts (Magnesium Sulfate): 4 tablespoons. (You can usually buy this at your local pharmacy).
- Olive oil: 1/2 cup or 125 mL. (Light olive oil is easier to get down).
- Fresh pink grapefruit: 1 large or 2 small, enough to squeeze 1/2 cup (125 mL) juice.
  - 7-8 fresh lemons/limes: squeezed into 1/2 cup juice.
- 1 liter jar with lid

#### Instructions:

Choose a day like Friday or Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins, or pills that you can do without; they could prevent success of the cleanse. Eat a no-fat breakfast and lunch. This allows the bile to build up and develop pressure in the liver. Mix Epsom salts and water, marking the bottles with a black marker to know how much to drink each time.

**2:00 PM.** Do not eat or drink after 2 o'clock. If you break this rule, you could feel quite ill later. Get your Epsom salts ready. Mix 4 tablespoons in 3 cups (750 mL) water and pour this into a container or jar. This makes four servings, 3/4 cup (185 mL) each. Set the jar in the refrigerator to get cold (this is for convenience and taste only).

**6:00 PM.** Drink one serving (3/4 cup) of the Epsom salts and water drink. If you did not prepare this ahead of time, mix 1 tablespoon in 3/4 cup water now. You may add 1/8 teaspoon vitamin C powder or 1/4 fresh lemon squeezed to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth.

**8:00 PM.** Repeat by drinking another 3/4 cup (185 mL) of Epsom salts and water drink. Get your bedtime chores done. The timing is critical for success.

**9:45 PM.** Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the citrus fruit (fresh grapefruit, lime, or lemon) by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery. Do not drink it yet!



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Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

**10:00 PM.** Drink the potion you have mixed. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes.

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down, the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down, walk to your bed and lie down on your right side with your knees pulled up close to your chest. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of the stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't. Try to sleep in this position.

**Next morning. Upon awakening (6:00 AM)** take your third dose of Epsom salts and water drink. If you have indigestion or nausea, wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't drink this potion before 6:00 AM.

**8:00 AM (2 hours later).** Take your fourth (and last) dose of the Epsom salts and water. You may go back to bed again.

**After 2 more hours,** you may eat. Start with fruit juice (see note below). Half an hour later eat fruit (see note below). One hour later you may eat regular food, but keep it light. By dinner you should feel recovered.

**\*NOTE:** Fresh apple juice is the best juice to break the fast. At 10:00 AM, make fresh apple juice using 5-6 large apples in a juicer and drink it. The apple juice helps dissolve gallstones and is a nice transition for the liver from the detox back to normal eating. After 30 minutes, prepare a chopped apple salad or a plain apple smoothie using 3-4 apples (with the skin is ok). If feeling unwell, stay with apples and apple juice for the entire day. Only transition to light foods, salads, and regular eating when you are feeling good again.