

# LIVER/ GALLBLADDER CLEANSE

<b>Time</b>	<b>Instructions</b>
DAY ONE	
Breakfast	Protein shake low in carbohydrate ( whey, rice or soy) no fats.
Lunch	Same as breakfast
Snack before 2:00.....	vegetables only
2:00 PM .....	Stop eating: if starving eat a salad
6:00 PM .....	Drink $\frac{3}{4}$ cup water with 1 tablespoon of Epsom Salts.
8:00 PM .....	Drink $\frac{1}{2}$ cup olive oil with juice of 1 whole grapefruit
Go to bed; sleep on right side (liver side).	

## DAY TWO

After 6:00 AM..... Drink  $\frac{3}{4}$  cup water with 1 tablespoon of Epsom Salts and juice from half a lemon.

Take Core Milk Thistle - 1 Dropper every 3 hours