

## Simple Liver Cleanse

To start a simple liver cleanse, this is what you will need:

- Apple juice or malic acid supplements
- 4 tablespoons of Epsom Salt
- 1/2 Cup of Virgin Olive Oil
- 1 big grapefruit, or 3 lemons.

### Directions

1. For 4-5 days before your liver flush, eat as many apples, or drink as much apple juice as you can. You can take malic acid supplements if you wish or if you can't drink the juice. In the last 2 days, drink 8 oz of apple juice every 2-3 hours.
2. On day 6, eat a light breakfast with no fat. This enables the bile in your liver to accumulate, putting pressure in your liver. This pressure will eliminate more stones in your liver.
3. At 2:00 PM, the same day, mix 4 tablespoons of Epsom Salt in 3 cups of water, pouring all this into some jar. Do NOT drink or consume any foods after 2 PM. This is extremely important! Put this jar in the cooler/refrigerator to make it cold
4. At 6:00 PM, drink 3/4 cup of this mixture. It will taste very bad... but you can add 1/8 tablespoons of powdered Vitamin C to make it taste better.
5. At 8 PM, drink another 3/4 cup of this mixture. Get all your errands done, and prepare for the liver flush. You shouldn't be doing ANYTHING after doing a liver flush, just lying down and sleeping.
6. At 9:45 PM, pour 1/2 cup of virgin olive oil into a jar. Squeeze the entire grapefruit into the mix, removing the pulp with a fork, or chopsticks. You should have 1/2 to 3/4 cups of grapefruit juice mixed with the virgin olive oil the jar. Close the jar, and shake it very hard until it is all liquid.
7. At 10 PM, drink this mixture. You may drink it through some large straw if that makes it easier for you. Try to get it all down by 5 minutes or so.
8. Lay down in your bed as soon as you are down. This is crucial, and most people do this wrong. Don't do any work. Just lay down immediately! Lay on your right side, with your right knee up towards your chin for 20 or so minutes. Stay still, and try not to move at all. Try to sleep.

9. The next morning, when you wake up, drink a 3rd dose of your 3/4 cup Epsom salts. You can go back to sleep afterwards.

10. Two hours later, drink the last dose of Epsom salts.

11. Only after 2 more hours can you eat anything, but do not eat solid fruits just yet. Start with liquids, and move slowly to fruit.

**What can you expect?**

The next morning, you can expect some sort of diarrhea (this is caused by the Epsom salts). You will or will not see some gallstones afterwards. Some people just eliminate regular wastes, but others eliminate hundreds of gallstones. Look for green, round things - these can be gallstones. If they float and are green, they can be gallstones.

Most people don't even get gallstones in their first liver flush. Be patient! Wait one more week before you do another liver flush. Our poor liver wasn't caused by 1 day of poor dietary habits - we can't expect it to be solved by just 1 day of liver flushing.