



Liver/Gallbladder Cleanse

1. The day of the cleanse drink the juice of 1/2 organic lemon in a tablespoon apple cider vinegar three times before 2:00 p.m.
2. No dairy, oil, fat or meat for breakfast and lunch. Foods recommended are complex carbohydrates, and vegetables.
3. Have lunch by 2:00 p.m. and do not eat or drink between 2:00 and 6:00 p.m.
4. At 2:00 p.m. do a coffee enema. This will stimulate the liver to dump toxins.
5. At 4:00 p.m. do another coffee enema.
6. At 6:00 p.m. do an enema with one quart of water and 2 teaspoons organic lemon juice. This will stimulate the intestines to empty.
7. At 8:00 p.m. repeat the lemon juice enema.
8. At 10:00 p.m. mix a half-cup of light olive oil with the juice of a fresh red organic grapefruit. Stir and drink quickly.
9. Between 10:00 and 10:30 p.m. lay down on right side and be very still. If nausea responses occur, drink the juice of a half a lemon every 30 minutes.
10. At 6:00 to 8:00 a.m. repeat the lemon juice enema to empty the bowel and remove any stones that have passed. Do it twice if you feel it necessary to completely empty the bowel
11. Two hours after the lemon juice enema, do a coffee enema to insure limited reabsorption.