

LIVER & GALLBLADDER CLEANSE

The 7-Day Liver & Gallbladder Flush Protocol

Liver cleanse requires 6-days of preparation followed by 16-20 hours of actual cleansing.

Adapted from Andreas Moritz, *The Liver & Gallbladder Miracle Cleanse*

Days 1- 6: Preparation & Clean Eating

Daily: ½ - 1 teaspoon malic acid taken with 8oz of water 4x per day.

- Drink the solution between meals (avoid drinking the juice just before, during or two hours after a meal and in the evening)
- Drink 6 to 8 glasses of water a day in addition to malic acid solution

Dietary Recommendations:

- Avoid cold or chilled foods. Eat warm or room temperature foods.
- Avoid animal sources, dairy products & fried food items.
- Eat normal, vegetarian/vegan meals & avoid over eating.
- You may eat a Phase 1 lunch/dinner if desired with a lean, non-red/pork meat

- * **Do not discontinue medication unless advised**
- * **Avoid unnecessary supplements/vitamins.**
- * **Cleanse your colon before and after cleansing.**

Day 6: The Prep Day

- **Upon Waking:** Drink all 32 oz of malic acid mixture in the morning
- **Breakfast:** If you feel hungry, eat a light breakfast (gluten-free oatmeal)
- Avoid sugar, spices, milk, butter, yogurt, cheese, oils, ham, eggs, nuts, pastries, cold cereals, etc.
- Fruit (berries/banana) is allowed.
- **Lunch:** Eat plain cooked or steamed vegetables with white rice with a touch of sea salt. (no protein foods, butter or oil)
- **Do not eat or drink anything except water after 1:30pm!**

Day 6 Evening: The Actual Cleanse

- 6:00pm** – Add 4 tablespoons of **Epsom salts** to 24 oz of filtered or spring water. This makes 4 6oz servings.
- Drink ¾ a glass now (you may add lemon juice to improve taste) with a large plastic straw to bypass the taste buds. It is also helpful to brush your teeth after drinking the solution.

(Cont.)

8:00pm – Drink second serving ¾ glass of **Epsom salts**

9:30pm – If you have not had a bowel movement until now and have not done a colon cleanse within the past 24 hours, take a water enema.

9:45pm – **Wash grapefruits**

- Squeeze them by hand and remove the pulp.
- You will need ¾ glass of juice.
- Pour the juice and ½ cup of cold pressed olive oil into a pint jar. Close jar and shake thoroughly until solution is watery.

10:00pm – Stand next to your bed (do not sit down) and drink the concoction, if possible, without interruption.

- Do not take more than 5 minutes.
- **PLEASE LIE DOWN IMMEDIATELY!**
- Lie flat on your back with one or two pillows propping your head up or lie on right side with your knees pulled toward your head
- **Lie perfectly still for at least 20 minutes and try not to speak, just rest!**
- Go to sleep if you can. If you feel the urge for bowel movements during the night, do so.

Day 7: The Follow Morning

6:00am – 6:30am – Drink ¾ glass of **Epsom salt** (if you feel thirsty drink a glass of warm water before salts)

- Read, rest or meditate. Go to bed if sleepy but it is better to stay up right.

8:00am-8:30am – Drink fourth and last ¾ glass of Epsom salt

10:00am-10:30am – You may drink fresh pressed vegetable (non-fruit) juice at this time.

- A half hour later eat one or two pieces of fresh fruit (watermelon, banana, blueberries)
- One hour later eat light food or more fruit
- By evening or next morning you should be back to normal & feel signs of improvements. **Continue to eat light meals for 2- 3 days (Vegetarian or Phase 1 gluten/dairy free).**