Liver & Gallbladder Cleanse
adapted from Andreas Moritz, The Liver & Gallbladder Miracle Cleanse

7 - Day Liver Detoxification Protocol
Liver cleanse requires 6-days of prep following 16-20 hours of actual cleansing.

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 and fried food items.
- Eat normal, vegetarian/vegan meals and 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 6 oz servings.
- Drink ⅜ 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.

8:00pm - Drink second serving ⅜ 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 grape fruits
  - Squeeze them by hang and remove the pulp.
  - You will need ⅜ glass of juice.
  - Pour the juice and ⅛ 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 ⅜ 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 ⅜ 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).**