



# Liver & Gallbladder Cleanse

## The 7-Day Liver & Gallbladder Flush Protocol

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

Adapted from Andreas Moritz, The Liver & Gallbladder Miracle Cleanse. Listen to the Podcast: How to Do a Liver & Gallbladder Cleanse

### Days 1-6: Preparation & Clean Eating

**Daily: 500-1000mg 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.

Suggested Malic Acid: [Capsules](#) or [Powder](#)

### 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 overeating.
  - 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.*
  - *If constipated (less than 1 BM per day) you may use the Intestinal Cleanse before and after this protocol.*

### 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/bananas) 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  $\frac{3}{4}$  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  $\frac{3}{4}$  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.



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**9:45pm** – Wash grapefruits

- Squeeze them by hand and remove the pulp.
- You will need  $\frac{3}{4}$  glass of juice.
- Pour the juice and  $\frac{1}{2}$  cup of cold pressed olive oil into a pint jar. Close the 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 Following Morning**

**6:00am – 6:30am** – Drink  $\frac{3}{4}$  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  $\frac{3}{4}$  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).**