

GALLBLADDER CLEANSE

Prerequisite -

- Ensure that the bowels are moving well. Precede this cleanse by using a bowel cleanse program such as the Tiao He Cleanse if you do not move your bowels at least twice daily.

This is a simple cleanse program that can clear gallstones from your Gallbladder and Liver. There are times when you would need to do this more than once. This would be advised if any tenderness you may experience on your right side or right front at the base of the rib cage returns after a week or so.

MENU -

Do not consume anything except what is on this list for two days. It is also important that you mix saliva with every mouthful of juice before swallowing. This “chewing of the juice” will prevent a build up of intestinal gas and limit the sugar response of the body. You can consume as much of what you choose from this list as you need to satisfy your appetite.

Apple Sauce
Apple Juice
Pears
Pear Sauce
Pear Juice
Water

Also take the following:

Proactazyme Capsules	1 with each meal
Lecithin Tablets	4 three times a day
Hydrangea Capsules	1 three times a day
Psyllium Capsules	1 morning and evening

PROCEDURE -

Starting first thing in the morning follow the menu all day. At bedtime drink one ounce each of virgin olive oil and lemon juice. Lie down on your right side for at least one-half hour.

Drink the oil and lemon again when you get up the next day. You do not have to lie down this time. Follow the menu all day the second day.

People that follow this recommendation typically pass the stone in the bowels toward the end of the second day. If you feel nausea with this program, use the bowel cleanse for another week or two and then repeat this process.