



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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## Liver and Gallbladder Flush

A liver and gallbladder flush is an important detoxifying action which may help restore the normal functional capacity of these organs. The standard liver flush is thought to be most effective when taken for at least three consecutive days, and up to seven consecutive days at a time. Drinking as much apple juice as possible is recommended three days prior to embarking on the liver flush.

If you feel you may have gallstones or an acute gall bladder problem, use the liver flush ONLY after consulting your doctor. If large stones are present, apple juice preparation may be required for three weeks or longer. **It is not recommended unless under the diet supervision of a nutrition-oriented, healthcare professional.** Use only on the advice of your health coach.

Upon waking prepare the following in a blender, and drink heartily:

- 1 Orange (or half a grapefruit)
- ½ Lemon
- 8 oz. Filtered or Spring Water
- 2 Tbsp. Raw Ginger Root, cut (or garlic)
- 1 tsp. Raw Organic Apple Cider Vinegar
- 2-4-6 oz. Unrefined Olive Oil (increased daily)

Half an hour later drink one cup of herb tea (peppermint or comfrey are good choices). It is recommended to wait at least two hours after taking the flush before eating lightly. This is an excellent time for fasting.

*For more severe conditions, consider the following under your healthcare provider's supervision:*

1. Drink as much apple juice as possible for *at least* one week prior to flush.
2. Eat a normal lunch. Three hours later take 2 teaspoons of Epsom salts in about 2 ounces of hot water (a little bit of citrus juice helps it go down).
3. Two hours later, repeat.
4. At bedtime, drink ½ cup of warm unrefined olive oil blended with ½ cup of lemon juice. Go immediately to bed and lie on your right side with your right knee pulled up close to your chest for 30 minutes.

NOTE: *Some have occasionally reported nausea after taking oil/citrus mixture. This should slowly disappear by the time you fall asleep. Be aware of changes in stool the following day (this should happen and is a good thing), and discuss them with your health care provider.*