

## Liver Detoxification

Do the following Liver Program for three weeks before the Liver and Gallbladder Flush:

**Step 1:** Drink two or three glasses of apple juice or apple cider a day, for three weeks before the liver flush. If allergic or intolerant to apple juice, switch to a lime or grapefruit juice.

- Hepato Liquitrophic: 1 teaspoon, 3x per day, at least 3 weeks (approx. 2 1/2 bottles)- A MUST!
- Hepatic Oriental Herb: 10 drops, 3x per day, 1 bottle (Optional)
- Propepsia Liquitrophic: 1 teaspoon, 2x per day, 1 bottle (Optional)
- Liver/Gallbladder: 10 drops, 3 times a day, 1 bottle. (Optional)
- Liver Oriental Herb: 5 drops, 1x per day, 3 days. (Optional)

*Liquitrophics (larger bottles) need to be taken with or as food. The other remedies (smaller bottles) need to be taken at least 15 minutes away from any other food, and 1 hour away from strong aromatics such as mint or garlic.*

If you have gallstones you can do the Liver Program for four or five weeks to be sure to break up and dissolve the stones before flushing them out.

**Step 2:** When the Liver Program is completed, do the following Liver and Gallbladder Flush:

- A. Eat a meal early enough in the evening to allow time for the following steps.
- B. Three hours later, take one teaspoon of Disodium Phosphate in 2 oz. of warm water.
- C. One hour later, repeat step B.
- D. One hour later, take 1/2 cup of lemon juice with 4 tablespoons of olive oil.
- E. Go to bed. Lay on your right side for 1/2 hour.
- F. Next morning on an empty stomach, repeat step B.
- G. If the next morning, there is no bowel movement, do an enema.

For example:

- A. Dinner at 6 p.m.
- B. Disodium Phosphate at 9 p.m.
- C. Disodium Phosphate at 10 p.m.
- D. Lemon juice and olive oil at 11 p.m.
- E. Go to bed. Lay on your right side for 1/2 hour.
- F. Next morning on an empty stomach, Disodium Phosphate.
- G. If the next morning, there is no bowel movement, do an enema.

**Step 3:** Liver/Gallbladder: 10 drops, 3 times a day, 1 bottle. Do this remedy as follow-up to the flush.