

Free Info: Gall Bladder & Liver Cleanse

Mix 1

Combine 4 tablespoons of Epsom Salts and 3 cups of water in a bottle.

Mix 2

Measure 1/2 cup of light Olive Oil and 2/3 cup of freshly squeezed grapefruit juice but do not combine yet.

Day 1

4 pm

Stop drinking and eating

6 pm

Take 3/4 cup of Mix 1, then drink 1 mouthful of ordinary water (to take away the taste!)

8 pm

Take 3/4 cup of Mix 1, then 1 mouthful of ordinary water.

10 pm

Get ready for bed, lie down and mix together Mix 2 (Olive Oil and Grapefruit Juice) well. Drink it in one go, then lie on your back for 20 minutes. Sleep all night.

Day 2

Physical Release (eat and drink normally, nothing too heavy)

8 am

Take 3/4 cup of Mix 1

10 am

Take 3/4 cup of Mix 1

You will go to the bathroom most of this day. Take a flashlight and shine it into the toilet bowl. Anything which floats is a stone or developing stone. The stones actually look like peas! (You may feel some nausea if you have many toxins in your body; sometimes the release looks more like bran flakes or chaff).

Day 3

Possible Emotional Release

Morning

Sometimes anger

Afternoon

Sometimes depression

Day 4

Feel **great** with lots of energy!

It's amazing how good you begin to feel just by releasing toxins!

Source: "The Cure for all Diseases" by Hulder Regehr Clark