

COCONUT OIL LIVER CLEANSE GALLBLADDER & LIVER REMEDY

WARM 3 TABLESPOONS OF VIRGIN COCONUT OIL
QUARTER GLASS APPLE JUICE
HALF A LEMON
CLOVE OF GARLIC
1 INCH PIECE OF FRESH GINGER

MIX ALL THE INGREDIENTS IN A BLENDER, POUR AND DRINK.
DRINK ONE GLASS EVERYDAY FOR SEVERAL WEEKS, AVOID OR
REPLACE INGREDIENTS YOU MAY BE UNABLE TO TOLERATE.
LEMON CAN BE REPLACED WITH ORANGE, GRAPEFRUIT OR LIME.