

LIVER GALLBLADDER CLEANSE SAUERKRAUT TOMATO JUICE

DAY ONE— ONE PINT SAUERKRAUT AND/OR JUICE, ONE PINT TOMATO JUICE, AND 10 DROPS GRAPEFRUIT ESSENTIAL OIL. MIX AND DRINK.

DAY TWO—ONE PINT SAUERKRAUT AND/OR JUICE, ONE PINT TOMATO JUICE, AND 10 DROPS GRAPEFRUIT ESSENTIAL OIL. MIX AND DRINK.

WORKS BEST WITH COLON HYDROTHERAPY ON SECOND DAY.