

Two Week Gall Bladder Cleanse & Flush

Based on a review of the latest research, this gall bladder cleansing program has been developed. Several patients have avoided having their gall bladder removed by following this easy plan.*

For best results, complete the full two-week schedule. Increase the garlic and olive oil portions (see below) each day until you reach a point where intolerance develops. Once intolerance develops, decrease your dose by one tablespoon and one clove, and complete the cleanse at this continued dose. (Most people complete the plan on the third day dosage.)

Program Schedule

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| Day 1 | <input type="checkbox"/> One clove of garlic (approximately ½ teaspoon minced)
<input type="checkbox"/> One tablespoon of olive oil
<input type="checkbox"/> 8 oz citrus juice (lemon or grapefruit works best)
<input type="checkbox"/> 8 oz water |
| Day 2 | <input type="checkbox"/> Two cloves of garlic (approximately 1 teaspoon minced)
<input type="checkbox"/> Two tablespoons of olive oil
<input type="checkbox"/> 8 oz citrus juice
<input type="checkbox"/> 8 oz water |
| Day 3 | <input type="checkbox"/> Three cloves of garlic (approximately 1½ teaspoon minced)
<input type="checkbox"/> Three tablespoons of olive oil
<input type="checkbox"/> 8 oz citrus juice
<input type="checkbox"/> 8 oz water |
| Day 4 | <input type="checkbox"/> Four cloves of garlic (approximately 2 teaspoon minced)
<input type="checkbox"/> Four tablespoons of olive oil
<input type="checkbox"/> 8 oz citrus juice
<input type="checkbox"/> 8 oz water |
| Day 5-14 | <input type="checkbox"/> Continue progression as described above |

After completing this program, consume as much pure apple juice as possible for five days to cleanse the system. Avoid sugar and products containing sugar. Avoid animal fat, fried foods, spicy foods, margarine, soft drinks, commercial oils, coffee, chocolate, and refined carbohydrates. Eat a diet consisting of 75% raw foods. Include applesauce, eggs, yogurt, cottage cheese, broiled fish, fresh apples, and beets.

This program is designed to minimize the development of gall stones, liquefy gall sludge, and cause gall bladder hyperactivity to eject the waste and stones into the digestive tract. Your stomach and digestion may feel uneasy and mildly irritable during this program. If you experience sudden, severe, sharp pain that persists in your abdomen for more than five minutes, discontinue the plan and notify your doctor immediately. Although rare, this may be an indication of a blocked cystic duct which can lead to serious complications.

*Results may vary. Always consult your doctor before beginning this or any other health-related program.