

Liver & Gall Bladder Flush

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INGREDIENTS TO OBTAIN BEFORE STARTING THE PROCEDURE:

1. Five and one half quarters of unfiltered apple juice
2. Two one-ounce bottles ORTHO PHOS DROPS (enclosed)
3. Six CASCARA SAGRADA tablets (enclosed)
4. Three grapefruits
5. Pure unrefined cold processed olive oil and one straw

PROCEDURE

1. Select six days in a row when the seventh day can be an easy day with less activity and more opportunity to rest if needed. It's usually Monday through Sunday (unless you work on the weekend)
2. Mix 1/3 ounce (1/3 bottle) of ORTHO PHOS DROPS with one quart pure unfiltered apple juice. Repeat this mixture for each quart of apple juice.
3. From Monday until Saturday noon (or ideal six days) drink with meals and in between meals a quart a day of the mixture of ORTHO PHOS DROPS and pure unfiltered apple juice.
4. On the sixth day three hours after lunch take TWO CASCARA SAGRADA tablets (enclosed): two hours later again take TWO CASCARA SAGRADA tablets (enclosed).
5. For your evening meal, you may have one-half fresh grapefruit only.
6. At bedtime drink one-half cup of pure unrefined cold processed olive oil, which has been chilled. Drink with a large straw, and follow with a fresh juice from one grapefruit; you can take less juice if desired. You can also mix some fresh grapefruit with the olive oil if desired.
7. Go to bed immediately.
8. Lay on your RIGHT side and draw RIGHT knee up to chest and hold there for 30 minutes. Put your knee down and go to sleep.
9. If you feel a little nauseated the following morning when you wake up, just rest a little longer until it passes.
10. After you get up in the morning one hour before breakfast, take TWO CASCARA SAGRADA tablets (enclosed) followed by juice from one grapefruit (take less if desired).
11. If your stool contains little green things floating around, the light green ones are new stones and the darker are old stones. (You can stir the stools with a small stick to release the stones to come to the surface so you can see the results.)
12. If you pass a lot of stones, repeat the same procedure in two weeks.
13. If you pass a moderate amount, repeat in 60 days, if you pass a few, once every six months.



**Please check with your primary care physician
prior to using this treatment protocol.**

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