



Acupuncture & Beauty Centre

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7 Day Natural Liver/GB and Colon Cleanse

A liver and colon cleanse may be useful to improve one's general health. The liver is an important organ used for detoxifying the body and the colon function is vital to digestive health and well as gut health. When these organs are not working efficiently or are blocked it leads to a decreased immune systems, digestive diseases such as chronic constipation, decreased metabolism, weight gain, infertility and even cancer. The liver gallbladder also provides bile and enzymes, which helps us digest food.

The liver cleanse may be an effective solution for people suffering digestive problems which may be from a poor functioning liver and gallbladder, or gallstones which block bile production, food allergies and intolerances and many other health issues, such as skin diseases, obesity and weight gain, high cholesterol, high blood pressure . After the cleanse you feel more energetic, lighter, less bloated, trimmer, and even looking noticeably younger for a few of weeks after. It is advised to do the cleanse once a year and for those with gallstones, every 2-3 weeks until all stones have been passed.

The cleanse will produce a large amount of what appears to be tiny balls of fatty deposits which are like salt crystals. They are called "stones" and are crystals surrounded in cholesterol, fat, and olive oil. Some larger stones will also be covered in the substance. There is no pain when the stones are passed through the bowels.

For the 7 days avoid the following foods:

DON'T EAT:

- Dairy
- Sugar
- Fried foods
- Alcohol
- Heavy meats eg: Pork, Beef (can only eat fish and organic chicken)

CAN EAT:

- Salads
- Fruits
- Fresh vegetables
- 2L+ water daily

Liver/Gallbladder Cleanse

1. Each day: **1500mg malic acid (softens gallstones) + 86mg Magnesium (Mg) : approx 2.5g/day**
Divide the above into 3 portions and take 3 times daily in water before meals for 5 to 6 days.

Colon Cleanse

On the 6th day of the cleanse, don't eat any protein for breakfast or lunch. Do not eat anything after 2pm.

2. On the 6th night after the last dose of malic acid/Mg approx 5pm, take **1 tablespoon of Epsom salt** mix in $\frac{3}{4}$ cup water. Wait 2 hours (7pm) then take second tablespoon of Epsom salts (dilates bile ducts).
If too bitter, may add $\frac{1}{4}$ cup grapefruit juice)
(Visit the bathroom as needed since the epsom salts will start working)



3. 2 hours later (9pm) take **$\frac{1}{2}$ cup of organic extra virgin cold pressed olive oil + $\frac{1}{2}$ cup lemon/lime/grapefruit juice.**
Blend all together in a jar with olive oil and shake well, shake and drink. Go to bed (lie on your back).
(For people with gallstones increase to $\frac{3}{4}$ cup olive oil + $\frac{1}{4}$ cup lemon juice,
If one weight above 100kg increase to $1\frac{1}{4}$ cup olive oil + $\frac{3}{4}$ cup lemon juice)
4. On the 7th day (will need to stay home), take 1 tablespoon of Epsom salt in water upon waking.
2 hours later, take another tablespoon of Epsom salts.
N.B. You will have loose exploding bowels motions for 5-6x. You will see the stones being removed.

By noon, start eating light foods. Start with juice and fruits.
By evening, you can resume eating normally again.

This treatment is best done before a new moon (lunar calendar) for energetic reasons.