



Functional Diagnostic Nutrition®

Liver and Gall Bladder Quick Flush

Try to eat a low-fat diet on the day of the liver flush.

At 6PM stop eating or drinking.

At 8PM mix and drink:

8oz apple juice w/ 1 Tbsp. Epsom Salt (ES)

It does not matter what kind of apple juice, mix ES until fully dissolved. Within 1 – 2 hrs you *may* have a vigorous bowel movement. In any case;

At 10PM mix and drink:

4 oz red grapefruit juice

4 oz olive oil

4 oz Classic Coke

Chug-a-lug this delicious 12 oz drink as best you can. Any olive oil will do. One Ruby Red grapefruit will provide just enough juice.

Immediately lie down - on right side and bring right leg up near chest for about 45 minutes. Just try to sleep through the night on right side close to fetal position.

Next AM – optional - Repeat apple juice and Epsom salts.

Do once per week for 4 - 6 weeks

Notes: If you don't have a BM within 1 –2 hrs of taking the apple juice/Epsom Salts, continue with the rest of flush instructions. On your next attempt at a flush, stop eating at 4PM and do AJ/ES at 6PM and again at 8PM (if needed to stimulate BM) and continue with rest of flush as above.

Conversely, if you have a very short transit time -- go easy on the Epsom Salts and drink just enough to give you a good BM before the flushing concoction.

If you have an adversity to Classic Coke, it can be skipped. If adverse or sensitive to grapefruit, use lemon juice or other sour fruit juice. If adverse or sensitive to olive oil, use any other edible, high grade safflower or any seed-oil.

Purpose for each ingredient:

- **Apple juice** contains malic acid, which softens gallstones, preparing them for elimination; malic acid powder may be used as a substitute for apple juice.
- **Epsom Salt** will loosen the bowels and clear waste by promoting bowel movements; helps relax/dilate bile ducts.
- **Grapefruit juice** thins consistency of the oil and cuts some of the taste of the oil making it easier to swallow; another trigger for bile secretion.
- **Olive Oil** causes gallbladder contraction and subsequent secretion of gallstones.
- **Classic Coke** will make it easier to swallow the oil mixture, suppresses the gag reflex that some people experience.