



Description

The following is a liver flush/purifying diet to aid in cleansing and detoxifying the liver and gallbladder. The program is suggested for 1-7 days depending on the individual. This program has been modified from Dr. Ralph Golan, M.D. in his book Optimal Wellness.

Liver Flush Blended Drink

Mix in a blender the following:

- the juice of 1-2 grapefruits or several oranges or use apple juice
- 4-6 tablespoons fresh lemon or lime juice
- 2-3 tablespoons cold-pressed virgin or extra virgin olive oil or unrefined sesame or almond oil
- 1-3 cloves of garlic or 1 teaspoon liquid deodorized garlic
- sprinkle 1/2 teaspoon of cayenne pepper (optional)

Liver Flush Tea

- 1 teaspoon fenugreek seeds
- 1 teaspoon fennel seeds
- 1 teaspoon peppermint leaves
- 1 teaspoon flaxseed
- 4 slices fresh gingerroot
- Licorice root (optional)

Boil the gingerroot for 3 minutes in 2 pints water. Add other ingredients and steep for 10 minutes.

For breakfast, drink the liver flush blended drink. Then drink the liver flush tea (without honey) while it is still hot. Drink four or more cups of the tea throughout the day (can use honey). Two hours after drinking the blended drink, eat citrus fruits (grapefruit or orange, or their juice) or other fruit, including organic apples, grapes, pears, etc. Repeat in the afternoon between lunch and dinner. Lunch and dinner should consist of a fresh fruit or vegetable salad. Do not mix fruits with the vegetables. Steamed vegetables may be best if you have weak digestion. Small amounts of nuts and seeds may be eaten if needed. Castor oil packs placed on the liver may be helpful. A comprehensive detoxification supplement is suggested to provide all the nutrients necessary for phase I and II of liver detoxification (See, "Systemic Detoxification Combination" under, "Patient Fact Sheets").

Contraindications

Do not do this flush if constipation is present. A person should be experiencing a bowel movement at least once per day before beginning the program. If the flush causes toxic symptoms, decrease the amount of oil and garlic used. Do not do this diet for longer than one day if you cannot afford to lose weight. Use caution if you have any severe metabolic disorders or experience extreme hypoglycemia. Do not do the liver flush for longer than seven days and always consult a licensed health professional when attempting any type of detoxification program.