



# Detox Protocol

## THE GALL BLADDER FLUSH

### *Ingredients Needed:*

- Food Grade Phosphoric Acid Drops (Energique Nutrition, Woodbine, IA)
- Organic Apple Cider Vinegar or Fresh Squeezed Apple Juice
- Organic Fresh Lemons
- Epsom Salts
- Ascorbic Acid Powder
- First Cold Pressed Imported Italian Olive Oil
- Calcium/Magnesium Butyrate
- Medpro CCK Tablets
- 2 Organic Fresh Pink Grapefruit
- Cilantro Tincture
- E-Lyte Oral Electrolyte Concentrate
- Celtic Salt
- Freshly Ground Organic Coffee Beans
- Enema Bag

Cleansing the liver, biliary tree and gallbladder through a therapeutic flush is an important first approach to detoxification to relieve biliary stasis. With gallbladder constriction and inhibited biliary flow the body is severely restricted in the ability to remove toxins from the liver into the feces. The process of clearing biliary debris begins with softening any stones or sludge that may be present. The use of phosphoric acid may be used for 5 to 14 days before the actual gallbladder flush of which two days are needed.

### Preparation for Flush

- Take \_\_\_\_ drops of phosphoric acid \_\_\_\_ times daily for \_\_\_\_ days
- Consume a light diet of vegetables, fruit and grains for \_\_\_\_ days

### Day of Cleansing

- Eliminate non-essential meds and nutritional supplements the day of cleansing
- Acidify your system by drinking 2 tablespoons of fresh lemon juice mixed with one tablespoon of apple cider vinegar 3 times before 2pm
- Consume nothing between 2pm and 6pm other than pure water
- Prepare an Epsom salts/ascorbic acid mixture by mixing 4 tablespoons of Epsom salts, 1 tablespoon of ascorbic acid, 2 tablespoons electrolyte concentrate in 3 cups of purified water with fresh squeezed lemon. (If IBS, chronic diarrhea or Crohns is a problem, reduce Epsom salts to one tablespoon, electrolytes to one tablespoon and ascorbic acid to one teaspoon per 3 cups purified water)

### The Flush

6:00 pm Drink  $\frac{3}{4}$  cup of the Epsom salt mixture

8:00 pm Drink another  $\frac{3}{4}$  cup of the Epsom salt mixture

9:45 pm Pour  $\frac{1}{2}$  cup olive oil,  $\frac{3}{4}$  cup fresh squeezed grapefruit, 21 drops of cilantro tincture into a blender and blend well. Drink the mixture through a straw while standing. Swallow 10 capsules butyrate and 5 tablets of CCK. Immediately lie down on the right side for at least 20 to 30 minutes and go to sleep as soon as possible.

### The Next Morning Upon Awakening

#### If Bowels Are Loose:

1. Drink one quart of purified water mixed with 1 tsp Celtic salt and 2 tablespoons electrolyte concentrate
2. Four hours later, administer an enema consisting of  $\frac{1}{2}$  cup warm water mixed with 1 cup freshly brewed coffee and  $\frac{1}{2}$  cup electrolyte concentrate
3. Two hours later, drink dilute, freshly squeezed vegetable juice and  $\frac{1}{2}$  later, fruit and vegetables may be consumed
4. One hour later, begin to eat normally, but eat lightly

#### If Bowels Are Not Loose:

1. Drink  $\frac{3}{4}$  cup of the Epsom salt mixture
2. Two hours later administer an enema consisting of  $\frac{1}{2}$  cup warm water mixed with 1 cup freshly brewed coffee and  $\frac{1}{2}$  cup electrolyte concentrate\*\*
3. Two hours later, if bowels have moved, drink dilute, freshly squeezed vegetable juice and  $\frac{1}{2}$  hour later, fruit and vegetables may be consumed
4. One hour later, begin to eat normally but eat lightly

\*\* If bowels have not moved after Step 2, take a vinegar/lemon dose and administer every hour until bowels move.



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