



Lowey Chiropractic Wellness Center

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LIVER AND GALLBLADDER FLUSH (DETOXIFICATION)

The liver and gallbladder flush is an important detoxifying agent which may help restore the normal functional capacity of these organs. **It is not recommended for patients who are not under the direct supervision of a nutrition-oriented, healthcare professional.** Listed below are the steps that should be followed.

- Step 1. Monday through Saturday noon, drink as much apple juice or apple cider as you appetite will permit in addition to regular meals and any supplement that may have been prescribed. The apple juice should be coarse, unfiltered and free of additives and preservatives. You can also use *unsweetened* cranberry juice – dilute with water or apple juice to taste.
- Step 2. At noon on Saturday, you should eat a normal lunch.
- Step 3. Three hours later, take two teaspoons of Epsom salts (or disodium phosphate) in about two ounces of hot water. The taste may be objectionable to you and therefore may be followed by a little citrus juice (freshly squeezed where possible).
- Step 4. Two hours later, repeat step 3.
- Step 5. You may have grapefruit or other citrus fruits or juices for your evening meal.
- Step 6. At bedtime, you may have one of the following:
- a) ½ cup of unrefined olive oil followed by a small glass of grapefruit juice;
 - or
 - b) ½ cup of warm unrefined olive oil blended with ½ cup of lemon juice.
- Unrefined olive oil can be purchased from any health food store. It is best to use fresh citrus juice, but canned or bottled are permissible. Using a blender to whip the oil and citrus together can improve the taste and texture substantially.
- Step 7. Following Step 6, you should go immediately to bed and lie on your right side with your right knee pulled up close to your chest for 30 minutes.**
- Step 8. The next morning (Sunday), one hour before breakfast, take two teaspoons of Epsom salts dissolved in two ounces of hot water.
- Step 9. Be sure to continue with your normal diet and any nutritional program that has been prescribed for you with the exception of the evening when you do step 6.

Some patients have occasionally reported slight to moderate nausea when taking the olive oil/citrus juice. This nausea should slowly disappear by the time you go to sleep. If the oil induces vomiting, you should not repeat this procedure at this time. This occurs only in rare instances. This flushing of the liver and gallbladder stimulates purges these organs as no other method!

Patients who have chronically suffered from gallstones, biliousness, backaches, nausea, etc. occasionally find small gallstone type objects in the stool the following day. These objects are light green to dark green in color. They are very irregular in shape, gelatinous to cartilaginous in texture and vary in size from grape seeds to cherry pits. (If there seems to be a large number of these objects in the stool, the liver flush should be repeated in two weeks.

** Pay special attention to when your bowels move after step 7 as well as the nature of the wastes passed and discuss this with us.