

Easy Liver & Gallbladder Flush; Body Cleanse

Easiest Way to Flush the Garbage Out of Your Liver & Body

This is an easy, pleasant liver and gall bladder flush that will cleanse your liver ducts and gall bladder and intestines. This method is done in hours, and causes no vomit or nausea; you don't have to take time off of work.

INGREDIENTS (for 1 week flush)

21 to 28 organic egg yolks from free-range pastured hens (used at room temperature)

21 to 42 organic limes (non-organic OK)

18 to 24 oz. (2 ¼—3 cups) organic cold-pressed oil (castor, olive, melted coconut)

INSTRUCTIONS (daily for 1 week)

- Be sure that you have not eaten or drank anything 3 hours before taking this cleanse.
- With force, roll 3-6 limes with your palm on your kitchen counter to soften them up. Then squeeze the juice into a non-metal cup / container.
- Take 3-4 eggs, crack them and drain the egg whites, leaving only the yolk. Place the egg yolks in the cup of lime juice.
- Using a non-metal utensil, gently beat or stir the mixture, just enough to get the juice and yolks to mix.
- Add 5-6 tbs (non-metal) of castor, olive or coconut oil, or your favorite organic cold-pressed oil into the mix.
- Stir a couple more times, sip and enjoy! The drink is delicious, safe, healthy and works.

NOTES

Any organic, cold pressed oil will do. You'll get a different result based on what oil you use. You can experiment with different oils to see what your body eliminates each time. Olive oil gives up stones. Each oil will allow your body to let go of diverse types of gunk. Experiment and see.

Do this cleanse in the morning before you eat or drink anything, or in the evening, 3 hours after your last meal. Avoid eating fatty foods in a meal before doing this.

You may feel the urge to sleep almost immediately after your first dose. If you sleep afterwards, lay on your right side. When you wake up from your nap, or, after 2-3 hours or so have elapsed, you will feel like you have 10 horse power instead of 1 human power. The energy you will acquire from this is instant and permanent.

Your nose will feel clogged. This is because your liver has just purged an incredible amount of toxins and dirt into your intestine. Even if there is nothing blocking your nose cavity, your nose will feel clogged. This is the feeling of stones and gunk leaving the liver and entering the intestine. Your nose corresponds to your liver.

If you have an enema kit, use warm water to clean out your intestines, and it is imperative that you use 2 full enemas with warm water, to draw the gunk out from the top of the small intestine to the lower intestine and then out. Unbelievable things will come out of you, sometimes green stones, sometimes plaque, sometimes worms and parasites and sometimes just black, black, black filthy water. You will be literally wowed at the results after the first day and double-wowed of the results after the 2, 3, 4th day. By the end of the week, you will feel like you can take over the world! Yes, the feeling is incredible!

If you feel uncomfortable using an enema, stones, gunk, mucoid plaque, worms, parasites and eggs can still come out, but not at full-capacity as when you flush with an enema, because everything tends to dry out once it reaches the large intestine, where those intestinal walls tend to suck the water out of everything, so use an enema if you want the full 100% beneficial results.

Done several days in a row, you should look 10 years younger; your skin will glow, your hair will grow longer and shinier, your nails will grow quicker, your energy will increase tenfold. You should get more radiant and thinner. Your kids and grandkids can use it to clean out all that GMO garbage that is making them sick and filled with allergies. It is not AGE specific. Just change the dose according to size.

DRINK LOTS OF WATER. Try for half your body weight in ounces per day.

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abridged recipe page

1x per day, in AM or on empty stomach
up to 7 days in a row...
use plastic or glass
(no metal dishes or utensils)

- 3–6 limes, roll & squeeze out juice into cup
1/3 – 3/4 cup juice
- 3–4 egg yolks (room temperature),
add to lime juice
- 5–6 tablespoons (≈ 3 oz)
organic cold pressed oil
(olive oil, avocado oil or liquid coconut oil;
different oils produce different results)

mix & drink

drink lots of water throughout day

1 week's worth grocery list:

- 21–42 limes (≈ 5.25 cup) *or*
≈ 42 oz. bottled organic lime juice
- 21–28 eggs
- 18-24 oz oil (≈ 35–42 tbs or 2 1/4–3 cups)
olive oil, avocado oil or liquid coconut oil



HOW MUCH JUICE IN A LEMON

| SIZE | TBLS. | OZ. | LEMONS |
|--------|--------|-------------|---------|
| Small | 1 tbs. | .5 fl. oz. | 1 lemon |
| Medium | 2 tbs. | 1 fl. oz. | 1 lemon |
| Large | 3 tbs. | 1.5 fl. oz. | 1 lemon |

Larger Lemon Amounts

| SIZE | CUPS | OZ. | LEMONS |
|--------|---------|-------------|----------|
| Medium | 1/4 cup | 2 fl. oz. | 2 lemons |
| Medium | 1/3 cup | 2.6 fl. oz. | 3 lemons |
| Medium | 1/2 cup | 4 fl. oz. | 4 lemons |
| Medium | 1 cup | 8 fl. oz. | 8 lemons |

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