

LIVER/GALLBLADDER FLUSH

Note: Eat as normal. This is not a fast!

(OPTIONAL) Use 30 drops of Phosfood (from Standard Process Labs) 2 times a day in juice. (Phosfood is available at Winer Wellness Center)

- 1. During the 3 days before flush, drink four 8-ounce glasses of fresh or organic apple juice or apple cider EACH DAY.**
- 2. On the day of the flush, have supper at 4:00 or 5:00 p.m. Two hours later, drink the following mixture:
6 ounces of olive oil
The juice of one whole lemon**
- 3. Stir the above ingredients and drink the mixture all at once.**
- 4. Immediately go to bed. Lie on your right side for 30 minutes with your right knee pulled up to your chest. After 30 minutes, resume your usual activities.**
- 5. The next morning, take citrate of magnesium (this may be found at most drug stores) or an herbal laxative. One half hour after that, eat breakfast. Take an additional dose of citrate of magnesium or herbal laxative after supper that evening.**

Winer Wellness Center
2419 Baldwick Road
Pittsburgh, PA 15205
412-922-9355
412-922-9330
www.drwiner.com