

Gallbladder Flush Instructions

Personal Information

Name: _____ Date: _____

Instructions:

The gallbladder emulsifies fats by injecting bile into the digestive tract. The bile ducts can become obstructed with gall stones. This cleanse first uses barberry bark to ensure stones are dissolved, while removing the oils and fats from the diet so the gallbladder is not triggered, and remains inactive. Then at the end of the treatment period, oil is ingested to stimulate the injection of bile, which then acts to suddenly flush the contents of the gallbladder, thereby cleansing it.

The gallbladder flush requires 5 days:

Day 1: Stop eating oils, meats, dairy, nuts, and seeds. Eat only vegetables, fruits, grains. Begin taking two capsules of barberry bark powder every three hours with 6 oz of organic apple juice.

Day 2, Continue taking the barberry capsules and apple juice and eating only fruits, vegetables, and grains.

Day 3, Stop eating grains, and just take vegetables and fruits. Continue with the barberry bark capsules and apple juice. If you can take a colonic or colema at this point, please do. It will cleanse the large intestine, remove toxins, and hydrate the colon.

Day 4, Take only fruits, and continue with the juice and barberry. Make sure you get enough rest.

Day 5, Keep taking barberry and apple juice. If you feel too tired, you can flush your gallbladder in the morning. Otherwise, wait until after lunch time.

To flush the gallbladder, mix ½ cup of olive oil and ¼ cup of lemon juice with a spoon, and drink quickly. This will stimulate the gallbladder to release bile and its contents.

After flushing the gallbladder, wait up to one hour resting, then you can begin eating by adding vegetables.

Day 6 and on: Add your grains, and then slowly reintroduce dairy and meat.