

Gallbladder Flush

For the next five days:

Eat light and drink 4 oz of apple juice before each meal and before bed.

On the 6th day:

Drink the apple juice before breakfast and lunch.

Do not eat dinner.

At eight o'clock take 1 tablespoon of Epsom salt in 6 oz of warm water.

At ten o'clock drink ½ cup olive oil mixed with ¼ cup of fresh lemon juice.