



Focus On Health

Brought to you by Elder Walt Cross and the Metro New York Medical Missionary College

Gallbladder / Liver Cleanse

Day 1 - 3

- 1 qt. of Dark Apple Juice each day with either a juice diet or regular diet (If one has a gallbladder)

Day 3 - 7 (Evenings around 5 to 6)

- 30 drops Lobelia (If concerned of stone(s) size)
- 3 oz. Lemon Juice (Fresh from lemons)
- 3 oz. Extra Virgin, Cold Pressed Olive Oil
- 1 Thumb of Ginger or 1 Tbsp. Pwd.
- Blend and drink all
- Lay on Right side with a Heating Pad or Hot Water Bottle under the Gallbladder for one hour. (If one has a gallbladder)

Days 4 - 8 (Mornings, when arising)

- $\frac{1}{2}$ gal. Warm Water
- 5 tsp. Unrefined Sea Salt
- 2 Lemons (The juice)
- Mix well
- Drink all within 30 min., no more (1 qt. per 15 min.)
- Stay by a Bathroom for $2\frac{1}{2}$ hours