

### **The gall bladder / liver flush ....**

Go three days drinking Organic Apple Juice and not eating any food. Or drink the Swichel drink (recipe below) if blood sugar level tends to be a problem, because Apple Juice is like sugar to the system. Also drink plenty of water every day!  
The Apple Juice (or Swichel) begins to breakdown the buildup in the gall bladder.

The third evening, get ready to go to bed - so you can lay down as soon as you do this next step.

Take 1/2 to 1 cup of olive oil and the juice of one fresh lemon (the more olive oil you can handle the better the move).

Some say the slower you drink it, the easier it will be to get down and keep it down. I disagree, I drink it in one swoop and then lay down!

Go to bed as soon as you have drunk it all. It is best to lie on your side, with your right knee up towards your chest. Some people say left side, others say right side ... but bring your right knee up towards your chest and lay in this position as long as you can if not all night. In the morning you will begin passing gall stones.

In the morning (4th day) drink another round of the olive oil and lemon juice and lay back down for at least 30-45 minutes.

Gall stones vary in size from pea size to grape size and are bright green, dark green, blackish in color. They are fatty deposits collected by the liver and dumped in the gall bladder. Happy releasing! You can repeat this every 2-3 weeks until you are free of stones.

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The Switzel or Swichel (different spellings - this is a great kidney flush in itself and also a thirst quenching drink in the summer)

4 cups water

1/4 cup apple cider vinegar (use a natural organic one)

Sweeten to taste with honey (approx. 1/4 C)

Mix it up well and sip on it all day. This will taste like a strong lemonaid