

After you have followed the diet for several days (minimum of 3, hopefully longer, then you can start following this recipe for a few weeks. Ideally, you need a break from fats for a while before doing this. This way the liver can begin to release toxins).

Gradual Liver/Gallbladder Cleanse Smoothie

Gallbladder and liver flush recipes traditionally use a combination of kitchen oils and citrus fruit juices during a speedy, 24 hour cleanse. Flushing is a very effective way to flush your liver and gallbladder of gallstones, gravel and toxins; however flushing can have some temporary unpleasant side effects and a very small risk of serious complications. Flushing is an advanced way of cleansing your hepatic system.

This recipe is safe, mild, tasty and will help you to avoid unwanted side effects while getting rid of the toxins in your liver and gallbladder.

Drinking this smoothie each morning for several weeks will help your hepatic system come clean. When you consume the ingredients in this smoothie, your gallbladder will squirt out bile to digest the oils and carry out the garbage with the bile. This will have the effect of flushing toxins and can shrink hardened gallstones.

This recipe has been known to calm gallbladder attacks, help allergies, indigestion, abdominal pain, constipation, arm pain, back pain, shoulder pain, knee pain, bursitis and many other chronic health problems.

Ingredients

- Warm 3 Tablespoons of organic coconut oil (liquified)
- Juice of half an organic lemon (room temperature)
- 1 peeled clove of garlic (room temperature)
- A piece of peeled ginger, comparable in size to a clove of garlic (room temperature)
- 4 ounces of organic apple juice (room temperature when possible)

Zap all the ingredients in your blender. Having as many of the ingredients at room temperature will prevent the oil from congealing in the blender. Enjoy, it's tasty!

You can avoid or replace any ingredients you're unable to tolerate, like garlic. Lemon can be replaced by organic grapefruit or lime juice.