

October 2020

Liver Pancreas & Gallbladder Cleanse

The main focus behind this cleanse below is to achieve a cleaner liver, pancreas and gallbladder to ensure a reduction in acidity in the system as well as the management of fatty liver syndrome:

INGREDIENTS

125ml water or orange juice (if you are a diabetic please use water only)

Celery min 5 stalks

1 x handful parsley

1 x handful basil

2 pinches of thyme

INSTRUCTIONS

In your juicing machine please add ingredients and juice consume immediately. Please ensure you are taking 125ml twice daily (you are most welcome to double the ingredients and make 250mls per day) It is important that we flush well and so for the first 4 days please take cleansing juice morning and evening for day 1 to 4. Day 5, 6 and 7 please revert to once per day morning or evening. Please take cleanse for 7 days without skipping a day please.

Reduction in acidity levels are often needed to support flush.

INGREDIENTS

Bicarb Soda 1 x tsp

Apple cider vinegar 1 tsp

Lemon juice 1 tsp into

Water 125ml

INSTRUCTIONS

Please take 2 times daily for 3 days and then 1 times daily for 4 days.

Please increase water intake to 12 glasses per day to support flushing.