

# Liver Detox Diet Grocery List

## Foods To Eat

1. All chicken and poultry (defatted and deskinning before cooking).
2. Deep sea fish (salmon, mackerel, cod, orange roughy, tuna, etc.).
3. All vegetables (raw or lightly steamed).
4. All grains to include: brown rice, millet, unrefined wheat or grain cereals, oatmeal, shredded wheat, puffed brown wheat or puffed corn.
5. Eggs - hard, soft boiled or poached (do not use oil).
6. Bread, to include all whole grain or whole wheat (use bread made with low oil, salt and sugar).
7. Pasta to include: whole wheat, spinach, or artichoke pasta sauce; marinara (chunk tomato) sauce; plain tomato sauce with or without mushrooms.
8. Any spice (except salt, or black pepper).

## Supplement Foods

1. All fruits: up to two per day.
2. Honey: up to one tsp. per day.
3. Popcorn (hot air type NO salt or butter) -- as much as you want.
4. Baked brown rice or whole wheat crackers (baked without oil).
5. Salad dressing: made of lemon juice, water and spice to taste.

## Drinks

1. Water, ten to fourteen 8 oz. glasses per day.
2. All unsweetened natural fruit juices to include: apple, grapefruit, cranberry, or orange juice.
3. Herbal teas, hot or cold.

## Items To Avoid

1. NO red meats, pork or bacon.
2. NO artificial sweeteners or sugars.
3. NO soft drinks, coffee or black tea.
4. NO alcohol, beer or wine.
5. NO butter, margarine, cooking oils, or shortening.
6. NO dairy products to include: milk, cheese, sour cream, cottage cheese or yogurt.
7. NO white flour.
8. NO white breads.
9. NO salad dressing (see supplement foods).
10. NO salt or pepper.
11. NO olives or pickles.
12. NO mustard, mayo or ketchup.

# 7 Day Liver and Gallbladder Flush

## Detoxification

**The liver and gallbladder flush is an important detoxifying agent which will help restore the normal functional capacity of these organs. It is not recommended for patients under 25 years of age or patients with known large stones. Listed below are the steps that should be followed:**

- 1). Monday through Saturday noon, drink as much apple juice or apple cider as your appetite will permit ( approximately 3/4 gallon per day ), in addition to regular meals. **The recommended foods are listed above.** Do not drink the apple juice or apple cider with your meals as this is a poor food combination and may result in indigestion. Go easy on vitamin/mineral supplements - use low potency, natural vitamins/minerals, if any, while on this program. The apple juice or cider should be preferably be purchased from a health food store to assure there are no additives.
- 2). At noon on Saturday eat a low-stress lunch (mostly vegetables, both raw and cooked).
- 3). Three hours later take two teaspoons of Epsom salts dissolved in about two ounces of hot water. Epsom salts are not known for great taste. If you find it too objectionable, you may follow it with 4 ounces of freshly squeezed citrus juice.
- 4). Two hours later take another two teaspoons of Epsom salts.
- 5). For supper on day Saturday, eat only one medium grapefruit, preferably organic. ( It's okay to substitute other citrus fruit or juice if grapefruit is not available.)
- 6). At bedtime, drink four ounces of room temperature, pure, unrefined olive oil ( double virgin if available ) with pineapple juice. First place a little olive oil in your mouth, take a sip of pineapple juice and swallow them together.

**NOTE: Some people have reported slight nausea when taking the olive oil. This usually disappears in less than an hour.**

- 7). Go to bed. Lie on your right side with your right knee pulled up close to your chest for 30 minutes.
- 8). The morning of day seven, one hour before breakfast, take two teaspoons of Epsom salts in two ounces of hot water. Most people report an enthusiastic bowel movement within a few hours.
- 9). Be sure to continue with your normal diet and any nutritional program that has been prescribed for you.

## HOW THIS WORKS

The malic acid in the apple juice works to soften "stone" and hardened bile. The Epsom salts and olive oil/grapefruit juice safely stimulates the gall bladder to empty its old bile and congestion into the colon according to natural body processes. Watch your stools for the congestion - light and dark green globules, even stones - to pass through. If there seems to be a large number of these objects in the stool, the liver flush should be repeated in six weeks to two months.

Some patients have occasionally reported slight to moderate nausea when taking the olive oil/citrus juice; this nausea will slowly disappear by the time you go to sleep. If the olive oil induces vomiting, you need not repeat the procedure at this time. This occurs in rare instances when there is severe toxicity. This flushing of the liver and gallbladder stimulates and cleans these organs as no other method.