Bile Flow Protocol

Flaxseed Oil / Cod Liver Oil / Coconut Oil / Olive Oil
For Improving Bile Flow

Take two (2) tablespoon of oil – flaxseed, cod liver, coconut, or olive – prior to eating each meal.

Do not do this if eating fruits.

For best results: Hold the oil in the mouth for 2-3 minutes before swallowing.

When taken before a meal, the digestive signal alerts the liver to purge bile into the gall bladder and then the small intestine. This increases the body's digestive capacity and also gently detoxifies the liver.

If you notice a woozy feeling or belching, decrease the dose to 1 teaspoon and gradually increase to 2 tablespoons over the course of two days. 2-4 weeks is a good duration for this protocol.

In rare instances the olive oil may induce vomiting. If this occurs, do not continue the procedure.

PURCHASE YOUR PRODUCTS USING THE LINKS BELOW

COCONUT OIL **COD LIVER OIL** **FLAXSEED OIL** **OLIVE OIL**

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