

Gallbladder Flush / Liver Cleanse (Annually)

This should be done after the intestinal cleanse. See the Psyllium/Bentonite cleanse for instructions.

This gallbladder flush and liver cleanse is an important detoxification procedure which facilitates a clearing of the gallbladder. The gallbladder serves as a reservoir to store bile, which is a digestive aid for breaking down oils and fats. The intestines must be cleaned first for optimal benefit.



Gallbladder Flush Protocol

- 1) For one week before starting the flush, take five (5) tablets of [A-F Betafood](#) with each meal. (A-F Betafood includes an array of whole food and other ingredients to support healthy fat digestion.)
- 2) Beginning on a Monday and continuing through Saturday noon, drink three (3) 8oz. glasses a day of [apple juice](#) or apple cider in addition to regular meals and supplements. The apple juice should preferably be organic.
- 3) On Saturday, eat a normal breakfast and lunch.
- 4) Three hours after lunch, dissolve 8 capsules of [Disodium Phosphate](#) in 1oz. hot water and drink. The taste may be unpleasant and may be followed by a small amount of citrus juice (freshly squeezed if possible).
- 5) Two hours later, repeat step four.
- 6) You may have pineapple, grapefruit, or other citrus fruits or juice as an evening meal. Eat no other food.
- 7) At bedtime, drink a 1/2 cup warm, [cold pressed olive oil](#) blended (in blender) with 1/2 cup fresh lemon juice.



- 8) Go to bed immediately and lie on your right side with your knees pulled up close to your chest for at least 30 minutes. You may feel nauseated but deep breathing through the diaphragm and relaxation techniques will help this pass.
- 9) The following morning, one hour before breakfast, repeat step four.
- 10) Return to your normal diet and nutritional program. Continue to take two (2) tablets of A-F Betafood with each meal.

The Gallbladder Flush can be an intense experience.

Please have the weekend off so that you can rest and relax during this time. You can also adjust the preparations for the flush to start on a Sunday (instead of Monday) so that you flush on Saturday and have the day to recover on Sunday.

Before attempting the Gallbladder Flush, it is best to do the [psyllium/bentonite](#) cleanse for 4-6 weeks. Once finished with the GB Flush, resume the psyllium/bentonite for a few more weeks to continue cleansing the toxins that were released during the flush.

It is also helpful to do some castor oil packs over the liver & abdominal region. Refer to the handout on Castor oil packs for detailed instructions.

The [Pyloric/Ileocecal Valve release](#) is a great self-care tool to do during this time; it will help to manually flush the toxins. Please see the video referenced in that section for proper instructions for the valve releases.

Special Notes:

- * In rare instances the olive oil may induce vomiting. *If this occurs, do not continue the protocol.*
- * Avoid fried foods, cooked oils, and fats during and after the flush to aid in the recovery of these organs.
- * You may observe small gallstone-type objects in your stool. These objects vary in color, are irregular in shape, gelatinous in texture and range in size from grape seeds to cherry

seeds. If there are a large number of these objects in your stool, the liver flush can be repeated in two weeks.

- * Keep Disodium Phosphate on hand for occasional constipation. Simply take 8 capsules dissolved in 1oz. hot water one hour before breakfast.

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For information about using Castor Oil packs and how to prepare your own, please see the written instructions available under patient resources on the website.

For information about doing the Pyloric Valve Release, please see the written instructions available under patient resources on the website. There is also a [video](#) demonstrating how to perform the release.

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