

# **GALLBLADDER CLEANSE**

THE PURPOSE OF THE GALLBLADDER CLEANSE IS TO FLUSH GALLBLADDER SLUDGE AND "SAND" AND SMALL STONES OUT OF THE GALLBLADDER.

DO THIS CLEANSE ONCE A WEEK, ON AN EMPTY STOMACH. SQUEEZE THE CONTENTS OF ONE WHOLE LEMON INTO A CUP OR GLASS THAT CONTAINS 2 TABLESPOONS OF OLIVE OIL. STIR AND DRINK UP!

POTENTIAL BENEFITS OF DOING THIS INCLUDE: DECREASING THE AMOUNT OF ACID IN YOUR BODY LEADING TO A MORE ALKALINE pH, ALLEVIATING SOME LIVER AND PANCREATIC STRESS AND DECREASING ABDOMINAL PAIN.

PATIENTS WHO ARE CANDIDATES FOR THIS, ARE THOSE WHO HAVE NO ABDOMINAL PAIN OR THOSE WHO HAVE AN ABDOMINAL SONOGRAM SHOWING STONES MEASURING LESS THAN 4 mm.

THOSE OF YOU WITH DOCUMENTED STONES GREATER THAN 4mm SHOULD NOT DO THIS CLEANSE. INSTEAD, CONSIDER ELECTIVE SURGERY TO REMOVE THE GALLBLADDER AND AFTERWARD SUPPORT YOUR LIVER WITH DIGESTIVE ENZYMES.  
(EX. DIGEST GOLD, 1 WITH MEALS)

WE ALSO RECOMMEND A SUPPLEMENT CALLED CHANCA PIEDRA, AN HERB GROWN IN THE BRAZILLIAN RAINFOREST MEANING "STONE BREAKER"; TAKE AS DIRECTED.

YOU CAN EAT 2 HOURS AFTER CLEANSE.

DISCLAIMER: CONTRACTIONS OF THE GALLBLADDER CAUSED FROM DOING THIS CLEANSE COULD POTENTIALLY RESULT IN AN UNDOCUMENTED STONE BECOMING DISLODGED AND LEAD TO A MORE SERIOUS CONDITION. IF YOU EXPERIENCE ANY ABNORMAL SYMPTOMS AFTER COMPLETING THE CLEANSE, CALL OUR OFFICE OR YOUR NEAREST EMERGENCY ROOM. WE RECOMMEND THE CLEANSE FOR PATIENTS THAT WE BELIEVE WILL BENEFIT FROM DOING THIS; WE ARE NOT LIABLE FOR THIS CLEANSE CONTRIBUTING TO A MORE SERIOUS CONDITION.