

LIVER/GALLBLADDER FLUSH

COLON CLEANSE MAY BE NEEDED PRIOR TO FLUSH

Products are Natures Sunshine brand, if you order them from below store, please refer to Bob Frey

Days 1-10 (or longer but not more than 14 days – adjust days below):

Take Hydrangea 6 capsules per day (2 with each meal)

Take Gallbladder Formula 6 capsules per day (2 with each meal)

Take Hi-Lipase 2 capsules right before meals

Days 11-12: (be home – stools loose)

Continue to take 6 Gallbladder Formula and 6 Hydrangea each day along with 2 Hi-Lipase 2-3 times throughout the day.

For these two days, drink a ½ gallon of unsweetened apple juice (each day). Eat nothing else, but drink as much water as you can. If you need something to eat you may have some apple sauce.

Take at least 2 Red Beet Formula every 2 hours while awake. You can take more if you are still hungry. (The Red Beet Formula is to help maintain your blood sugars, so one doesn't get too hungry).

Take 1 Cascara Sagrada every 4 hours while awake. You need to have runny watery diarrhea if not increase the Cascara Sagrada until you get the watery diarrhea.

At the end of day 12, just before bedtime, take 2oz. (1/4 cup) extra virgin olive oil with 2 oz. (1/4 cup) cold lemon juice (fresh or frozen) along with the extra virgin olive oil and the lemon juice take 3 Hi-Lipase.

Then a ½ hour later take another dose of the extra virgin olive oil and lemon juice mixture along with 3 HI-Lipase capsules.

Go to bed, **and lay on your right side. Draw up your right leg to your chest for 30 minutes.** Try to remain on your right side during the night. In the morning, or within 24 hours, you should expel any stones and ETC!

_____ LOOK BEFORE YOU FLUSH _____

If stones do not move out in the morning. Take 2 Cascara Sagrada at that time to get the colon moving. The stones should be large and soft enough to float in the water so you can see them. You may see hundreds of them. If you cannot see them, they may have disintegrated.

For the next 3 days:

Take Hydrangea 3 capsules per day (1 with each meal)

Take Gallbladder Formula 3 capsules per day (1 with each meal)

Also continue to take the Hi-Lipase as you did before taking 2 before each meal.

Herbal Pumpkin Patch

Bev Brown

119 Main Street S.

Hutchinson, MN 55350

Store (320) 234-9783

Home (320) 693-2144