

Mini Liver/Gallbladder Flush

When your liver becomes stressed it will stop working efficiently. Symptoms of liver toxicity may begin to become noticeable. Some of the most common symptoms of the liver not functioning optimally include:

- Digestive problems including: burping, bloating, intestinal gas, abdominal discomfort or pain, and undigested food particles in the stool.
- Food allergies or sensitivities.
- Chemical sensitivities such as: reactions to gasoline, cleaning agents, soaps, cosmetics, fragrances and perfumes.
- Rashes and various types of skin problems or reactions.
- Eye problems such as blurred vision, eye floaters, twitching, eye pain, decreasing in eyesight or eyesight clarity.
- Difficulty sleeping especially in falling asleep or waking up prematurely between 3:00 A.M. and 5:00 A.M.
- Tendon or muscle problems such as frequent sprains, strains, muscle injuries, or slow muscle healing.
- Abnormal swelling in the breasts.
- Menstrual or menopausal problems. The dreaded “Hot flashes”
- Testicular problems.
- Throbbing headaches.

The Mini Liver/Gallbladder Flush Procedure

The first step in detoxifying the liver and gallbladder is what we call a mini flush. Our aim is to get to the master liver/gallbladder flush, however, experience has taught us that doing a series of mini flushes first, gently detoxes some of the “sludge” so that there will be less intense detox symptoms with the master flushes.

Ingredients for 2 drinks

1. Either 2 cups of freshly made organic tomato juice or use 2 tablespoons of Premier Tomato Concentrate and 2 cups of purified water.
2. 4 tablespoons of organic Premier Virgin Olive Oil that is not solvent extracted and is bottled in a “Violite” bottle so that light has not caused it to become rancid.
3. 4 capsules of Premier Allicidin.
4. 4- 500 mg capsules of Premier Turmeric. (Note- turmeric that has been ground and not encapsulated can become rancid in as little as 30 days). Do not use ground, un-encapsulated turmeric.

Instructions

- Mix the above ingredients together by hand or in a blender.
- Drink ½ of the mixture first thing in the morning.
- Wait 15 minutes and drink the other half of tomato mixture.
- Wait 90 minutes before eating or drinking anything else other than purified water.

It is best to do 2 to 3 of these mini flushes a week for about 1 month or more before proceeding with the Master Liver/Gallbladder Flushes.