



Liver cleanse

Pre-preparation:

- ◇ Make a date in the diary when you can have complete rest (mental as well as physical), this will be day 7 of your cleanse. Also make sure you don't have anything planned from 5pm on your day 6.
- ◇ Book a session with your colonic hydrotherapist a day beforehand (day 6) at a time that will give you plenty of opportunity to be home by 5pm. You can also have the appointment a day earlier (i.e. day 5) - in which case it can be any time of the day.
- ◇ Book a second colonic hydrotherapy session on day 8 (day 9 or 10 would also be OK).
- ◇ Purchase all the items you need for the cleanse (see 'what you will need' below)

For example:

- I booked my colonic for 3pm on a Friday, allowing Saturday and Sunday to be a day of rest. I then started the preparation for the cleanse on the Monday (so Monday became day 1 of my cleanse). I booked my second colonic for the Friday (day 5 of the cleanse).
- The follow up colonic was booked for the morning of day 10 of the cleanse.

What you will need:

For days 1-6

- 6x 1 litre (32oz) cartons of apple juice – to soften any gall stones so they can be passed easier. Organic is best, but any decent brand is OK.

For day 6

- Grapefruits (2 large ones will be sufficient, pink are best), to be freshly squeezed
- Epsom salts (500g will be plenty – 4 tablespoons)
- Filtered/mineral water (700ml to be mixed with epsom salts to make 4x 175ml portions)
- Cold-pressed virgin olive oil
- Measuring jug
- 2x pint jars (1 with a lid)

Alternatives:

- Malic Acid in powder form, 2 teaspoons in 32 to 48 ounces (1 - 1.5 litres) of water per day. (instead of apple juice)
- Oranges and lemons (instead of grapefruits)
- Magnesium citrate (instead of Epsom salts)

Water consumption during your cleanse:

- It is important to stay well hydrated throughout the process (2L a day minimum), using water at room temperature (cold or chilled water (or foods) chill the liver and make the process less effective). This should ideally be filtered or mineral water.
- Avoid drinking water 30 minutes before and after drinking any of your 4 Epsom salt mixes. Similarly avoid drinking any water for 2 hours after taking the juice/oil mixture.



The programme itself: 6 Day Liver Cleanse

Items Needed:

- 6 1-litre (32 oz.) containers of apple juice
- 4 tbsp food grade Epsom salts (500g)
- ½ cup (120ml or 4 oz.) of cold-pressed, virgin olive oil
- ⅔ glass (2 large ones) of fresh grapefruit juice (pink is best), or fresh lemon and orange combined
- To substitute apple juice with Malic Acid: use Malic Acid in powder form, 2 teaspoons in 32 to 48 ounces (1 - 1.5 litres) of water per day

Diet: Avoid foods from animal sources, fried foods and dairy. Avoid cold food, have warm or at least room temperature meals.

Bare in mind: Give yourself plenty of **rest, peace** and **quiet**, especially on Day 6. You may also experience emotions coming up to be released, acknowledge them and **be gentle with yourself**.

Day 1 Monday - Drink 1 litre of apple juice slowly throughout the day. 6-8 glasses of water

Day 2 Tuesday - Drink 1 litre of apple juice slowly throughout the day. 6-8 glasses of water

Day 3 Wednesday - Drink 1 litre of apple juice slowly throughout the day. 6-8 glasses of water

Day 4 Thursday - Drink 1 litre of apple juice slowly throughout the day. 6-8 glasses of water

Day 5 Friday - Drink 1 litre of apple juice slowly throughout the day. 6-8 glasses of water

Day 6 Saturday – Detox Day

Drink 1-litre (32oz) apple juice in the morning. Light breakfast, porridge. Lunch – plain rice, steamed veg, fruit. No food after 1.30pm – just water.

Colon cleanse session (e.g. at 3pm)

6.00pm Add 4 tablespoons of epsom salt in 700ml (24 oz) filtered water. This makes 4x servings, drink the first serving (175ml)

8.00pm drink 2nd serving of the Epsom salts/water mix (so there will be 2 servings left for the morning).

9.45pm squeeze oranges/lemons and grapefruit to make 175ml (6oz) of juice, – to this add 116ml (4oz) of olive oil into a pint jar and shake the mixture for about 10 minutes.

10.00 - Drink this mixture in one go – no interruption in 5 minutes. Do not drink water after this.

Lie down immediately and lie perfectly still for about 20 minutes and don't speak. Put attention to your liver.

Day 7 Sunday

6.00-6.30 After 6.00 drink the 3rd glass of Epsom salt. Drink a glass of warm water if thirsty before salt drink

8.00-8.30 – drink 4th and last glass of Epsom salt

10.00-10.30 Drink freshly squeezed fruit juice. Eat one or two pieces of fruit a half hour later. 1 hour later eat light normal food.



Frequently Asked Questions:

- During my cleanse I've been getting bloating and diarrhoea – is this normal?
 - o Yes, some people may experience one or both of these during the first few days. Such symptoms will settle down and diarrhoea is just the result of the gall bladder and liver releasing stagnant bile.
- What function(s) do the apple juice and Epsom salts have?
 - o The malic acid in the apple juice softens any stones you have in your liver & gall bladder. The magnesium contained in the Epsom salts keep the bile duct valves open and relaxed. Collectively the 2 allows for easier passing of stones.
- Should I change my eating habits during my cleanse?
 - o That depends on what your normal eating pattern looks like! To minimise the load on your liver, a normal healthy diet is recommended so if you don't eat healthily already then make the switch. Don't cut any corners, the whole process takes just over a week and could turn out to be one of the most beneficial things you can do for your physical, mental, emotional, immunological and spiritual health. As a result of the cleanse you may find yourself naturally wanting to eat more healthily, but without forcing yourself to do so.
- How and when should I drink the apple juice?
 - o Drink it slowly throughout the day, between meals (avoid drinking it just before, during and within 2 hours after a meal & in the evening).
- I don't like the taste of Epsom salts, what can I do?
 - o Some people use a straw (to bypass the taste buds), or you may wish to have a few sips of water afterwards. Alternatively you could add some lemon juice to improve the taste.

What to expect

No two livers are the same so everyone will have a different experience of their liver cleanse. Also the same person is unlikely to have exactly the same experiences each time.

There are many accounts on the internet (& even photo's!), but I'd recommend not checking them out too much – it may be beneficial not to have too many expectations or (later) compare your experience with that of others. What you release will depend on the contents of your liver (based on lifestyle, genetics, emotional state and maybe even past lives!), as well as how well you follow the instructions here. Some people will pass stones, but this won't happen in all cases. Others will experience a range of emotions (particularly if you were conditioned to suppress your emotions and not speak your truth), and feel unusually sensitive. This can happen even before the cleanse itself (as toxins start to get released) or in the days following the cleanse. Whatever you're experiencing, the important thing to remember is that it won't last – just be prepared to ride out the storm and you'll be feeling fine (actually much better than 'fine') in a few days.

In the case of my first cleanse I found the first few days quite challenging (it made me realise that my normal diet isn't one that's likely to make my liver smile) but got into my rhythm after that. I was quite a regular visitor to the toilet during the night of day 6 (after drinking the grapefruit juice and olive oil mix) and the morning of day 7. By lunchtime on day 7 I felt well enough to go for a



gentle walk in the park, although I did feel like I'd undergone some kind of surgery. In hindsight I should have taken things easier in the days that followed (I went back to work (a physical occupation) on day 8 (a Monday)) and felt quite tired as a result. I also experienced some negative emotions (including anger and depression) in the days that followed, but these disappeared immediately after my follow up colonic. This experience impressed upon me the importance of this second colonic, as well as the need to keep drinking a good amount of water to flush everything out. In hindsight I believe having the second colonic on day 8 or 9 (rather than day 10) would have allowed me to release these negative emotions quicker from my body.

Overall I found my first liver cleanse a very positive experience, and I would recommend it to anyone who's serious about becoming healthier, happier and more productive. I felt lighter, more energetic, my eyes looked brighter and I had greater focus and clarity. Also I noticed that I was engaging in healthier lifestyle choices – this came very naturally, without having to exert any kind of willpower. It just felt like I had become more sensitive to what I was putting my body, and unhealthy foods just didn't seem to have the same appeal. I'm sure if my liver could speak it would be saying a big thank you as well as encouraging me not to go back to my old ways! For optimal benefits, the liver cleanse is not seen as a 'one off' but to be repeated several times a year (and maybe for life). Personally I didn't pass any stones on my first cleanse but understand this may happen in future.

Special note: *Acknowledgement and thanks go to Andreas Moritz who pioneered the liver cleanse, and from whose book 'The Liver and Gall Bladder Miracle Cleanse' much of this information comes (available on Amazon).*