

LUCAS CHIROPRACTIC CLINIC
1261 SEWARD MERIDIAN SUITE F
WASILLA, ALASKA 99654
907-357-6101

LIVER AND GALLBLADDER FLUSH

Shopping List

Olive Oil (Extra Virgin, Cold Pressed)- 6oz.
1 can Classic Coke - 6oz
Lemon Juice – 1 Tablespoon
Citrate of Magnesia (green bottle in laxative section) 10 oz.

For (3) three days, drink at least 8oz. of Apple Juice. (I use R.W. Knudsen in the health food section of the grocery store)

Apple Juice softens the gallstones so passing through the bile Duct is uneventful and smooth.

**In the evening of the 3rd day, just before retiring for the day,
Mix Together in Blender the following ingredients.**

**6 oz. of Olive Oil
6 oz. of Classic Coke
1 Tablespoon of Lemon Juice.
½ cup of ice, crushed in the blender w/ ingredients**

The ice helps to decrease any stomach upset that may occur.

Go directly to bed and sleep on your right side. This makes all the ingredients settle in the liver and gallbladder. You may feel a bit of nausea, this is normal, but not a definite. Everybody is different so don't get anxious if you get a bit of stomach upset.

Upon waking.....

Drink 10 oz of Citrate of Magnesia. Stay Home and close to the bathroom.

In approx. 1 to 2 hours, possibly sooner, you should begin emptying your gallbladder.

The stones are usually green in color, some are large, some are smaller than peas. Some are black or dark green, those are usually the ones that have been in the body for quite some time.

A Good website to view about liver/gallbladder cleansing:

<http://www.liverdoctor.com/Section4/gallbladder.asp>