



Gall Bladder Cleanse

Warning: Never, never, never, never attempt this cleanse without a physician's recommendation and supervision.

Day 1

No animal, fish or soy protein all day

No food or juice at all past 12:00 noon. You may drink as much non-carbonated water as you like.

At 6:00p.m. drink 3/4 cup filtered or spring water mixed with 3-4 teaspoons of Celtic Sea Salt or Epsom Salts

At 8:00p.m. repeat the salt water as described above

At 10:00p.m. swallow 1/3-1/2 cup olive oil, followed by the freshly squeezed juice (without pulp) of a pink grapefruit

Go to bed for the evening and rest

Day 2

At 6:00a.m. take another dose of salt water as described above

At 8:00a.m. take a second dose of salt water as described above

At 10:00a.m. you may break your fast; start with juices, then gradually add fruits. By dinnertime you can add some protein if you have the taste for it. You may eat normally the following day.

You should schedule this cleanse over a few days when you can be at home and relaxed. As you cleanse, you may temporarily not feel well; for example, you may have flu-like symptoms such as body aches, fever, headache, weakness. Alternatively, you may not experience any discomfort at all. You may have more frequent bowel movements as the cleanse progresses and may even have loose stools or diarrhea. These would all be normal reactions. Make sure you rehydrate yourself with plenty of filtered or spring water for the few days after you are finished with the cleanse.

Sheilagh Weymouth, D.C., P.C.
215 Park Avenue South • Suite 1304 • New York, New York 10003 • 212.533.3070 (V) • 212.533.3198 (F)
www.wholelifehealthcare.com