

Liver and Gallbladder Rejuvenating Diet

Prepare:

Juice beets and greens to obtain 2 oz. juice

add to:

3 quarts water plus

2 cups fresh lemon juice

2 tbsp. raw honey

Stir water and lemon together, then add honey

Instructions:

7 a.m. 2 glasses apple juice

9 a.m. 2 glasses beet-lemon juice

11 a.m. 2 glasses apple juice

1 p.m. 2 glasses beet-lemon juice

3 p.m. 2 glasses apple juice

5 p.m. 2 glasses beet-lemon juice

7 p.m. 2 glasses apple juice

9 p.m. 2 glasses beet-lemon juice

Repeat this for 2 days and if you can manage 3 days, even better.

Having a colonics treatment is highly recommended as well.

Ultimately, it would be best if you ate a 100% raw diet for 2 days before doing this cleanse. Then follow the program of Low Stress Eating afterwards for 1-2 days.