

Supplement Cost:
NS Phosphorus Plus \$27 2 oz
NS GreenMax \$25 or AW SuperGreen ProPH \$28 (150 caps)
SG Liver/Gallbladder Formula - \$25 (NS Filt Organ \$35)
NS Fiber Plus \$29 or Colon Cleanse \$25
TOTAL APPROXIMATELY \$107 plus shipping

Please contact Purely Living to order Natural Solutions supplements. rita.purelyliving@gmail.com or for help in customizing this protocol.

Liver / Gallbladder Cleanse

Shopping List:

- Lemons ++Secret Garden Liver Gallbladder liquid extract formula may be substituted - \$25 (2024)
- Tomato Juice
- Organic All Natural Apple Juice
- Cold Pressed Organic Virgin Olive Oil
- Orthophosphoric Acid (NS Phosphorus Plus)
- Green Max or Vital Green AW SuperGreenProPH or Arbonne Be Well Greens can be sub'd
- Herbal Detoxification Tea (Herbal Formula or Fit To A Tea or Filtering Organ) ++
- Colon Cleanser (Fiber Plus or Reneu or Ultra Colon Cleanse)
- Epsom Salt

Directions for 3 day cleanse:

Eat as normal, preferably vegetable/fruit emphasis. Drink 1 quart of apple juice with 90 drops of phosphorus plus mixed in (drink through a straw) throughout the day. This will help to soften and flatten any stones in the liver/gallbladder. Do this for 3 consecutive days.

Take the following with pure water mixed with freshly squeezed lemon juice:

- 4 caps of Green Max or Vital Green 3 times daily with meals.
- 2 to 4 caps of Fiber Plus or Reneu or 6 caps (smaller caps) of Ultra Colon cleanse at bedtime with a glass of warm water mixed with freshly squeezed lemon juice as stated above.
- Drink 8 ounces of Fit to a tea **after dinner meal** or take 4 ounces of Herbal formula or 75 drops of filtering organ \$34, or Secret Garden Liver/Gallbladder at \$25

Only on the 3rd day 2 hours after lunch dissolve 2 tablespoons of Epsom Salt in 3 ounces of warm water and drink. The **next morning** drink 1 tablespoon of Epsom Salt dissolved in 3 ounces of warm water. This process helps to relax the bile ducts in order for the stones to pass through.

Only on the 3rd day after your last meal, take your herbal with your colon cleanser and then mix together the following and drink.

- 1 cup olive oil
- 1 cup tomato Juice
- Juice from whole 1 whole lemon (do not use imitation lemon)