

## GALL BLADDER FLUSH

1. Eat 4 apples or drink 1 litre of apple juice a day for 5 days. Eat normal but low fat meals during this time.
2. On the 6<sup>th</sup> day, skip dinner. At 6pm take teaspoon of Epsom Salt(magnesium sulphate) with a glass of warm water. Do the same at 8pm. Magnesium sulphate dilates the gall bladder ducts.
3. At 10pm, take ½ cup olive oil and ½ cup fresh lemon juice. Mix well and drink. The oil lubricates stones to ease their passage.
4. You may experience diarrhoea immediately or the next morning. Some stones may also be passed out, at times 50 to 100 small ones.
5. This procedure may be repeated regularly every 3 to 6 months to improve digestion.