

5 Day Liver/Gall Bladder OR Kidney Cleanse

Follow this routine for 5 consecutive days, but do not do the **Liver/Gall Bladder** cleanse at the same time as the **Kidney** cleanse. Space each cleanse at least one week apart.

1. Upon rising drink 8 ounces distilled water.
2. Prepare the **Liver Flush** drink or the **Kidney Flush** drink as outlined below and drink.
3. After one hour, drink your morning green drink. (1 tbs. JuvaPower with 8 ounces fresh fruit juice).
4. Until noon, consume only fresh fruit juices, liquefied ripe fruit drinks, smoothies and water.
5. For lunch you can have raw vegetable juices, raw vegetable salads or potassium broth.
6. Afternoon snacks can be raw vegetables, herb teas, potassium broth or sprouts.
7. Dinner can be diluted fruit juices and smoothies, fresh fruit salads and herb teas.
8. Consume at least 5 cloves of raw garlic everyday.

Be sure to consume 3 to 4 quarts of distilled water daily. **NO** eggs, dairy, meat, salt, sugar, tofu, breads, pasta, coffee, sodas, etc. **NO** cooked foods for the entire 5 days. When you do return to eating cooked foods on day six, start with steamed vegetables or a baked potato with olive oil and spices – no butter, so as not to jolt your system.

Liver Flush Drink

In a blender mix the following:

- 8 ounces fresh orange, other citrus juice or apple juice or grape juice.
- 1-5 cloves garlic (start with one clove and increase by one each day)
- 1-5 tablespoons Olive oil – 1st cold pressed (start with one clove and increase by one each day)
- 1 piece ginger root, (about 1 inch long)

Kidney Flush Drink

In a blender mix the following:

- Juice of one lemon or lime. (If organic, you can put a half a lemon into the blender and let it pulverize.
- 16 ounces of distilled water
- A pinch of cayenne powder
- Small amount of maple syrup for flavoring

Potassium Broth Recipe

Fill a large soup pot with 25% potato peelings, 25% carrot peelings and whole chopped beets, 25% chopped onions, 25% celery and dark greens, and 50 cloves garlic. Add a few hot peppers and cover with enough distilled water to cover vegetables. Simmer on low temperature for 2 hours or more. **Strain and reserve broth.** Vegetables can go to the compost heap. Use only organically grown vegetables.

During a cleansing program, we do not want to consume any toxins. Drink the broth freely throughout the day.