

Lemon Garlic Flush

For one week:

- **Diet of vegetables and fruits only**
- **Drink 8 oz. fresh apple cider juice (not vinegar) 2 times daily**
- **Gall Bladder flush Juice 4 times daily**

Mix in blender the following:

**1 whole lemon
Juice of an orange
1-3 cloves garlic, crushed
1/8 to 1/2 tsp cayenne pepper
1-2 tbl extra virgin olive oil**

On the Seventh Night:

- **Blend and drink slowly before going to bed:**

**Juice of lemon
1/2 cup apple cider
1/2 cup extra virgin olive oil**