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Gall Bladder Flush Type A

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
1 cup Pineapple Juice
1-3 cloves garlic, crushed
1/8 to 1/2 tsp Ginger
1-2 tbl extra virgin olive oil**

On the Seventh Night:

- Blend and drink slowly:

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

Go to bed and wait for the release to happen the next morning.

