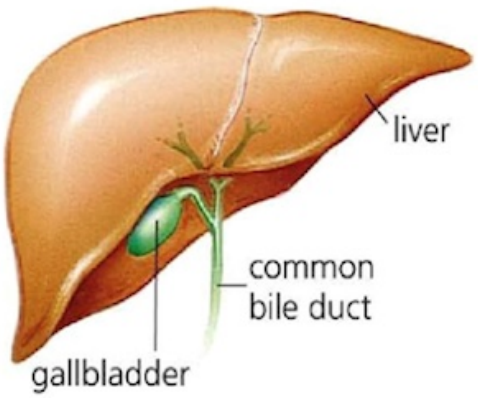
HEALTHY TIPS

Complete Guide to a Safe Gallbladder Cleanse for an Overhaul

By bestfolkmedicine · 19/07/2018 · 3 min read





Nowadays, a lot of people experience health-related issues with the gallbladder and liver and they must not be neglected. Namely, though it is a smaller organ, the gallbladder has pivotal functions and so we need to keep it healthy at all times.

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The Problem with Gallstones

The contributing factors to the formation of gallstones are: excessive cholesterol, excessive bile salts, obesity, diet rich in fat, or specific medications. In most situations, the sufferer will not notice the gallstones until they grow to a specific size and start causing symptoms such as:

- *Sudden, intense ache in the abdominal area*
- *Nausea*

- *Vomiting*
- *Pain between the shoulders*
- *Yellowish skin*

Earlier Indicators of Stones in the Gallbladder

- Oily forehead skin
- Horizontal wrinkles across the nose's bridge
- Hardening and thickening of the skin on the nose's tip
- Frequent burping
- Bad breath
- Swollen, bleeding, and sensitive gums
- Tooth decay
- Yellowish teeth
- Dark spots on the lips
- Watery bags under the eyelids
- Pimples and cracks on the tongue
- Cataract

Gastrointestinal Detox

To remove any stones, this gallbladder cleanse is what you need. It is also highly recommendable to do a colon irrigation the week before the cleanse to minimize possible discomfort and nausea.

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The Cleansing Procedure

You will need:

A liter of apple juice, fresh

4 tbsp of Epsom salt

8 oz. Of water

½ a cup of cold pressed virgin olive oil

6 oz. of grapefruit juice, fresh

1st day of the cleanse

Drink the 32 oz. of apple juice in the morning and opt for a a fruit or yogurt and oatmeal for breakfast. Do not eat fat, animal protein, sugar, or dairy and consume a lot of water during the day.

6 pm

Mix the Epsom salt and 24 oz. of water and divide the content into four 6 oz. servings. Drink one serving.

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8 pm

Drink another serving.

9.45 pm

Mix the grapefruit juice and olive oil in a jar and close it. Shake it well so the ingredients blend well.

10 pm

Drink the previously prepared mixture from grapefruit juice and olive oil and lie down for 20 minutes.

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2nd day of the cleanse

6.30 am

Drink another Epsom salt serving.

8.30 am

Drink the remaining Epsom salt mixture and some fresh juice or fruits and drink a lot of water.

Important to note:

6 days prior to starting the cleanse, make sure you drink at least a liter of apple juice throughout the day, half an hour before meals and two hours after meals.

In case you experience diarrhea or bloating, you can dillute the juice with pure water and make sure you follow a diet low on fat and free of dairy. Opt for more veggies and fruits and small amounts of leam meat. Stay away from cold drinks and foods.

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More watery bowel movements and small greenish stones will appear in your stool, but, do not worry, this is a sign that the method is working and the stones are being removed. If you are a woman, avoid doing the cleanse during your period.

Who Should Avoid this Cleanse?

- People younger than 18
- Pregnant or breastfeeding women
- People with a recent surgery

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