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Lemon/Olive Oil Drink – for Liver/Gall Bladder Cleansing

This is a delicious drink that stimulates bile production and helps clear the liver and gallbladder of toxins. It also helps your bowels move better.

Instructions: Blend in a blender the following:

1. 8-12 oz spring or filtered water.
2. 1 whole organic lemon – skin, rind and all.
3. 2-4 Tbsp. of extra-virgin organic olive oil
4. option: ½ inch of fresh ginger root.

Strain the drink to remove the pulp and add a pinch of cayenne pepper.

Drink on an empty stomach at least 20 minutes before breakfast.

After drinking make sure to rinse your mouth with pure water to clean off any of the citric acid on your teeth, which can dissolve your tooth enamel.

Drink this everyday for seven days as part of your liver cleanse. Continue three or four days a week for three more weeks or as long as desired.