

Why do a Flush?

Cleanse the liver and gallbladder from stagnant waste.

Liver and Gallbladder are the 1st and 2nd stop on the Assembly Line, receiving 70,000+ hits/day of toxicity and stress.

Improve digestion and SLEEP!

Lower anxiety, stress, fear, depression, gas and bloating.

Purify the entire body.

Rid migraines.

How To do a Flush:

- Set aside a day on my calendar for when I can eat vegetarian 1 day prior, fast half the flush day and be able to stay close to home the morning after.
- Purchase the shopping list and nutrient items in advance.
- Take nutrients to improve the Assembly Line for 3 days prior to flush to magnify the results.
- **Do an enema the night before and the morning after. So be sure you have an Enema Kit*** and know how to do an enema.

Repeat the Flush:

Performing a Liver/Gallbladder Flush 6 to 9 times over the course of a year, for anyone over the age of 21 will be a life changing procedure. If you plan to do this, you may stay on the nutrients for your Assembly Line steadily throughout the year. Think of this as an older car receiving regular tuneups to make it continually run better.

Assembly Line Nutrients:

Liquid Nutrition:

We love the liquid nutrients often referred to as 'a Nano Cocktail'. For deep healing we suggest drinking at least 1 teaspoon Max B, 2 teaspoons Liver ND and 2 teaspoons Gallbladder ND daily for 2 months. You may add anything else to this plus 24 ounces of water, and sip the cocktail over the course of at least 2 hours finishing by 5pm.

Capsule nutrients:

For those who prefer capsules, you may prefer any combination of Reishi, Turmeric, Glutathione, B complete, Allicidin, Renaven, Biliven and CoQuinol, at 3 capsules each per day. With food or on an empty stomach works for all of these nutrients.

Shopping List:

- ½ cup lemon juice (fresh squeezed) or other citrus fruit juice (If you don't consume citrus, 2 tablespoons of cherry juice)
- 10+ organic apples
- Malic Acid supplement* 1000 mg/day
- Epsom Salts, 1 small bag
- Enema Bucket
- pH minerals (for the enema)
- Organic coffee grinds (for the enema)
- 4 oz organic extra virgin olive oil
- One bottle each Liver ND, Gallbladder ND, Max B, coQ OR if you prefer capsules instead of liquid nutrition, one bottle CoQuinol, B complete, Biliven and any of the following: Hyssinol, Allicidin, Renaven, Turmeric, Glutathione
- Castor oil and Organic Cotton Flannel for the overnight castor pack on the liver/gb area

The week before the Flush: Stock up on

- Organic Freshly Pressed Apple Juice or 8 Organic Apples – you will need to drink 24 ounces a day for six consecutive days, sip on the juice throughout the day.
- One bottle each of **Liver ND**; **Gallbladder ND**; either **Max B** or **Biliven**, or both for immediate results. (i.e. ND cocktail mixture)
- 4oz of Organic Grapefruit, Pineapple or Orange Juice
- 4oz Organic Olive Oil – Premier Research Lab makes the best
- **Castor Oil** and Organic Cotton Flannel Pads
- Coconut Water
- Immune Specific Herbs if any as directed at a personal session
- Malic Acid 1000mg/daily for three days before the flush – we can suggest a good source.

Performing the Flush – Plan Ahead:

Plan a day on your calendar to do the flush at 9pm and stay close to home until at least 1pm the following day.

The Week of the flush

1. Daily drink the ND cocktail mixture
2. Daily take nutrients
3. Take the Malic Acid for three days before the flush including the day before
4. Cut out animal protein two days before the flush
5. The day before perform an enema in the morning or evening is okay
6. Day before eat lots of apples. Take nutrients in the morning.

Day of the Flush

7. STOP EATING AT 2PM then do the following:
 - a. **2pm** Drink 2tsp Epsom Salts and 4 oz of water with a splash of fruit juice to taste.
 - b. **4pm** Repeat the above
 - c. **6pm** Repeat the above
 - d. **9pm** Drink a mixture of 4oz Olive Oil and 2oz fruit juice. LAY DOWN IMMEDIATELY.
Put the Castor Oil and flannel pack on your Liver/Gallbladder area, the rib area below the right nipple. Go to sleep.

The Following Day

- e. **8am** Perform an enema
 - f. **10am** Drink Epsom Salt mixture again if you need or do another enema
 - g. Rest of the day – eat LIGHT – it's likely once you start to eat you will have to get to the bathroom fast, even at 6pm or 8pm.
If you feel constipated do another enema!
8. Keep it light and slow for the remainder of the day. By tomorrow you will feel great!
 9. If you don't feel well drink coconut water, consider another enema or soak feet and hands in **Medi-Soak**, double up on nutrients.
 10. Check in with Julie E Health if you don't feel good after trying number 9.

Highlighted products are available at JulieEHealth.com and our in person clinic.