



**Benefits:** Helps to improve health of cardiovascular system, lungs, kidney, skin, etc. Also helps to detox gallbladder and liver, etc.

- (1) For the first five days, take four glasses of **Green or Pink Apple Juice** every day or eat four or five apples, whichever is desired. **Apple Juice** softens the gallstones.
- (2) On the sixth day, fast but drink plenty of **Water and Apple or Grapefruit Juices**.
- (3) At 6pm, take a teaspoon of **Epsom Salts (Magnesium Sulphate)** with a glass of warm water.
- (4) At 8pm, repeat the same. **Epsom Salts (Magnesium Sulphate)** opens the gallbladder ducts.
- (5) At 10pm, take half cup (125 ml) of **Olive Oil or Sesame Oil** with half cup (125 ml) of

**Fresh Lemon or Grapefruit Juice.** Mix it well and drink. The oil lubricates the stones to ease their passage.

The next morning, you will notice green or white stones in your stools which usually float. There can be as many as 100 stones flushed out this way. There are 3 kinds of gallstones (1) Calcium stones which are hard & white in color. (2) Cholesterol stones which are soft & green in color. (3) Combination of Calcium & Cholesterol stones. If you do not have any gallstones, you will only experience diarrhea.

### **Note**

(1) During this detox regimen, eat normal with plenty green vegetables but avoid alcohol, fried or greasy foods, seafood & all meat. Also, stop all supplements till the cleanse regimen is over because they may hinder the cleansing process & the supplements' nutrients may be eliminated out of the body together with the toxins waste.

(2) Advisable to do this fast on your off-day & rest on the next day as you may feel lethargic.

(3) People with bladder stones, gall bladder disorders, kidney stones or thyroid gland should avoid cabbage, chocolate, eggs, milk, peanuts because it contains lecithin which may solidify the cholesterol in the gall bladder.

(4) If there is severe pain, it is important to see a doctor immediately.

(5) Shall you have gastric problems, you can replace the apple or grapefruit juices with apple tea. But in terms of efficacy, the apple or grapefruit juices are more efficient.

(6) Grapefruit juice decreases the activity of the cytochrome P450 3A4 (CYP3A4) enzymes that are responsible for breaking down many drugs and toxins. Grapefruit contains compounds known as furanocoumarins that block the CYP3A4 enzymes. When grapefruit juice is consumed, the enzyme's ability to break down the drug for elimination is decreased.

Blood levels of the drug may rise, resulting in the risk for new or worsened side effects. **So, DO NOT take Grapefruit Juices shall you are on any medications.**