

## **Duensing Chiropractic & Wellness Clinic**

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### **GALLBLADDER CLEANSE DIET**

To start the 2-week diet, avoid as much as possible of the following:

- Chocolate
- Colas
- Fried Fatty Foods
- Red Meat
- Rancid Oils or any food cooked in them (i.e. French fries, Chinese food, etc.)

#### **Week One**

Take the following with lots of PURE WATER

- AF Betafood 2 tablets three times per day
- Wormwood Complex 1 tablet three times per day
- Total Liver D-Tox 1 tablet three times per day

After completing the above nutrition schedule, you will need to do a one day cleanse.

On the day of your cleanse, eat lightly and no eating past 2:00 p.m. You may have natural light juices in order to keep your blood sugar levels up. (i.e. apple juice)

#### **At approximately dinner time—**

You will need to drink 1 cup of warm water with 1 teaspoon of EPSON SALTS. This will help loosen the bowels and get the bowel moving since you will be releasing toxins and stones from the liver and gallbladder into the colon. These toxins/stones need to be eliminated quickly from the body.

#### **At approximately ½ hour before bedtime—**

In a glass, mix ½ cup of olive oil or flax oil. In a separate glass, mix 1 cup of un-sweet grapefruit juice, lemon juice or orange juice. Drink contents of both glasses using the fruit juice to get the oil down.

#### **Be Sure To...**

- Not have a busy schedule on the day following your gallbladder flush, you may have a lot of loose stools.
- Eat lightly
- Stay hydrated with lots of water
- Check bowel movements for stones. (they will look like large green peas, some as large as quarters and they will float because they are made of cholesterol)

#### **RESULTS**

Small amount of stones passed or none at all passed---repeat the above steps 2-3 weeks

Large amount of stones passed---repeat the above steps 2-3 weeks unless than 5 stones show up.