

Tim's Gallbladder Cleanse Routine*

Needed:

- 1 cup of olive oil
- 6 pink grapefruits
- 4 tablespoons of Epsom salts
- Fat free food for breakfast, snack and lunch

Eat a NO FAT diet the whole day! If you question whether a food is completely fat free check the back label or go on to www.calorieking.com and check the nutrition facts. Also, drink plenty of water until 2:00pm. Take no medicines, vitamins, pills, etc. during the cleanse unless absolutely necessary. You can find Epsom salts at any grocery store.

Breakfast

Meal Suggestion:

- 1 banana
- 2 cups of cooked oatmeal with brown sugar, honey or maple syrup on top (no butter)
- 4 egg whites with salt and pepper (no oil during cooking)

Snack

Meal Suggestion:

- 2 cups of homemade fruit salad (apple, orange, grapes, melon, berries, etc.)

Lunch at 2:00pm

Meal Suggestion:

- 3 cups of steamed veggies (cabbage, onion, cauliflower, broccoli, carrots, asparagus)
- 1 can of kidney beans
- 1 baked sweet potato with salt (no butter!)

Don't eat or drink after this time or you could get sick. Prepare for later after lunch. Squeeze 4 of the grapefruits and mix 4 heaping tablespoons of Epsom salts together. Shake until dissolved and put into the fridge. Squeeze the other 2 grapefruits and store the juice in a separate container in the fridge.

6:00pm

Drink 1/3 of the grapefruit juice and Epsom salt mixture. If you need, rinse your mouth out with water afterwards.

8:00pm

Drink another 1/3 cup of the grapefruit juice and Epsom salt mixture.

10:00pm

Get ready for bed.

Add ½ cup of olive oil to ½ of the plain grapefruit juice, shake vigorously and drink it.

Lie down immediately and go to bed. *Very important*- lie on your back for the whole night if possible, but especially for the first half hour. Try not to move much or get up, and prop yourself up on the pillows a little.

6:00am

Wake up and drink the final 1/3 of the grapefruit and Epsom salts mixture.

Go back to bed if possible, or lie in bed on your back and read.

8:00am

Mix another 1/2 cup olive oil with the last of the plain grapefruit juice, shake and drink.

Lie down for a 30-60 minutes, getting up to use the rest room only.

8:30am – 12:00pm

Poop.

Look in the toilet for floating things that look like green peas, those are the stones.

Feel free to move around if you'd like.

After the 8:00am dose wait about 2 hours before eating, but start drinking lots of water starting at 8:30am. You'll want to prevent dehydration from the diarrhea.

*Tim's Gallbladder Cleanse Routine is for reference only and the accuracy of this information is not guaranteed. Use this information at your own risk! These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. This represents how Tim performed his gallbladder cleanse and is designed for his body only. Everyone is different and certain risks are involved with any cleanse. Consult with a qualified health professional before beginning any cleanse. Tim is not a medical doctor or licensed health professional.