

LIVER Cleanse (A) Liver/Gall Bladder TIDY UP (Good for virtually anyone, anytime)

Orest V. Pelechaty, CA

973-921-0348

www.HealAndRenew.com

www.AppointmentForHealth.com

This mild cleansing diet can take from 5 to 28 days, and is slow and very gentle to un-stress the gallbladder. This is recommended for those who may be unsure of what kind of sediment or gallstones they may have. It is wonderful to do 4 times a year (at the change of seasons is best). This supports the good effect of seasonal Acupuncture tune-ups! During this cleaning up period you must be strict. So start with a short period first, perhaps 3 to 5 days).

Avoid completely:

high fat foods

poultry and meats

all dairy

all eggs

anything fried (a lite stir fry in water is OK)

Eat with gusto (in order of preference):

organic vegetables

organic fruits

organic legumes

non-roasted seeds and nuts (ground into a butter or well chewed)

organic grains (preferably sprouted)

These herbs and foods help to un-burden the liver and gallbladder:

Dash Juva-Spice to give a healthy zing to foods (use on raw foods or best after cooking).

Use Juva-Power often. Although this amazing whole food powder is usually mixed into a shake it can be added creatively into many dishes. Amazing at reducing noxious acids!

Add the spice turmeric (cooked, into the diet). Turmeric is an excellent herb for emulsifying fats, it strengthens digestion and fat metabolism, and helps support healthy intestinal flora populations.

Drink cooked water, drink hot water with lemon (especially in AM), drink chlorophyll in H2O in the evening.

Eat 1-2 radishes a day between meals (they reduce acid and are said to remove stones). Black (called Spanish) are the best, White (Daikon) are good, Red are OK.

Pour lots of cold-pressed seed oil (such as Hemp or Flax) over your food during two or three meals. Use a LOT (up to 1 Tablespoon per 40 lbs. of body weight). If you are obese this dosage may be reduced and if you get loose stools it must be reduced.

The Hemp oil is more stable, whereas Flax oil needs be used up in about 10 days after first opening. Store all seed oils in the freezer to slow aging.

Enjoy liberal amounts of organic pears, organic parsnips, and seaweeds (all types are fine). If you are hyper-thyroid do not overdose on the sea –vegetables (they are rich in iodine), if hyper-tensive also go easy as they contain sodium.