

## Gradual Gall Bladder Cleanse

This cleanse takes 21 days and is slower and gentler on the body. This is the one often recommended for those unsure of how much sediment or stones they may have. Cleansing two or three times a year ensures a healthy **gall bladder**.

During the cleanse, avoid all foods high in fat, meats, dairy, eggs. Eat unrefined grains, vegetables, fruits and legumes to help clear the gallbladder.

These foods hasten gallstone removal:

- . pears
- . parsnips
- O. seaweed
- O. lemons
- O. limes
- O. and the spice turmeric

Radish also remove stones, so, for the entire 21 days eat 1-2 radishes a day between meals and drink three cups of cleavers tea or five cups of chamomile tea a day.

For every 160 pounds of body weight use five teaspoons of cold-pressed flax seed oil. Pour the flax oil over your **food** during one meal of the day or divide into half and use on two meals. Take the flax oil six days a week for two months.