

Instructions for Cleansing the Liver and Gallbladder:

To cleans the liver and gallbladder you will need to prepare the following ingredients into two separate drinks:

#	Drink	Instructions
1	Cleansing Salts* Drink	4 table spoons of cleansing salt is to be mixed into 3 cups of pure water. This will make 4 equal servings, each of ¾ cup. You may add ½ tsp. Of vitamin C powder to improve the taste.
2	Olive Oil Drink	4 ounces of Olive oil is to be mixed with 2/3 to ¾ of a cup of freshly squeezed pink grapefruit juice.

*Cleansing Salts ingredients: Nat Mur (Sodium Chloride), Nat Phos (Sodium Phosphate), Nat Sulph (Sodium Sulfate), Mag Phor (Magnesium Phosphate)

On the morning of the day of your appointment cleansing eat a breakfast of fruits and lunch of vegetables and grains. Eat no fatty, fried, or greasy foods; and **do not eat food after 2 p.m. (this includes no drinks)**

#	Time	Procedure	Purpose of Administration
1	6 p.m.	Drink ¾ cup Cleansing Salt	Acts as a mild cathartic/purgative. It may create nausea or diarrhea, but also helps to flush the phlegm from the small intestine.
2	8 p.m.	Drink ¾ cup Cleansing Salt	The large amount of Olive Oil greatly stimulates the gallbladder to detoxify. You should immediately lay down and retire to sleep after drinking the Olive Oil. Laying down will keep the mixture at the level of the gallbladder longer and your flush will be much more successful.
3	10 p.m.	Take entire Olive Oil drink	
4	6 a.m.	Drink ¾ cup Cleansing Salt	
5	8 a.m.	Drink ¾ cup Cleansing Salt	
6	9 a.m.	Breakfast	Eat a light breakfast of fruit, especially chewy fruit which can stimulate peristaltic action of the bowels. Be warned leave your appointment calendar free, you will need to be near a toilet.
7	12 p.m.	Lunch	Eat a lunch of vegetables and whole grains. Again stay close to your bathroom. By early afternoon you should be fine and dinner can return to a normal meal, although it is recommended that you avoid fats and meats for another day.

Gemmotherapy Herb Drops*

Recommended to accompany Formula A, B, C

*Special note: hit bottom of bottle once a day with 10 strong taps before use.

1. Ficus Carica

50-60 drops 1X a day in ¼ glass of water.
5 days a week, every **Morning**, Monday to Friday, off on weekends.
Use entire bottle, 30-60ml.

In the afternoon take Jugeans Regia

2. Jugeans Regia

50-60 drops 1X a day in ¼ glass of water.
5 days a week, every **Afternoon**, Monday to Friday, off on weekends.
Use entire bottle, 30-60ml.

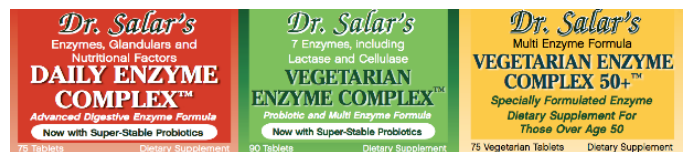
Intestinal Flora Balance, Acidophilus

Acidophilus+1-2 capsules daily.
Take between meals. Finish bottle.



Enzyme Therapy and Acidophillus

Daily, Vegetarian or 50+, depending on diet and age.
1 tablet 3X a day with regular meals, or 2 tablets with large fatty/fried meals.
As directed by your healthcare professional.



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If you are still having symptoms, please contact Dr. Salar Farahmand for additional care.

