

## Vickie Sorensen's NATURE WORKS LIVER AND GALL BLADDER CLEANSE

1<sup>st</sup> Day: 1 gallon of apple juice\*, 1 gallon of water, and 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

2<sup>nd</sup> Day: 1 gallon of apple juice\*, 1 gallon of water, and 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

3<sup>rd</sup> Day: 1 gallon of apple juice\*, 1 gallon of water, and 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse. Before bed, drink the juice of 1 organic raw lemon (¼ cup) and ¼ cup extra virgin cold pressed (green) olive oil mixed together. Go right to bed and lay on your right side.

4<sup>th</sup> Day: First thing in the morning do an enema with at least 2 quarts of warm water. **You must do the enema!** Otherwise the stones could cause a blockage in the colon. You should pass between 1 and 2 cups of stones. Gallstones are greenish black in color and liver stones are tan or brown. Cholesterol appears as a tan flecks that float on the water and looks like wheat chaff. Through the day drink ½ gallon of apple juice and 1 gallon of water. Add raw fruit to the diet. Take 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

5<sup>th</sup> Day: Drink ½ gallon of apple juice, 1 gallon of water, eat fresh fruit and add fresh vegetables. Take 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

6<sup>th</sup> Day: Whole food diet. Lots of whole grains, organic fruit and vegetables, legumes, and always remember your water. Continue to take **Vickie Sorensen's NATURE WORKS** Liver Cleanse formula at 6 capsules per day until the bottle is gone, about 1 ½ more weeks.

Gallstones are primarily undigested fats and chemicals. They are waxy and usually form around dead parasites in the gallbladder. They can be quite large but pass easily because of the lemon juice and olive oil. Liver stones are generally heavy metals, chemicals and preservatives, and undigested minerals such as calcium carbonate. If you are experiencing gall bladder pain and inflammation before you begin this cleanse, you should cleanse again monthly until you get no more stones.

Some reported benefits from doing the cleanse are: lowered cholesterol, lowered high blood pressure, weight loss, improved digestion, no more heart burn, and improved energy.

\*Apple juice should be unfiltered or fresh juiced.