



Liver & Gallbladder Gentle 5-Day Cleanse Protocol

Overview of Protocol

Take Herbs for Liver and Gallbladder

- **HealthForce Nutritionals Liver Rescue:** 1 capsule 3 times daily
- Any favorite formula

Daily Diet

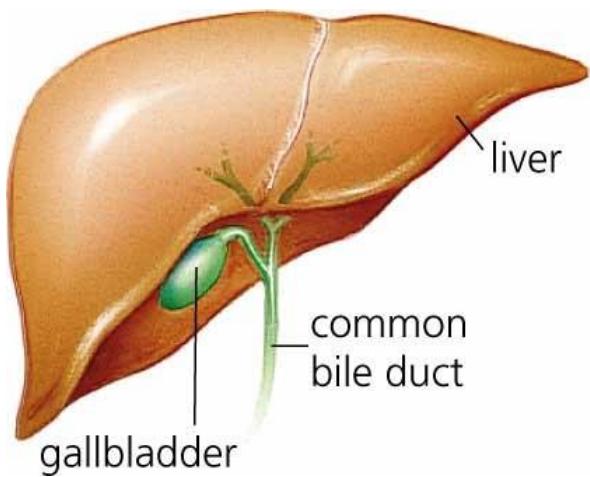
- Continue *Gut Rejuvenator Drink* in the morning
- Continue green drinks – 1 quart or more each day
- Eat simple-to-digest foods
- Bitters with each meal
- Incorporate as many liver support foods as possible

Daily Drink – 3x/day – Natural Gentle Cholagogue

- 1 tablespoon lemon juice
- 1 tablespoon organic olive oil
- 1 tablespoon apple cider vinegar

Maintenance

- Take the liver formula 2 times a day for 1 month
- Consume probiotics daily
- Continue following **Daily Diet** list above



Liver and Gallbladder Support

Diet and Lifestyle

- Breathe and relax before eating
- Chew thoroughly
- Avoid sugar, refined carbohydrates, gluten and alcohol
- Avoid trans and bad fats
- Identify and eliminate food allergies
- Essential fatty acid-rich foods and supplements (chia, flax, hemp, and pumpkin seeds)
- Chlorophyll-rich foods
- Lots of water
- Don't overeat
- Don't skip meals

Supplements

- Bitters to stimulate bile production
- Lipase
- Taurine
- Vitamin C
- Liver cleansing herbs: milk thistle, dandelion, yellow dock, burdock root
- Liver stimulating herbs: fennel, anise, and cayenne
- Lecithin
- Peppermint oil
- B vitamins

Keeping Your Gallbladder

Preventing gallstones and flushing out congested bile

- Fasting and juicing
- Regular cleansing
- Bitters
- Herbs and foods that thin bile: Beets (especially fermented), turmeric, milk thistle, artichoke, dandelion
- Apple cider vinegar contains malic acid which softens bile
- Anti-inflammatory herbs
- Anti-spasmodic herbs
- Liver/gallbladder formulas

WARNING: Do not attempt to treat yourself for gallstones without the help of an experienced practitioner. Ultrasound is important to diagnose the size and location of the stones, and follow-up assessment is critical.

Living Without a Gallbladder

Special Considerations

- Avoid fried foods, trans fats
- Minimize or avoid dairy
- Avoid fats cooked with sugar
- Reduce grains – inefficient digestion of starch without gallbladder's bicarbonate
- Use bitters before meals to stimulate bile production and movement
- Supplement with lipase, the fat digesting enzyme
- Supplement with bile salts, 2 with all fatty meals - 5 days on, 2 days off until feeling well; cycle on and off

General Diet and Lifestyle Support for Liver

- Avoid late night snacking
- Bed by midnight (liver regenerates between 1:00 am and 3:00 am)
- Decrease toxic load: water, organic food, fiber to bind toxins
- Oil change:
 - No fried, no oxidized oils,
 - EFAs: Hemp, chia, algae, flax, walnuts
- Protein: Ample, high quality
 - Individual variances
 - Protein powder if needed
 - Spirulina and other green powders

Liver Supportive Foods

- Avocado
- Basil
- Beets
- Brassicas – indole-3-carbinol, especially broccoli sprouts and seeds
- Caraway: limonene
- Cardamom
- Cayenne
- Chlorella
- Cilantro
- Cinnamon
- Citrus peels: limonene
- Dandelion
- Dill
- Fennel
- Garlic
- Ginger
- Grapefruit
- Green juices
- Jerusalem artichoke
- Leafy bitter greens
- Mushrooms
- Onion
- Peppermint
- Radishes
- Rosemary
- Sea vegetables
- Thyme
- Turmeric
- Wheat grass

Liver Superfoods

- Spirulina
- Chlorella
- Green matcha tea
- Chlorophyll
- Sea weeds
- Milk thistle
- Burdock
- Dandelion
- Hawthorn

Cholagogue Herbs

What they do:

- Stimulate flow of bile from liver
- Stimulate bile secretion from gall bladder
- Strengthen liver
- Enhance detoxification

Who they are:

- Artichoke
- Barberry
- Blue flag
- Boneset
- Dandelion root
- Fringetree bark
- Gentian
- Goldenseal
- Greater celandine
- Rosemary
- Sage
- Wild indigo
- Wild yam
- Yellow dock