

LIVER DETOX

DO THIS ON A NIGHT YOU CAN BE HOME FOR THE NEXT DAY OR TWO

CAN DO ONCE A MONTH FOR 7 MONTHS

MIX TOGETHER:

CUP OF OLIVE OIL

3 TO 4 OUNCES OF FRESH LEMON JUICE

MIX TOGETHER:

TABLESPOON EPSOM SALT

ONE OUNCE OF HOT WATER

MIX TOGETHER OLIVE OIL/LEMON JUICE MIX WITH THE EPSOM SALT/WATER MIX

DRINK

SLEEP ON RIGHT SIDE FOR AT LEAST 30 MINUTES

EAT A LOW FAT/CLEAN DIET FOR A WEEK FOLLOWING